



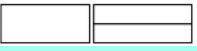

Eclipse Gymnastics GfA Women's Rules 2022

Level Star				
	Vault	Bars	Beam	Floor
Apparatus	60 cm block with level matting Or  60 cm block with a landing mat the other side	Single bar	Reduction of beam to 100cm Or full height with 20cm safety mat	Full Floor
Requirements	Best score out of two to go forward No deduction if only 1 vault is performed	Maximum of 6 skills to count A routine containing 4 skills or less will incur a 2-mark deduction from the final score	Maximum of 6 skills to count including a mount and dismount Routines containing 4 skills or less will incur a 2-mark deduction	Maximum of 8 skills to count including a mount and dismount Routines containing 6 skills or less will incur a 2-mark deduction
Element (0.1 for each Except vault which has D value next to each vault)	Squat on, Jump off – 1.0 Straddle on, jump off – 1.0 Squat over – 1.5 Straddle over – 1.5	Jump to front support on LB Jump to hang on HB (Coach may assist) Chin in over grasp and return to hang Chin in under grasp and return to hang ½ turn in hang Leg lift Tuck hold (2 secs) Pike hold (2 secs) Straddle hold (2 secs) Upward circle to front support from hang or standing Cast Back hip circle Fish swings x5 Circle down to chin hold for 2 seconds Straddle undershoot Cast push away dismount on LB Drop to landing on HB	Mounts – Jump to front support and swing leg over Squat on Acro Skills – Caterpillar walk to front support Needle kicks Turns & Spins – ½ pivot turn in relevae ½ pivot turn in crouch ½ spin Jumps & Leaps – Straight jump Tuck jump Cat leap Balances – Arabesque Caterpillar walk to long support Single leg balance Dismounts – Straight jump Tuck jump Star jump	Forward roll to straddle sit Forward roll to straddle stand Backwards roll to straddle stand Backwards roll to pike stand Shoulder stand, rock to stand Kick to handstand Cartwheel Teddy bear roll Log roll Straight jump Tuck jump Star jump Half turn jump Cat leaps Arabesque to 45 Bridge Splits Japan V-sit with hand support ½ spin
Bonus (0.5 for each)	N/A	N/A	N/A	N/A
Notes		Single bar to be used. Gymnast/ coach decision as to which bar (low bar or high bar)	1 skill from each category should be included	Floor music to be between 45 seconds and 1 minute 15 seconds


Level Moon

	Vault	Bars	Beam	Floor
Apparatus	90 cm block with level matting  Or 90 cm blocks with a landing mat 60cm for gymnasts aged 8 and under	Single bar, gymnasts may choose if it is the low or high bar	Reduction of beam to 100cm Or full height with 20cm safety mat	Full Floor
Requirements	Best score out of two to go forward No deduction if only 1 vault is performed	Maximum of 6 skills to count A routine containing 4 skills or less will incur a 2-mark deduction from the final score	Maximum of 8 skills to count including a mount and dismount Routines containing 5 skills or less will incur a 2-mark deduction	Maximum of 8 skills to count including a mount and dismount Routines containing 6 skills or less will incur a 2-mark deduction
Element (0.1 for each Except vault which has D value next to each vault)	Squat over – 1.5 Straddle over – 1.5 Squat on Handstand flatback – 2.0 Straight jump on handstand to flatback 2.5 Handspring to flatback – 3.0	Jump to front support Chin in over grasp and return to hang Chin in under grasp and return to hang Leg lift Tuck hold (5 secs) Pike hold (5 secs) Straddle hold (5 secs) Upward circle to front support from hang or standing Cast Back hip circle Fish swings x5 Swings towards horizontal Circle down to chin hold for 2 seconds Straddle undershoot Squat on jump off Cast push away on LB	Mounts – Jump to front support, ¼ turn to straddle sit Squat on Straddle on Acro Skills – Forwards roll Kick to Handstand Cartwheel Backwards roll Turns & spins – ½ pivot turn in relevae ½ spin Jumps & Leaps – Straight jump Tuck jump Split jump Cat leap Balances – Arabesque at horizontal Y balance Dismounts – Straight jump Tuck jump Star jump	Forward roll to straddle stand with straight arms Backwards roll to front support Handstand forwards roll Cartwheel Straight jump Straight jump ½ turn Tuck jump Cat leap Cat leap ½ turn Split leap Arabesque Y Balance Bridge Splits Japana swing through 1/1 spin forwards walkover Backwards walkover Round off
Bonus (0.5 for each)	N/A	N/A	N/A	N/A
Notes		Gymnasts may be lifted to HB by coach		Floor music to be between 45 seconds and 1 minute 15 seconds

Level Sun

	Vault	Bars	Beam	Floor
Apparatus	Vault set at 90 cm for 10 years and under  Table vault set at 100cm 	Uneven Bars	Reduction of beam to 100cm Or full height with 20cm safety mat	Full Floor
Requirements	Best score out of two to go forward No deduction if only 1 vault is performed	Maximum of 8 skills to count A routine containing 6 skills or less will incur a 2-mark deduction from the final score	Maximum of 8 skills to count including a mount and dismount Routines containing 56skills or less will incur a 2-mark deduction	Maximum of 8 skills to count including a mount and dismount Routines containing 6 skills or less will incur a 2-mark deduction
Element (0.1 for each Except vault which has D value next to each vault) FIG coded 'A' skills D value 0.1	Squat on Handstand to flat back – 1.5 Straight jump on Handstand to flat back – 2.0 Handspring to flatback – 2.5 Handspring to feet – 3.0	Circle up from standing or hang 1 x float swing Cast towards horizontal back hip circle Clear hip circle Squat on 3 x fish swings Upward circle to front support ¾ giant from support on HB Straddle undershoot Pike undershoot Circle down to chin hold	Mount – Straddle on Japana Jump to 1 or 2 feet (no hands) Acro Skills – Forwards roll Kick to handstand Turns & Spins – ½ spin 1/1 spin Jumps & Leaps – Cat leap Tuck jump Split jump Split leap Balances – Arabesque at horizontal Y balance Handstand hold for 2 seconds Dismounts – Round off Dismount Handspring Dismount	Backwards roll to Handstand with straight arms Cartwheel Straight jump Tuck jump Cat leaps Split leap 1/1 spin forwards walkover Backwards walkover Handspring to 1 foot Handspring Round off flic Flic to 2 feet Flic to 1 foot
Bonus (0.5 for each)	N/A	N/A	1 skill from each category	Forwards acro series Backwards acro series Leap series
Notes		Moves can be repeated on different bars		Floor music to be between 60 seconds and 90 seconds

Level Earth

	Vault	Bars	Beam	Floor
Apparatus	Table vault set at minimum of 100cm  Coaches may alter the height of vault	Uneven Bars	Reduction of beam to 100cm Or full height with 20cm safety mat	Full Floor
Requirements	Best score out of two to go forward No deduction if only 1 vault is performed	Maximum of 6 skills to count A routine containing 4 skills or less will incur a 2-mark deduction from the final score	Maximum of 8 skills to count including a mount and dismount Routines containing 5 skills or less will incur a 2-mark deduction	Maximum of 8 skills to count including a mount and dismount Routines containing 6 skills or less will incur a 2-mark deduction
Element (0.1 for each Except vault which has D value next to each vault) FIG coded 'A' skills D value 0.1 FIG coded 'B' Skills 0.2	Handspring 2.0 Handspring ½ off – 2.5 ½ on to land on feet on level safety mats – 3.0 (fall to back is optional) ½ on, ½ off - 3.0	Circle up 2x Float swing Float upstart on low or high bar Cast to horizontal Back hip circle Clear hip circle Sole circle Squat on Upward circle on HB ¾ giant from support on HB Swig to horizontal x3 Swing ½ turn Swing ½ turn to release dismount Straddle undershoot Straddle undershoot ½ turn Pike undershoot Pike undershoot ½ turn Straddle undershoot 1/1 turn	Mounts – Squat on Straddle on Japana Jump to 1 or 2 feet (no hands) Acro Skills – Forwards roll Backwards roll Cartwheel Handstand Backwards walkover Forwards walkover Cartwheel to handstand (with optional exit) Turns & Spins – ½ spin 1/1 spin Jumps & Leaps – W jump Split jump Split leap Cat leap Sissonne Balances – Handstand hold (2 seconds) Y balance Splits Arabesque (leg at horizontal) Dismounts – Round off Handspring Front tuck salto Back tuck salto	Backwards roll to Handstand with straight arms Backwards roll to front support with straight arms Free cartwheels Free walkovers Tuck jump ½ turn Cat leap ½ turn Cat leap 1/1 turn Split leap Change leg split leap 1/1 spin 1 ½ spin forwards walkover Backwards walkover Handspring to 1 foot Handspring Round off flic Flic to 2 feet Flic to 1 foot Front tuck salto Back tuck salto Arabesque above horizontal Y balance Handstand hold for 2 seconds (optional leg position)
Bonus (0.5 for each)	N/A	N/A	1 element from each category	Forwards acro series (1 element must be flighted) Backwards acro series (1 element must be flighted) Salto (forwards or backwards) Leap series
Notes		Moves can be repeated on different bars		Floor music to be between 60 and 90 seconds