



# Men's Artistic Gymnastics Club Grades 2018-2020

British  
Gymnastics  
More than a sport

# **SUCCESS**

Plan

10 years

10,000 hours

Preparation is key

Compete at 75-80% of potential

Train to compete, compete as you train

***Every go counts!***

**Success and winning is not LUCK !!**

## **BRITISH MEN'S NATIONAL CLUB AND ELITE GRADES 2017-2020**

British Men's Gymnastics is riding higher than ever. The 2016 Rio Olympic Games surpassed the success of London 2012 Olympic Games producing 5 medals; the first ever 2 Golds (FX and PH) and the All-Around Bronze to Max Whitlock, Silver (PH) to Louis Smith and Bronze (HB) to Nile Wilson. The World Championships in Glasgow 2015 resulted in an incredible Silver medal in the Team Final and a first ever World Champion; Max Whitlock on pommel horse. The success of the Junior National Team continued with a historic 5<sup>th</sup> victory at the Junior European Championships in Bern 2016 including the Individual Champion in Giarnni Regini-Moran. Special mention must go to the contributions of the personal coaches for these two outstanding gymnasts; Scott Hann and Peter Etherington both of whom fully support the programme. Similar results have been achieved across all levels of junior competition, with our young gymnasts winning multiple trophies and championships throughout the Rio cycle.

Our mission going forwards;

'To ensure that success is sustained through the continuous development of our junior gymnasts through to senior competitors'

To this end the Club and Elite Grades for Men's Artistic Gymnastics have undergone a complete and thorough overhaul. A great deal of consultation was undertaken and the Men's Technical Committee is confident that once in place and working, the new structure will satisfy many of needs for Clubs and Regions with National aspirations. It is anticipated that throughout the 2017-20 Tokyo Olympic Cycle a variety of initiatives will be undertaken by Regions. It is hoped that Regions will take the initiative to create Regional Squad structures (with British Gymnastics support where possible), catering for the performance development of their Clubs and gymnasts. Regions should be the focus of our foundations for future excellence, concentrating on performing the Grades with high technical quality. This in turn will underpin the Great Britain National Squad structures. Clubs should support their Region and further progress their gymnasts along the voluntary performance path. Each level of the Grades is critical to the development of sound foundations for progressive gymnastic performance as demonstrated by the success across Europe and the World by British Men's gymnastics. Note that all judging considerations have been replaced with Performance Considerations.

**ALL judging is as per the FIG Code of Points 2017-2020 Cycle 14 unless otherwise stated.**

Each level progressively develops techniques and themes that will underpin high level performance. The gymnast should develop routines by learning elements following these progressive themes.

The National Elite Grades have been made slightly easier in certain areas, in order to allow more of our best gymnasts to progress. These changes were presented at the 2019 January symposium and coaches are requested to relook at the routines to assess whether their gymnasts are able to complete them to a reasonable level. To complement the written text, routine videos have been amended which will go a long way to clarify the interpretations of the exercises. All routines are available on line at the BG Academy. The National Elite Grades remain as the principle route for selection into the Foundation and Development Squads.

The Club Development Grades have been made easier to allow more Clubs to access this pathway as their main area of development. The new routines will be introduced in January 2019 at the National Symposium and the handbook and videos will be accessible online from March 2019.

**Club Grades  
(Team and Individual)  
Bob Currier Trophy**

| National Finals<br>Age Group                        |       |       |
|---|-------|-------|
| Regional entry (Individuals accepted*)              |       |       |
| Level 6   | U14   | 4/4/3 |
| Level 5   | U13   | 4/4/3 |
| Level 4   | U12   | 5/5/4 |
| Level 3   | U11   | 5/5/4 |
| Level 2   | U10   | 6/6/4 |
| Level 1   | O8/U9 | 6/6/4 |
| *Individual entries outside a team are not accepted |       |       |

**GYMNASTS MAY ONLY COMPETE IN ONE PATHWAY IN ANY ONE YEAR BUT MAY TRANSFER ACROSS IN EITHER DIRECTION IF THEIR PERFORMANCE LEVEL REQUIRES IN SUBSEQUENT YEARS**

**National Elite Grades  
(Team and Individual)  
Paul Blakeborough Trophy**

| National Finals<br>Age Group  |       |       |
|---|-------|-------|
| Regional entry (Individuals accepted*)  |       |       |
| Level 6   | U14   | 3/3/2 |
| Level 5   | U13   | 3/3/2 |
| Level 4   | U12   | 4/4/3 |
| Level 3   | U11   | 4/4/3 |
| Level 2   | U10   | 6/6/4 |
| Level 1   | O8/U9 | 6/6/4 |
| *Individual entries outside a team are accepted at the discretion of the national staff – enquiry by region needed. |       |       |

Details of the competition structures will be available in the annual MTC Competition Handbook.

We would like to take this opportunity to thank all those coaches, gymnasts, judges and parents for their dedication and commitment to British Gymnastics.

EVERY GO COUNTS!



Paul Hall  
Head National Coach



Matthew Firth  
National Talent Development Coach

**MAG – GUIDELINES FOR SCORES/**START VALUES** FOR GYMNASTS FOLLOWING THE ELITE PATHWAY**

| <b>AGE</b>   | <b>PPP</b> | <b>FX</b> | <b>PH</b> | <b>R</b> | <b>V</b> | <b>PB</b> | <b>HB</b> | <b>AA</b> |
|--------------|------------|-----------|-----------|----------|----------|-----------|-----------|-----------|
| <b>EG L1</b> | 8.5        | 8.5       | 8.5       | 8.5      | 8.5      | 8.5       | 8.5       | 59.5      |
| <b>EG L2</b> | 8.5        | 8.5       | 8.5       | 8.5      | 8.5      | 8.5       | 8.5       | 59.5      |
| <b>EG L3</b> | 8.5        | 8.5       | 8.5       | 8.5      | 8.5      | 8.5       | 8.5       | 59.5      |
| <b>EG L4</b> | 8.5        | 8.5       | 8.5       | 8.5      | 8.5      | 8.5       | 8.5       | 59.5      |
| <b>EG L5</b> | 8.5        | 8.5       | 8.5       | 8.5      | 8.5      | 8.5       | 8.5       | 59.5      |
| <b>EG L6</b> | 8.5        | 8.5       | 8.5       | 8.5      | 8.5      | 8.5       | 8.5       | 59.5      |
| <b>U 12</b>  |            | 4.0       | 4.0       | 4.0      | 2.4      | 4.0       | 4.0       | 73.00     |
| <b>U 14</b>  |            | 4.5       | 4.5       | 4.5      | 3.2      | 4.5       | 4.5       | 77.00     |
| <b>U 16</b>  |            | 4.8       | 4.8       | 4.8      | 4.0      | 4.8       | 4.8       | 79.00     |
| <b>U 18</b>  |            | 5.1       | 5.1       | 5.1      | 4.4      | 5.1       | 5.1       | 81.00     |
| <b>SEN</b>   |            | 5.2       | 5.2       | 5.2      | 4.8      | 5.2       | 5.2       | 82.00     |
| <b>WCH</b>   |            | 5.8       | 5.8       | 5.8      | 5.2      | 5.8       | 5.8       | 85.00     |
| <b>OG</b>    |            | 6.0       | 6.0       | 6.0      | 5.6      | 6.0       | 6.0       | 87.00     |

**Target for 'E' jury deductions to be <1.00 pts**

**Gymnasts entering the National Elite Grades but scoring <70% average should consider the Club Grades and National Talent Pathway**

**Gymnasts not selected for Elite Performance Squad or TOP programme squads may continue to aspire to the Elite Pathway if their average is between 70-85%.**

**MAG – GUIDELINES FOR SCORES/**START VALUES** FOR GYMNASTS TO CONSIDER MOVING FROM THE ELITE PATHWAY TO THE NATIONAL PATHWAY/CLUB GRADES**

| <b>AGE</b>   | <b>PPP</b> | <b>FX</b>  | <b>PH</b>  | <b>R</b>   | <b>V</b>   | <b>PB</b>  | <b>HB</b>  | <b>AA</b>    |
|--------------|------------|------------|------------|------------|------------|------------|------------|--------------|
| <b>EG L1</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>49.00</b> |
| <b>EG L2</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>49.00</b> |
| <b>EG L3</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>49.00</b> |
| <b>EG L4</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>49.00</b> |
| <b>EG L5</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>49.00</b> |
| <b>EG L6</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>7.0</b> | <b>49.00</b> |
| <b>U 12</b>  |            | <b>4.0</b> | <b>4.0</b> | <b>4.0</b> | <b>2.0</b> | <b>4.0</b> | <b>4.0</b> | <b>72.00</b> |
| <b>U 14</b>  |            | <b>4.2</b> | <b>4.2</b> | <b>4.2</b> | <b>2.8</b> | <b>4.2</b> | <b>4.2</b> | <b>74.00</b> |
| <b>U 16</b>  |            | <b>4.5</b> | <b>4.5</b> | <b>4.5</b> | <b>3.6</b> | <b>4.5</b> | <b>4.5</b> | <b>76.00</b> |
| <b>U 18</b>  |            | <b>5.0</b> | <b>5.0</b> | <b>5.0</b> | <b>4.4</b> | <b>5.0</b> | <b>5.0</b> | <b>78.00</b> |
| <b>SEN</b>   |            | <b>5.0</b> | <b>5.0</b> | <b>5.0</b> | <b>4.8</b> | <b>5.0</b> | <b>5.0</b> | <b>80.00</b> |

**Gymnasts entering the Club Grades would generally be expected to follow the National Pathway, however, those scoring >90% should consider transferring to the Elite Pathway**

**2019-20 NATIONAL NETWORK APPARATUS REQUIREMENTS  
CLUB GRADES**

|                          | <b>Floor</b>                | <b>Pommel/mushroom</b>             | <b>Rings</b>                        | <b>Vault</b>   | <b>P Bars</b> | <b>H Bar</b>                                     | <b>PPP</b> |
|--------------------------|-----------------------------|------------------------------------|-------------------------------------|--|---------------|--|------------|
| <b>Level 1<br/>O8/U9</b> | 12 x 2 strip                | Medium height mushroom             | Loops                               | Springboard with 30cms landing mats and agility mat                        | 140cms        | Gloves & loops                                   | Paralettes |
| <b>Level 2<br/>U10</b>   | 12 x 2 strip                | Low height mushroom                | 10cms landing mat<br>30cms optional | Springboard onto landing area of 60cms landing mat with 10cms agility mat. | 140cms        | Gloves & loops                                   | Paralettes |
| <b>Level 3<br/>U11</b>   | 12 x 2 strip<br>or diagonal | Medium height mushroom with handle | 10cms landing mat<br>30cms optional | Springboard with 30cms landing mats and agility mat                        | 140cms        | Gloves & loops                                   | Paralettes |
| <b>Level 4<br/>U12</b>   | 12 x 2 strip<br>or diagonal | Pommel Horse (low)<br>no handles   | 10cms landing mat<br>30cms optional | Vaulting table at 120cms +/- 5cms with mats level with the vault table     | 180cms        | Gloves & loops                                   | Paralettes |
| <b>Level 5<br/>U13</b>   | Diagonal                    | Pommel Horse (low)<br>no handles   | 10cms landing mat<br>30cms optional | Vaulting Table at 125cms +/- 5cms with mats level with the vault table     | 180cms        | Chalk bar<br>10cms landing mat<br>30cms optional | Paralettes |
| <b>Level 6<br/>U14</b>   | Diagonal                    | Pommel Horse                       | 10cms landing mat<br>30cms optional | Vaulting Table at 125cm FIG landing area.                                  | 180cms        | Chalk bar<br>10cms landing mat<br>30cms optional | Paralettes |

| Error   | Small<br>0.10                                     | Medium<br>0.30  | Large<br>0.50                           |
|---|---|---|---|
| <b>Deductions for aesthetic and execution errors</b>  |   |   |   |
| Non-distinct positions (tuck, pike, straight).  | +   | +   | +                                       |
| Adjust or correct hand or grip position each time.  | +   |   |   |
| Walking in handstand or hopping (each step or hop).   | +   |   |   |
| Touching apparatus or floor with legs or feet.  | +   |   |   |
| Hitting apparatus or floor.   |   |   | +                                       |
| Gymnast touched but not assisted by spotter during an exercise.   |   | +   |   |
| Interruption of exercise without fall.  |   |   | +                                       |
| Bent arms, bent legs, legs apart.   | +   | +   | +                                       |
| Poor posture or body position or postural corrections in end positions.                                   | +   | +   | +                                       |
| Salto with knees or legs apart.   | ≤ shoulder width                                  | > shoulder width  |   |
| Legs apart on landing.  | ≤ shoulder width                                  | > shoulder width  |   |
| Unsteadiness, minor adjustment of feet, or excessive arm swings on landing.                               | +   |   |   |
| Loss of balance during any landing with no fall or hand support. (Maximum -1.0 total for steps and hops). | Slight imbalance, small step or hop, 0.1 per step | Large step or hop or touching the mat with 1 or 2 hands |   |
| Fall or support with 1 or 2 hands during any landing.   |   |   | 1.0                                     |
| Fall during any landing without feet contacting mat first.  |   |   | 1.0 and non-recognition by the "D" Jury |
| Atypical straddle.  |   | +   |   |
| Other aesthetic errors.   | +   | +   | +                                       |

-2020 MAG Club Grades – January 2

| Error  | Small<br>0.10   | Medium<br>0.30           | Large<br>0.50                           |
|--|---|--------------------------|---|
| <b>Deductions for Technical errors</b>                               |   |                          |   |
| Deviations in swings to or through handstand or in circle elements.  | 15° - 30°   | 31° - 45°                | >45° and non-recognition                |
| Angular deviations from perfect hold positions.                      | up to 15°   | 16° - 30°                | 31° - 45° >45° and non-recognition      |
| Press from poorly held positions.                                    | deductions equivalent to those for the hold position are repeated |                          |   |
| Incomplete twists.   | up to 30°   | 31° - 60°                | 61° - 90° >90° and non-recognition      |
| Lack of height or amplitude on salto and flight elements.            | +   | +                        |   |
| Additional or intermediate hand support.                             | +   |                          |   |
| Strength with swing and vice versa.                                  | +   | +                        | +                                       |
| Duration of hold parts (2 sec.).                                     |   | less 2 sec.              | non stop and non-recognition            |
| Interruption in upward movement.                                     | +   | +                        | +                                       |
| Lowering of legs on elements to a handstand (from original position) | 0 - 15°   | 16°-30°                  | 31° - 45° >45° no-recog.                |
| Two or more attempts at a hold or strength part.                     |   | +                        | +                                       |
| Unsteadiness in or fall from handstand.                              | +   | swing or big disturbance | fall over                               |
| Fall from or onto apparatus.   |   |                          | 1.0                                     |
| Intermediate swing or layaway.                                       |   | half or layaway          | whole                                   |
| Assistance by spotter in the completion of an element.               |   |                          | 1.0 and non-recognition by the "D" Jury |
| Lack of extension in preparation for landing.                        | +   | +                        |   |
| Other technical errors.  | +   | +                        | +                                       |



# PPP

| PPP – Please note these are signposts of some available deductions |  |
|--|--|
| Element  | C of P Consideration   |
| All hold elements  | No stop is non-recognition.  |
| Bridge   | Performance expectation – shoulders at least vertical above hands. If shoulders not vertical, away from hands towards feet use angular deviations away from perfect hold positions:<br>0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5  |
| D Shape  | Performance expectation – shoulders at least vertical above hands/heels. If shoulders not vertical, away from rest of body, use angular deviations away from perfect hold positions:<br>0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5   |
| Chest roll to handstand / bent arm handstand                       | Body angle if appropriate handstand not achieved:<br>If hold not required:<br>16°-30° = 0.1, 31°-45° = 0.3, >45° = 0.5 + non-recog.<br>If hold required:<br>0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5<br>Lack of arm extension:<br>0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5 |
| Press elements   | Interrupted upward movement - 0.1, 0.3, 0.5<br>Two or more attempts strength/hold part - 0.3, 0.5  |
| Splits, including swim through.                                    | Hips not square:<br>16°-30° = 0.1, 31°-45° = 0.3, >45° = 0.5 + non-recog.<br>Legs not flat:<br>0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5  |
| Handstand dip (90°)  | Above 90° arm bend:<br>0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5  |

**LEVEL 1 – O8/U9, LEVEL 2 – U10 & LEVEL 3 -U11 PHYSICAL PREPARATION PROGRAMME**

| Description <i>(all element values = 1.00)</i>   | Performance Considerations  |
|--|---|
| <ol style="list-style-type: none"> <li>1. On paralettes straddle press to handstand (2 secs)</li> <li>2. Lower Straddle Lever (2 secs) lift to pike stand</li> <li>3. Step to handstand (2 secs) roll to straddle sit immediate fold (show for 2 secs)</li> <li>4. Swim through to front lie (chest flat to floor)</li> <li>5. Push up and show front support position and slide out to long front support (2 secs)</li> <li>6. Dorsal raise shaper - arms extended, show for 2 seconds<br/><br/>Roll to back</li> <li>7. Closed chest dish shaper - arms extended show for 2 seconds</li> <li>8. Arms and legs - push to bridge</li> <li>9. Lower down, bringing knees in, roll over to kneeling, Raise up through D shape</li> <li>10. Chest roll to bent arm handstand, rock down squat feet in piked and stand up to finish</li> </ol> | <p>Exercise should be performed fluently and moving towards virtuous presentation</p> <p>End positions to be clearly shown but do not need to be held for excessive amount of time</p> <p>Coaches should put an emphasis towards artistic performance and clean lines</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable.**

**LEVEL 4 – U12, LEVEL 5 – U13 & LEVEL 6 – U14 PHYSICAL PREPARATION PROGRAMME**

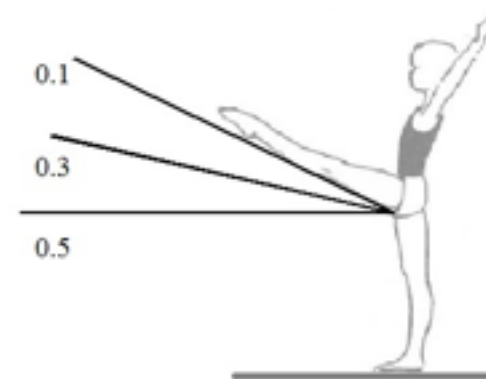
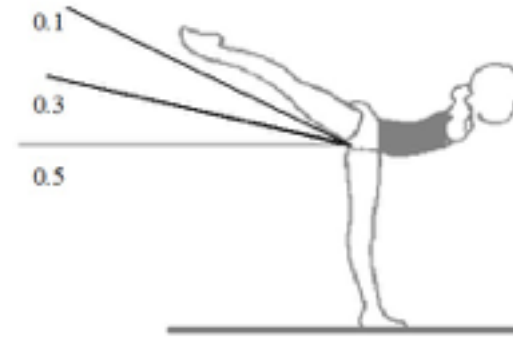
| Description   | Performance Considerations  |
|---|---|
| <ol style="list-style-type: none"> <li>1. On paralettes straddle press to handstand (2 secs) (1.0) lower down to straddle lever (2 secs) (1.0) lifts out to pike stand and stand up</li> <li>2. Step to handstand (2 seconds) (1.0)</li> <li>3. Full pirouette forward roll to straddle sit immediate fold (2 secs) (1.0)</li> <li>4. Swim through to lay position (chest on floor) (1.0)</li> <li>5. Push up and show front support slide out to long front support (2 secs) (1.0)</li> <li>6. Dorsal raise shaper (2 secs) (1.0) roll over to</li> <li>7. Dish shape (2 secs) (1.0) lay down</li> <li>8. Push to bridge (2 seconds) lower down (1.0)</li> <li>9. Bringing knees in, roll over to kneeling, grasp ankles and push to D shape</li> <li>10. Chest roll to handstand (2 secs) lower to pike stand, stand up and present. (1.0)</li> </ol> | <p>Exercise should be performed fluently and moving towards virtuous presentation</p> <p>End positions to be clearly shown but do not need to be held for excessive amount of time</p> <p>Coaches should put an emphasis towards artistic performance and clean lines</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

# FLOOR

| Element   | C of P Consideration  |
|---|---|
| All – Performance Considerations                | Deviation from performance considerations stated are technical deductions: 0.1, 0.3, 0.5  |
| Handspring, rebound jump; all flight elements.  | Lack of height or amplitude on flight elements: 0.1, 0.3, 0.5   |
| Arabesque                                       | Performance expectation:<br>Raised leg 30° above horizontal.<br>Below horizontal – 0.5 and non-recog.<br>Horizontal = 0.5, 0°-15° = 0.3, 16°-30° = 0.1,                             |
| Dive roll                                       | Non-distinct position: 0.1, 0.3, 0.5  |
| Holds   | <2 secs = 0.3.<br>No stop = 0.5 and non-recognition.  |
| Handstand into front support                    | Controlled, otherwise use technical error: 0.1, 0.3, 0.5  |
| Landings – See performance considerations also. | Unsteadiness, minor adjustment of feet, or excessive arm swings: 0.1<br>Slight imbalance, small step or hop: 0.1 per step<br>Large step or hop, or touch mat with 1 or 2 hands: 0.3 |
| Floor area deductions                           | Routines performed on a strip will not be penalised for going over the 12 metres. Other routines are judged as per FIG regulations.   |
| Number of steps                                 | Exceeding the number of steps stated will incur a 0.3 deduction regardless of how many extra taken.   |



## Article 10.3 Specific Deductions for Floor Exercise.

### E Jury

| Error  | Small<br>0.10 | Medium<br>0.30   | Large<br>0.50   |
|--|---------------|------------------|-----------------|
| Insufficient height in acrobatic elements.               | +             | +                |                 |
| Lack of flexibility during static elements.              | +             | +                |                 |
| Roll-out elements without hand support.                  |               | On back of hands | Without support |
| Pause 2 sec. or more before element or acrobatic series. | +             |                  |                 |
| Uncontrolled momentary landings (also in transitions).   | +             | +                | +<br>fall 1.00  |
| Simple steps or transitions to arrive to the corners.    | +             |                  |                 |
| Jump to prone landing after salto                        |               |                  | +               |

**LEVEL 1 – O8/U9 FLOOR EXERCISE (12m x 2m strip)**

| Description ( <i>values indicated in italics</i> )   | Performance Considerations  |
|--|---|
| <ol style="list-style-type: none"> <li>1. 2-3 steps into hurdle step, handspring rebound jump to stand. <i>(2.5)</i></li> <li>2. Step into handstand hop roll forwards <i>(1.5)</i> stand up into jump half turn. <i>(0.5)</i></li> <li>3. Step into cartwheel ¼ turn immediate backward roll to front support. <i>(2.0)</i></li> <li>4. Turn from front support to back support lower to pike sit, rock back in tuck position and rock forward to stand. <i>(1.0)</i></li> <li>5. 2 -3 steps dive forward roll. <i>(2.5)</i></li> </ol> | <p>Technical excellence in each of the individual elements.</p> <p>Rhythm and artistry throughout the routine.</p> <p>Landings should be controlled and well presented.</p> |
| <p><b>TOTAL SCORE – 10.00 Deductions as FIG</b></p> <p><b>Non-recognised elements will lose the value of the element plus FIG deduction if applicable.</b></p>   |   |

**LEVEL 2 – U10 FLOOR EXERCISE (12m x 2 m strip)**

| Description <i>(values indicated in italics)</i>   | Performance Considerations  |
|--|---|
| <ol style="list-style-type: none"><li>1. 2 – 3 steps handspring rebound jump into immediate dive forward roll to stand. <i>(3.0)</i></li><li>2. Step forward into any ½ turn. <i>(0.5)</i></li><li>3. Step into cartwheel cartwheel ¼ turn immediate backward roll to front support. <i>(1.5)</i></li><li>4. Straddle press to handstand (shown but not held) roll forwards <i>(2.0)</i> into jump half turn. <i>(0.5)</i></li><li>5. 2 -3 steps dive forward roll with straight legs to stand. <i>(2.5)</i></li></ol> | <p>Technical excellence in each of the individual elements.</p> <p>Rhythm and artistry throughout the routine.</p> <p>Landings should be controlled and well presented.</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

**LEVEL 3 – U11 FLOOR EXERCISE (strip or diagonal)**

| Description ( <i>values indicated in italics</i> )  | Performance Considerations  |
|---|---|
| <ol style="list-style-type: none"><li>1. 2 – 3 steps handspring to 1 leg, Handspring to 2 rebound jump to land. <b>(3.5)</b></li><li>2. Any half turn with jump. <b>(0.5)</b></li><li>3. Jump into round off, back flip, rebound jump. <b>(2.5)</b></li><li>4. Into backward roll thru handstand to front support. <b>(1.0)</b></li><li>5. Straddle press to handstand (2 sec) roll forwards to stand. <b>(1.0)</b></li><li>6. 2 -3 steps front somersault to stand. <b>(1.5)</b></li></ol> | <p>Technical excellence in each of the individual elements.</p> <p>Rhythm and artistry throughout the routine.</p> <p>Landings should be controlled and well presented.</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**



**LEVEL 4 – U12 FLOOR EXERCISE (12 x 2 strip or diagonal)**

| Description ( <i>values indicated in italics</i> )  | Performance Considerations  |
|---|---|
| <ol style="list-style-type: none"><li>1. 2 – 3 steps into front somersault, punch dive forward roll to stand. <b>(3.0)</b></li><li>2. Step into scissor kick into any half turn. <b>(0.5)</b></li><li>3. Kick to handstand, full pirouette, roll with straight legs to straddle stand. <b>(1.5)</b></li><li>4. Straddle press to handstand (2 sec), half pirouette lower to pike stand. <b>(2.0)</b></li><li>5. Hurdle step into round off 2 back flips with half turn to stand. <b>(3.0)</b></li></ol> | <p>Technical excellence in each of the individual elements.</p> <p>Rhythm and artistry throughout the routine.</p> <p>Landings should be controlled and well presented.</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

**LEVEL 5 – U13 FLOOR EXERCISE (diagonal)**

| Description ( <i>values indicated in italics</i> )  | Performance Considerations  |
|---|---|
| <ol style="list-style-type: none"> <li>1. 2 – 3 steps handspring front somersault. <b>(3.0)</b> Arabesque (2 secs) and swing leg into half turn to face opposite direction. <b>(0.5)</b></li> <li>2. Step into cartwheel, cartwheel 1/4 turn backward roll through handstand with half turn to forward roll, jump to prone. <b>(1.5)</b></li> <li>3. Step to side into 1 × double leg circles stop in front support, <b>(1.5)</b> immediate beat to best leg splits (2 secs). Stand up with half turn to face opposite direction. <b>(1.0)</b></li> <li>4. 2-3 steps into round off backflip x2, tuck back salto to land. <b>(2.5)</b></li> </ol> | <p>Technical excellence in each of the individual elements.</p> <p>Rhythm and artistry throughout the routine.</p> <p>Landings should be controlled and well presented.</p> |
| <p align="center"><b>TOTAL SCORE – 10.00 Deductions as FIG</b></p> <p align="center"><b>Non-recognised elements will lose the value of the element plus FIG deduction if applicable</b></p>   |   |

**LEVEL 6 – U14 FLOOR EXERCISE (diagonal)**

| Description ( <i>values indicated in italics</i> )  | Performance Considerations  |
|---|---|
| <ol style="list-style-type: none"><li>1. 3 - 4 steps into front somersault punch dive forward roll into headspring to stand. <i>(2.5)</i> Jump half turn.</li><li>2. 3 steps round backflip tuck back salto to land. <i>(1.5)</i></li><li>3. Backward roll through handstand fall to front support, step to side into 2 × double leg circles stop in front support. <i>(2.0)</i></li><li>4. Lower hips to floor slide feet forwards into straddle lift to handstand (2 secs) into half pirouette forward roll. <i>(1.5)</i></li><li>5. Kick step into scissor kick step 1/2 turn, Y – balance (2 secs) release leg and lower to floor. <i>(0.5)</i></li><li>6. 3 – 4 steps round off backflip straight back salto to land. <i>(2.0)</i></li></ol> | <p>Technical excellence in each of the individual elements.</p> <p>Rhythm and artistry throughout the routine.</p> <p>Landings should be controlled and well presented.</p> |
| <p style="text-align: center;"><b>TOTAL SCORE – 10.00 Deductions as FIG</b></p> <p style="text-align: center;"><b>Non-recognised elements will lose the value of the element plus FIG deduction if applicable</b></p>   |   |

# POMMEL HORSE

| <b>Pommel Horse – Please note these are signposts of some available deductions</b> |  |
|--|--|
| <b>Element</b>   | <b>C of P Consideration</b>  |
| All – Performance Considerations   | Deviation from performance considerations stated are technical deductions: 0.1, 0.3, 0.5             |
| All  | Touching apparatus – 0.1<br>Hitting apparatus – 0.5  |
| Circle elements  | Skewing deductions, taken for <b>each circle</b> :<br>>15° - 30° = 0.1, >30° - 45° = 0.3, >45° = 0.5 |
| Circle elements  | Shoulders moving from start direction on mushroom:<br>>15° - 30° = 0.1, >30° - 45° = 0.3, >45° = 0.5 |

## E Jury

| Error   | Small<br>0.10      | Medium<br>0.30        | Large<br>0.50                   |
|---|--------------------|-----------------------|---------------------------------|
| Lack of amplitude in scissors and single leg swings.                            | +                  | +                     |                                 |
| Handstand with visible strength or bent arms.                                   | +                  | +                     | +                               |
| Pausing or stopping in handstand.   | +                  | +                     | +                               |
| Hip Breaks with circles.  | +                  | +                     |                                 |
| Lack of body extension in circles or flairs. Each element                       | +                  |                       |                                 |
| Bent or legs apart during elements.   | +                  | +                     | +                               |
| Angular deviations in cross support circles and travels.                        | >15°- 30°          | >30°- 45°             | >45°<br>no - recog.             |
| Landing oblique or not facing out from the long axis of horse.                  | +<br>deviation >45 | +<br>deviation<br>90° |                                 |
| Non handstand dismounts, body position under 30° over shoulder horizontal line. |                    | +                     |                                 |
| Scissor to handstand with hip bend.   | +                  | +                     | +<br>no - recog.                |
| Scissors to handstand without closing the legs.                                 | +                  | +                     |                                 |
| Extra ¼ swing on mount without a leg changing sides.                            |                    | +                     |                                 |
| Unsteadiness in the handstand dismount, turning problems.                       | +                  | +                     |                                 |
| Lowering of legs on elements to a handstand (from original position)            | 0 - 15°            | 16°-30°               | 31° - 45°<br>>45° no-<br>recog. |

**LEVEL 1 – O8/U9 MEDIUM MUSHROOM**

| Description <i>(values indicated in italics)</i>   | Performance Considerations  |
|--|---|
| <p>Medium height mushroom</p> <p>1. 7 circles.</p> <p>The middle 5 circles will be judged. <i>(2.0 per circle)</i></p> <p>5 attempts only.</p> | <p>The circles should be fluent and well extended from the shoulders.</p> <p>Control should be demonstrated throughout the routine.</p> <p>Shoulder displacement should be symmetrical through side support positions.</p> <p>Shoulders should remain in the same direction throughout the routine.</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

**LEVEL 2 – U10 – LOW MUSHROOM**

| Description <i>(values indicated in italics)</i>  | Performance Considerations   |
|---|--|
| <p>Low height mushroom</p> <p>1. 7 circles.</p> <p>The middle 5 circles will be judged. <i>(2.0 per circle)</i></p> <p>5 attempts only.</p> | <p>The circles should be fluent and well extended from the shoulders.</p> <p>Control should be demonstrated throughout the routine.</p> <p>Shoulder displacement should be symmetrical through side support positions.</p> <p>Shoulders should remain in the same direction throughout the routine</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

**LEVEL 3 – U11 MEDIUM MUSHROOM WITH HANDLE**

| Description ( <i>values indicated in italics</i> )  | Performance Considerations  |
|---|---|
| <p>Medium height mushroom with handle.</p> <p>1. 7 circles over handle.</p> <p>The middle 5 circles will be judged. <b>(2.0 per circle)</b></p> <p>5 attempts only.</p> | <p>The circles should be fluent and well extended from the shoulders.</p> <p>Control should be demonstrated throughout the routine.</p> <p>Shoulder displacement should be symmetrical through side support positions</p> |
| <p><b>TOTAL SCORE – 10.00 Deductions as FIG</b></p> <p><b>Non-recognised elements will lose the value of the element plus FIG deduction if applicable</b></p>           |   |



**LEVEL 4 – U12 POMMEL HORSE (LOW) NO HANDLES**

| Description <i>(values indicated in italics)</i>  | Performance Considerations   |
|---|--|
| <p>Low horse with no handles.</p> <p>1. 7 outward loops</p> <p>The middle 5 circles will be judged. <i>(2.0 per circle)</i></p> <p>5 attempts only.</p> | <p>The circles should be fluent and well extended from the shoulders.</p> <p>Control should be demonstrated throughout the routine.</p> <p>Shoulder displacement should be symmetrical through side support positions.</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

**LEVEL 5 – U13 POMMEL HORSE (LOW) NO HANDLES**

| Description ( <i>values indicated in italics</i> )  | Performance Considerations   |
|---|--|
| <p>Low horse no handles.</p> <ol style="list-style-type: none"><li>1. 3 outward loops. (3.0)</li><li>2. Half spindle. (4.0)</li><li>3. 4 inward loops. (3.0) (Finish judging after 3<sup>rd</sup> loop)</li></ol> | <p>The circles should be fluent and well extended from the shoulders.</p> <p>Control should be demonstrated throughout the routine.</p> <p>Shoulder displacement should be symmetrical through side support positions.</p> |
| <p><b>TOTAL SCORE – 10.00 Deductions as FIG</b></p> <p><b>Non-recognised elements will lose the value of the element plus FIG deduction if applicable</b></p>   |  |

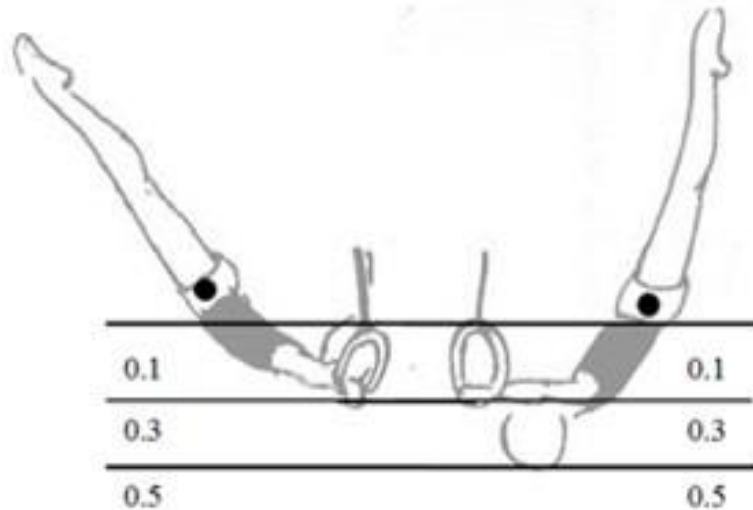
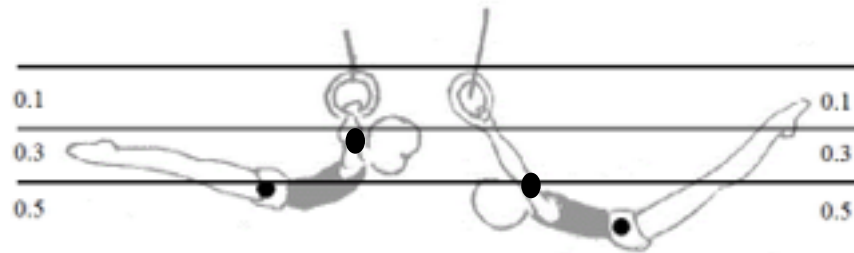
**LEVEL 6 – U14 POMMEL HORSE**

| Description ( <i>values indicated in italics</i> )  | Performance considerations   |
|---|--|
| <p>Full Height Horse</p> <ol style="list-style-type: none"><li data-bbox="226 612 636 644">1. 5 circles on the handles. <i>(5.0)</i></li><li data-bbox="226 687 824 719">2. Any travel in circles to end of the horse. <i>(2.0)</i></li><li data-bbox="226 762 689 794">3. 3 inward loops and flank off. <i>(3.0)</i></li></ol> | <p>The circles should be fluent and well extended from the shoulders.</p> <p>Control should be demonstrated throughout the routine.</p> <p>Shoulder displacement should be symmetrical through side support positions.</p> <p>Successful travel must conclude within the relevant end zone and be completed with hands and shoulders parallel.</p> |
| <p><b>TOTAL SCORE – 10.00 Deductions as FIG</b></p> <p><b>Non-recognised elements will lose the value of the element plus FIG deduction if applicable</b></p>   |  |

# RINGS

| <b>Rings – Please note these are signposts of some available deductions</b> |   |
|---|---|
| <b>Element</b>  | <b>C of P Consideration</b>   |
| All – Performance Considerations  | Deviation from performance considerations stated are technical deductions: 0.1, 0.3, 0.5<br>For example:<br>Touching straps with arms in held positions: 0.3,<br>Support on straps with arms in held positions: 0.5 |
| Swings  | Refer to diagrams which show the relevant deductions for height of the hips in swings.  |
| Legs apart or other poor execution during jump or lift to rings             | 0.3   |
| All   | Touching cables with arms, feet or other parts of body: 0.3<br>Support on cables with feet or legs:<br>0.5 and non-recognition.   |
| All   | Non-distinct body position: 0.1, 0.3, 0.5   |
| All   | Strength with swing or vice versa: 0.1, 0.3, 0.5  |
| Holds   | <2 secs – 0.3. No stop – 0.5 and non-recognition.   |
| Dismount  | Shape, height, landing.   |
| Inlocations and dislocations  | No deductions for the height of the shoulders unless stated.<br>0.1, 0.3, 0.5 deductions each time for excessive arching / piking / lack of shoulder flexibility  |
| Arm bending   | Note that cast from pike with bent arms into swings is acceptable   |
| Additional full intermediate swings   | Given 0.5 deduction for chronological error.  |

# SWING DEDUCTIONS



Up to 15° = 0.1 ded

16° - 30° = 0.3 ded

31° - 45° = 0.5 ded

> 45° = 0.5 ded + non-recognition  
from D Jury

E Jury

| Error  | Small<br>0.10 | Medium<br>0.30 | Large<br>0.50 |
|--|---------------|----------------|---------------|
| Pre-swing before start of exercise.  |               | +              |               |
| Coach gives gymnast an initial swing.  | +             |                |               |
| Layaway on the back swing.   |               | +              |               |
| Crossing cables during any element.  |               | +              |               |
| Hold of a non-listed part for 2 s. or more.  | per element   |                |               |
| Compositional errors.  |               | +              |               |
| Legs apart or other poor execution during jump or lift to Rings.                   |               | +              |               |
| False grip (over grip) during strength holds (each time).                          | +             |                |               |
| Bent arms during swing to strength hold parts or to establish hold position.       | +             | +              | +             |
| Touching cables or straps with arms, feet or other parts of body                   |               | +              |               |
| Supporting or balancing with feet or legs on cables.                               |               |                | +<br>no-recog |
| Fall from handstand.   |               |                | +<br>no-recog |
| Excessive swing of cables.   | per element   |                |               |
| Preceding strength hold high angle- press to strength (also apply to 2nd element). | +             | +              |               |

**LEVEL 1 – O8/U9 RINGS (Loops)**

| Description ( <i>values indicated in italics</i> )   | Performance Considerations  |
|--|---|
| <ol style="list-style-type: none"><li>1. From hang circle through piked to German hang (2 sec). <i>(0.5)</i></li><li>2. Lift up to inverted hang opening body. <i>(0.5)</i></li><li>3. Kip out into</li><li>4. Swing backwards, swing forwards. <i>(3.0)</i></li><li>5. Swing backwards, swing forwards. <i>(3.0)</i></li><li>6. Swing backwards, swing forwards. <i>(3.0)</i></li></ol> | <p>Swings should show fluency and amplitude, achieving an end position with the body towards the vertical line.</p> |
| <p><b>TOTAL SCORE – 10.00 Deductions as FIG</b></p> <p><b>Non-recognised elements will lose the value of the element plus FIG deduction if applicable</b></p>  |   |

**LEVEL 2 – U10 RINGS**

| Description ( <i>values indicated in italics</i> )  | Performance Considerations   |
|---|--|
| <p>Lift gymnast to support.</p> <ol style="list-style-type: none"> <li>1. Straight body support (2 sec). <b>(1.0)</b></li> <li>2. Lower to chin up position (2 sec). <b>(1.0)</b></li> <li>3. Lower back to inverted hang and kip into</li> <li>4. Swing backwards, swing forwards. <b>(2.0)</b></li> <li>5. Swing backwards, swing forwards. <b>(2.0)</b></li> <li>6. Swing backwards, swing forwards <b>(2.0)</b><br/>into</li> <li>7. Tuck back salto. <b>(2.0)</b></li> </ol> | <p>Swings should show fluency and amplitude, achieving an end position with the body towards the vertical line.</p> <p>Held elements should show clear body positions with rings minimum parallel and wrists and elbows clear of the straps.</p> |
| <p align="center"><b>TOTAL SCORE – 10.00 Deductions as FIG</b></p> <p align="center"><b>Non-recognised elements will lose the value of the element plus FIG deduction if applicable</b></p>   |  |



**LEVEL 3 – U11 RINGS**

| Description ( <i>values indicated in italics</i> )   | Performance Considerations   |
|--|--|
| <ol style="list-style-type: none"><li>1. From hang, muscle up to support (2 sec). <i>(1.5)</i></li><li>2. Roll back to inverted hang</li><li>3. Lower through back planche to German hang (2 sec). <i>(0.5)</i></li><li>4. Pike up to inverted hang and kip into</li><li>5. Swing backwards, swing forwards. <i>(2.0)</i></li><li>6. Swing backwards, swing forwards. <i>(2.0)</i></li><li>7. Swing backwards, swing forwards <i>(2.0)</i> into</li><li>8. Straight back salto. <i>(2.0)</i></li></ol> | <p>Swings should show fluency and amplitude, achieving an end position with the body towards the vertical line.</p> <p>Held elements should show clear body positions with rings minimum parallel and wrists and elbows clear of the straps.</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

**LEVEL 4 – U12 RINGS**

| Description <i>(values indicated in italics)</i>   | Performance Considerations  |
|--|---|
| <ol style="list-style-type: none"><li>1. Muscle up to support (2 sec). <b>(1.5)</b></li><li>2. Lift legs to half lever (2 secs). <b>(1.0)</b></li><li>3. Roll back to inverted hang lower to back planch (2 sec) <b>(0.5)</b> lower down and lift back to inverted hang.</li><li>4. Cast forwards into swing backwards to inlocate. <b>(1.5)</b></li><li>5. Swing backwards, <b>(0.5)</b> swing forwards to dislocate. <b>(2.0)</b></li><li>6. Swing forwards, swing backwards. <b>(1.0)</b></li><li>7. Into straight back salto to land. <b>(2.0)</b></li></ol> | <p>Swings should show fluency and amplitude.</p> <p>Held elements should show clear body positions with rings minimum parallel and wrists and elbows clear of the straps.</p> <p>Swings through the rings should show increasing amplitude on each swing.</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

**LEVEL 5 – U13 RINGS**

| Description <i>(values indicated in italics)</i>  | Performance Considerations   |
|---|--|
| <ol style="list-style-type: none"> <li>1. Chin up and straight body circle to inverted hang. <i>(0.5)</i></li> <li>2. Cast forwards into inlocation <i>(1.0)</i> back up rise to half lever (2 secs). <i>(1.5)</i></li> <li>3. Circle back to inverted hang with straight arms.</li> <li>4. Lower to back planche (2 secs) <i>(1.5)</i></li> <li>5. Lower to German hang lift back to inverted hang, cast forwards.<br/>into</li> <li>6. Swing backwards, swing forwards. <i>(2.0)</i><br/>into</li> <li>7. Dislocation <i>(1.0)</i></li> <li>8. Dislocation <i>(1.0)</i></li> <li>9. Into straight back salto. <i>(1.5)</i></li> </ol> | <p>Swings should show fluency and amplitude, achieving an end position with the body towards the vertical line.</p> <p>Held elements should show clear body positions with rings minimum parallel and wrists and elbows clear of the straps.</p> <p>Swings through the rings should show increasing amplitude on each swing.</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**  
**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

**LEVEL 6 – U14 RINGS**

| Description <i>(values indicated in italics)</i>  | Performance Considerations   |
|---|--|
| <ol style="list-style-type: none"> <li>1. Chin up and straight body circle to inverted hang. <i>(0.5)</i></li> <li>2. 2 x Dislocate <i>(2.0)</i> into circle up to support and half lever (2 secs). <i>(1.5)</i></li> <li>3. Circle back to inverted hang with straight arms. <i>(0.5)</i></li> <li>4. Lower to back planche (2 secs). <i>(1.5)</i></li> <li>5. Lower to German hang lift back to inverted hang.</li> <li>6. Inlo x2 into swing backwards. <i>(2.0)</i></li> <li>7. Swing forwards swing backwards swing forwards into straight back salto. <i>(2.0)</i></li> </ol> | <p>Swings should show fluency and amplitude, achieving an end position with the body towards the vertical line.</p> <p>Held elements should show clear body positions with rings minimum parallel and wrists and elbows clear of the straps.</p> <p>Swings through the rings should show increasing amplitude on each swing.</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

# VAULT

|  |  |
|--|--|
| Vault – Please note these are signposts of some available deductions |  |
| Phases   | C of P Consideration   |
| All – Performance Considerations                                     | Deviation from performance considerations stated are technical deductions: 0.1, 0.3, 0.5   |
| All  | Non-distinct body position: 0.1, 0.3, 0.5  |
| 2 <sup>nd</sup> flight / flight                                      | Insufficient height, no conspicuous rise of the body: 0.1, 0.3, 0.5  |
| Landing  | Lack of extension in preparation for landing: 0.1, 0.3   |
| All  | An incomplete vault or vault recognised as a different vault to the one denoted in the grade book is deemed an invalid vault, and will score 0.00. For example, straight front salto into immediate dive roll – if no dive roll performed, vault scores 0.00. For example, straight front salto into immediate dive roll – if tucked salto performed, vault scores 0.00. |

## Straight front salto shape and take off position for dive forward roll



**Article 13.3 Table of Specific Errors and Deductions for Vault  
D jury**

| Error  | Small<br>0.10                         | Medium<br>0.30 | Large<br>0.50 |
|--|---------------------------------------|----------------|---------------|
| Landing or touching with one foot or one hand outside the landing area.                                  | 0.1 from the final score              |                |               |
| Touching with feet, hands, foot and hand or with any other part of the body outside of the landing area. | 0.3 from the final score              |                |               |
| Landing directly outside the landing area.   | 0.3 from the final score              |                |               |
| Exceeding 25 meter run for Vault.  | 0,50 from the Final Score             |                |               |
| Illegal or invalid vaults.   | Score of 0,00 for the vault           |                |               |
| Failure to use vault board safety collar for round-off entry vaults.                                     | Score of 0,00 for the vault           |                |               |
| Repeating 1st vault in Qualification or in Vault-Final.  | Score of 0,00 for the vault           |                |               |
| Repeating 1st vault group in Qualification or in Vault-Final.  | 2,0 point deduction for the 2nd vault |                |               |
| Same or similar 2nd flight phase for the two vaults in Qualification or in Vault-Final (Table page 2).   | 2,0 point deduction for the 2nd vault |                |               |
| Additional run approach.   | 1,00 point deduction                  |                |               |

**E Jury deductions**

| Error  | Small<br>0.10 | Medium<br>0.30 | Large<br>0.50 |
|--|---------------|----------------|---------------|
| Execution errors in 1st flight.                          | +             | +              | +             |
| Technical errors in 1st flight.                          | +             | +              | +             |
| Passing the handstand position not through the vertical. | +             | +              | +             |
| Execution errors in 2nd flight.                          | +             | +              | +             |
| Technical errors in 2nd flight.                          | +             | +              | +             |
| Insufficient height, no conspicuous rise of the body.    | +             | +              | +             |
| Lack of extension in preparation for landing.            | +             | +              |               |

**LEVEL 1 – 08/U9 VAULT**

| Description   | Performance Considerations  |
|---|---|
| <p>Springboard onto landing area of 30cms landing mat with agility mat. From a run up to 15 metres</p> <p>1. Tuck front dive forward roll. (10.0)</p> | <p>Powerful, dynamic run up.</p> <p>Distinct body shape on springboard.</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

**LEVEL 2 – U10 VAULT**

**Description**

**Performance Considerations**

Springboard onto landing area of 60cms landing mat with 10cms agility mat.  
From a run up to 15 metres

1. Straight front to back. **(10.0)**

Powerful, dynamic run up.

Distinct body shape on springboard leading to heel acceleration with heels touching first.

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**



**LEVEL 3 – U11 VAULT**

| Description   | Performance Considerations   |
|---|--|
| <p>Springboard onto landing area of 30cms landing mat with agility mat. From a run up to 15 metres</p> <p>1. Straight front dive forward roll. (10.0)</p> | <p>Powerful, dynamic run up.</p> <p>Distinct body shape on springboard leading to heel acceleration.</p> <p>Distinct body shape in flight (as per diagram) and rotation into a dynamic rebound for the roll (roll not judged).</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

**LEVEL 4 – U12 VAULT**

| Description   | Performance Considerations   |
|---|--|
| <p>Vault table 120cm with mats level +/- 5 cms with the vault table</p> <p>1. Handspring to stand. (10.0)</p> | <p>Powerful, dynamic run up.</p> <p>Distinct body shape on springboard leading to heel acceleration.</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

**LEVEL 5 – U13 VAULT**

| Description  | Performance Considerations   |
|--|--|
| <p>Vaulting Table at 125cms with mats level with the vault table</p> <p>1. Tsukahara (straight) prep to land on shoulders. <b>(10.0)</b></p> | <p>Powerful, dynamic run up. Excessive piking = 1.0 deduction.<br/>Landing feet first = 2.0 deduction.</p> <p>Distinct body shape on springboard leading to powerful dynamic first flight.</p> <p>The point of contact with the table (block) should show a clear elevation into the second flight phase.</p> <p>A distinctive body shape should be maintained throughout the second flight.</p> <p>Clean and clear preparation for landing.</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**  
**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

**LEVEL 6 – U14 VAULT**

| Description  | Performance Considerations   |
|--|--|
| <p>Vaulting Table at 125cms, FIG landing area</p> <p>1. Handspring. (9.0)</p> <p>or</p> <p>2. Handspring tuck front salto. (10.0)</p> <p>or</p> <p>3. Tuck tsukahara. (10.0)</p> | <p>Powerful, dynamic run up.</p> <p>Distinct body shape on springboard leading to powerful dynamic first flight.</p> <p>The point of contact with the table (block) should show a clear elevation into the second flight phase.</p> <p>A distinctive body shape should be maintained throughout the second flight.</p> <p>Clean and clear preparation for landing.</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

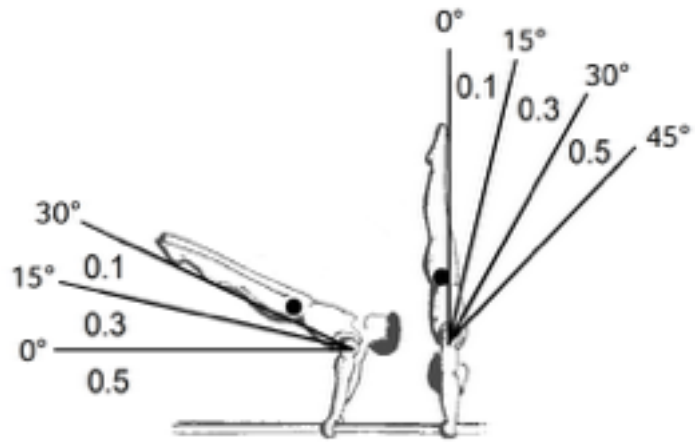
# PARALLEL BARS

| Parallel Bars – Please note these are signposts of some available deductions |  |
|--|--|
| Element  | C of P Consideration   |
| All – Performance Considerations   | Deviation from performance considerations stated are technical deductions: 0.1, 0.3, 0.5                           |
| Holds  | <2 secs – 0.3. No stop – 0.5 and non-recognition.  |
| Swings   | See diagram of general swing deductions: front and back swings, skills to handstand, swings under bar.             |
| Angular deviations on perfect held positions                                 | Up to 15° = 0.1 ded<br>16° - 30° = 0.3 ded<br>31° - 45° = 0.5 ded<br>> 45° = 0.5 ded + non-recognition from D Jury |
| Additional full intermediate swings  | Given 0.50 deduction for chronological error plus 0.5.   |

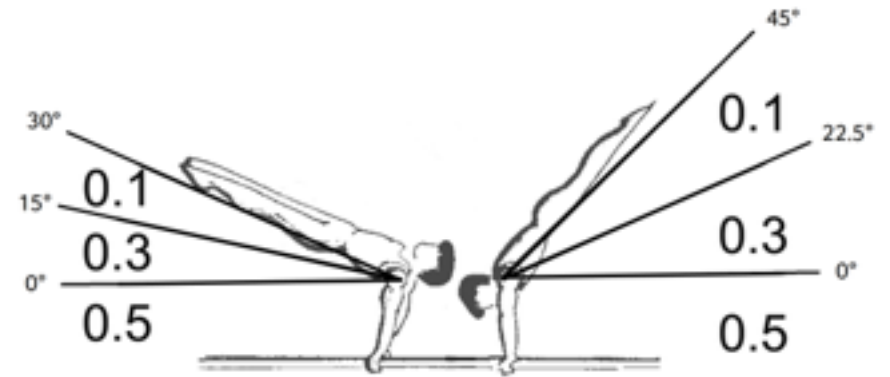
### Article 14.3 Specific Deductions for Parallel Bars

| Error   | Small<br>0.10   | Medium<br>0.30 | Large<br>0.50 |
|---|---|----------------|---------------|
| One leg step or swing on mount.   |   | +              |               |
| Layaway on the back swing.  |   | +              |               |
| Not controlled momentary handstand positions on 1 or 2 rails.                 | +   |                |               |
| Elements Chiaro type, excessive hand separation and/or body deviation (each). | +   | +              | +             |
| Pre-element.  |   |                | +             |
| Stepping or hands adjustments in handstand.                                   | +<br>each time  |                |               |
| Lack of extension at horizontal regrasping after saltos.                      | +   | +              |               |
| Uncontrolled regrasping after saltos.   |   | +              | +             |
| Non respect of the official warm up time (50").                               | 0.30 from the Final Score (D1 Judge) for individual competition or 1.00 from team score for team competition. |                |               |

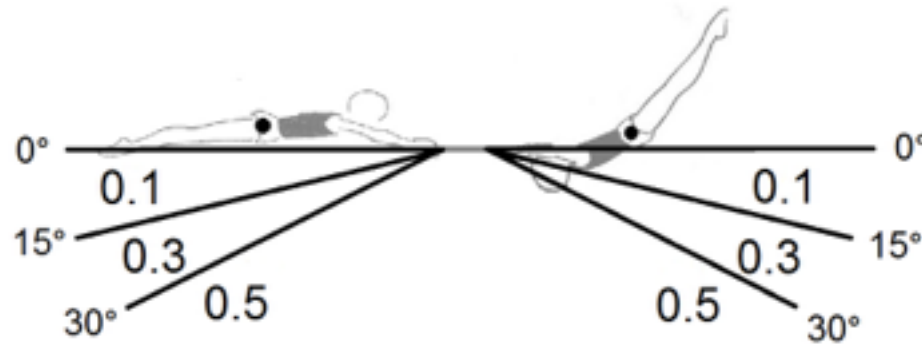
# SWING DEDUCTIONS



**Swings to handstand**



**Swings**



**Under bar swings**

**LEVEL 1 – U10 PARALLEL BARS**

| Description <i>(values indicated in italics)</i>  | Performance Considerations   |
|---|--|
| <p>140cms</p> <ol style="list-style-type: none"><li>1. Jump to support lift legs to ½ lever (2 sec). <i>(1.5)</i></li><li>2. Lift towards Russian lever and swing out. <i>(0.5)</i><br/>into</li><li>3. Swing backwards, swing forwards. <i>(2.0)</i></li><li>4. Swing backwards, swing forwards. <i>(2.0)</i></li><li>5. Swing backwards, swing forwards. <i>(2.0)</i></li><li>6. Swing backwards step to one rail into flank dismount. <i>(2.0)</i></li></ol> | <p>Swings in support should be dynamic and extended and achieve good end positions.</p> <p>Held parts should be clearly shown with distinct line.</p> <p>Elements through hang should be dynamic, clear of the floor, and show good understanding of technique, with minimal movement of the hands.</p> <p>Element 6 Flank dismount as per ‘swings’ diagram.</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**



**LEVEL 2 – U10 PARALLEL BARS**

| Description <i>(values indicated in italics)</i>   | Performance Considerations   |
|--|--|
| <p>140cms</p> <ol style="list-style-type: none"> <li>1. Float upstart to straddle sit. <i>(1.0)</i></li> <li>2. Close legs to half lever (2 sec). <i>(0.5)</i></li> <li>3. Straddle press to handstand (2 sec). <i>(1.0)</i></li> <li>4. Swing forwards, swing backwards. <i>(1.5)</i></li> <li>5. Swing forwards, swing backwards <i>(1.5)</i></li> <li>6. Swing forwards, swing backwards handstand (not held). <i>(2.0)</i></li> <li>7. Swing forwards, swing backwards and step to one rail into flank dismount through handstand. <i>(2.5)</i></li> </ol> | <p>Swings in support should be dynamic and extended and achieve good end positions.</p> <p>Held parts should be clearly shown with distinct line.</p> <p>Elements through hang should be dynamic, clear of the floor, and show good understanding of technique, with minimal movement of the hands.</p> <p>Element 7 Flank dismount as per ‘swings’ diagram.</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

**LEVEL 3 – U11 PARALLEL BARS**

| Description <i>(values indicated in italics)</i>   | Performance Considerations   |
|--|--|
| <p>140cms</p> <ol style="list-style-type: none"> <li>1. Jump into float upstart swing back to straddle lever (2 sec). <i>(2.0)</i></li> <li>2. From straddle lever press to handstand (2 sec). <i>(1.5)</i></li> <li>3. Swing forwards, swing backwards. <i>(1.5)</i></li> <li>4. Swing forwards, swing backwards handstand (not held) <i>(2.0)</i></li> <li>5. Swing forwards, swing backwards and step to one rail into flank dismount through handstand. <i>(2.0) Mark from 9.0</i></li> </ol> <p><b>Or</b></p> <ol style="list-style-type: none"> <li>6. Swing forwards into tuck back salto. <i>(3.0) Mark from 10.0</i></li> </ol> | <p>Swings in support should be dynamic and extended and achieve good end positions.</p> <p>Held parts should be clearly shown with distinct line.</p> <p>Elements through hang should be dynamic, clear of the floor, and show good understanding of technique, with minimal movement of the hands.</p> <p>Element 5 Flank dismount as per ‘swing to handstand’ diagram.</p> |
| <p align="center"><b>TOTAL SCORE – Dependent on dismount. Deductions as FIG</b></p> <p align="center"><b>Non-recognised elements will lose the value of the element plus FIG deduction if applicable</b></p>   |  |

**LEVEL 4 – U12 PARALLEL BARS**

| Description <i>(values indicated in italics)</i>   | Performance Considerations   |
|--|--|
| <ol style="list-style-type: none"> <li>1. Upstart to half lever (2 sec). <b>(1.0)</b></li> <li>2. Straddle press to handstand (2 sec). <b>(0.5)</b></li> <li>3. Undershoot to upper arms into back up rise, <b>(2.5)</b> swing forwards, swing backwards to handstand (2 sec) <b>(1.5)</b></li> <li>4. Swing forwards, swing backward to handstand <b>(0.5)</b></li> <li>5. into half pirouette forwards. <b>(1.0)</b></li> <li>6. Swing forwards, swing backwards to handstand (2 sec). <b>(1.0)</b></li> <li>7. Swing forwards into tuck back salto. <b>(1.0) Mark from 9.0</b></li> </ol> <p align="center"><b>Or</b></p> <ol style="list-style-type: none"> <li>8. Straight back salto. <b>(2.0) Mark from 10.0</b></li> </ol> | <p>Swings in support should be dynamic and extended and achieve good end positions.</p> <p>Held parts should be clearly shown with distinct line.</p> <p>Elements through hang should be dynamic, clear of the floor, and show good understanding of technique, with minimal movement of the hands.</p> <p>Pirouettes should be performed with good body line and achieve handstand.</p> <p>Dismount should show amplitude and a visible lift from the bars.</p> |
| <p align="center"><b>TOTAL SCORE – Dependent on dismount. Deductions as FIG</b></p> <p align="center"><b>Non-recognised elements will lose the value of the element plus FIG deduction if applicable</b></p>   |  |

**LEVEL 5 – U13 PARALLEL BARS**

| Description <i>(values indicated in italics)</i>   | Performance Considerations   |
|--|--|
| <ol style="list-style-type: none"> <li>1. Jump into front uprise swing to handstand (2 sec). <i>(2.0)</i></li> <li>2. Undersomersault to support, <i>(2.5)</i> swing forwards to momentary manna. <i>(1.0)</i></li> <li>3. Swing to handstand and pirouette forwards. <i>(1.5)</i></li> <li>4. Swing forwards, swing backwards to handstand (2 sec). <i>(1.0)</i></li> <li>5. Swing forwards into straight back salto. <i>(2.0)</i></li> </ol> | <p>Swings in support should be dynamic and extended and achieve good end positions.</p> <p>Held parts should be clearly shown with distinct line.</p> <p>Elements through hang should be dynamic, clear of the floor, and show good understanding of technique, with minimal movement of the hands.</p> <p>Pirouettes should be performed with good body line and achieve handstand.</p> <p>Dismount should show amplitude and a visible lift from the bars.</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

**LEVEL 6 – U14 PARALLEL BARS**

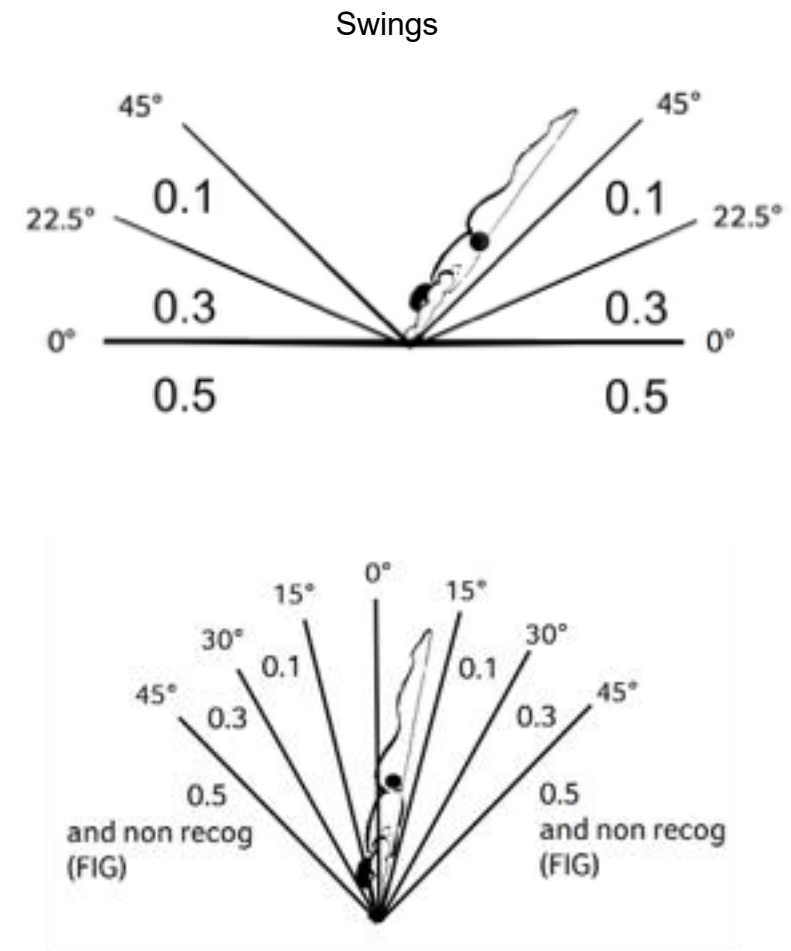
| Description <i>(values indicated in italics)</i>   | Performance Considerations   |
|--|--|
| <ol style="list-style-type: none"><li>1. Jump into front up rise swing to handstand (2 sec). <i>(2.0)</i></li><li>2. Undersomersault to support, <i>(2.5)</i> swing forwards to drop to upper arms and back uprise to horizontal or above. <i>(2.0)</i></li><li>3. Swing forwards, swing backwards to handstand into forward pirouette to held handstand 2 secs. <i>(1.5)</i></li><li>4. Swing forwards, swing back to pike front salto dismount. <i>(2.0)</i></li></ol> | <p>Swings in support should be dynamic and extended and achieve good end positions.</p> <p>Held parts should be clearly shown with distinct line.</p> <p>Elements through hang should be dynamic, clear of the floor, and show good understanding of technique, with minimal movement of the hands.</p> <p>Pirouettes should be performed with good body line and achieve handstand.</p> <p>Dismount should show amplitude and a visible lift from the bars.</p> |

**TOTAL SCORE – 10.00 Deductions as FIG**

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**

# HIGH BAR

| Horizontal Bar – Please note these are signposts of some available deductions |   |
|---|---|
| Element   | C of P Consideration  |
| All – Performance Considerations  | Deviation from performance considerations stated are technical deductions: 0.1, 0.3, 0.5 Well described expectations on Horizontal Bar. |
| All Swings  | Performance expectation is above 45°<br>Above horizontal: 22.5° - 45° = 0.1,      0° -<br><22.5° = 0.3,<br>Below horizontal = 0.5       |
|   | Strength with swing or vice versa: 0.1, 0.3, 0.5  |
| Skills to handstand   | Apply the FIG CoP deductions:<br>16° - 30° = 0.1, 31° - 45° = 0.3, Below 45° = 0.5<br>and non-recognition (Unless stated)               |
| All   | Deviation from plane of movement: 0.1, 0.3  |
| Additional full intermediate swings   | Given 0.50 deduction for chronological error plus<br>0.50 deduction for the intermediate swing.   |



Skills to handstand unless stated

## E Jury

| Error  | Small<br>0.10  | Medium<br>0.30 | Large<br>0.50 |
|--|----------------|----------------|---------------|
| Legs apart or other poor execution during jump or lift to Horizontal Bar   |                | +              |               |
| Lack of swing or pause in handstand or elsewhere   | +              | +              |               |
| Low amplitude on flight elements   | +              | +              |               |
| Deviation from plane of movement   | ≤ 15°          | >15°           |               |
| Layaway on the back swing  |                | +              |               |
| Illegal elements with or from feet on the bar  |                | +              |               |
| Bent arms on regrasping following flight elements  | +              | +              |               |
| Bent knees during swing actions  | +<br>each time | +<br>each time |               |
| Elements not continuing in their intended direction (applied after element) Needed to show the element can receive value |                |                | +             |
| Any flight element with salto over the bar without a giant swing afterward   |                | +              |               |

**LEVEL 1 – 08/U9 HIGH BAR (GLOVES AND LOOPS)**

| Description <i>(values indicated in italics)</i>  | Performance Considerations  |
|---|---|
| <p>From still hang</p> <ol style="list-style-type: none"><li>1. Chin up circle round to support. <b>(0.5)</b></li><li>2. Cast above 45 degrees. <b>(1.0)</b></li><li>3. Swing forwards, swing backwards (each side above 45 degrees). <b>(2.5)</b></li><li>4. Swing forwards, swing backwards (each side within 15 degrees of handstand) <b>(3.0)</b></li><li>5. Swing forwards, swing backwards (each side within 15 degrees of handstand). <b>(3.0)</b></li></ol> | <p>Swings should exhibit a hang phase through the bottom of the bar leading to a dynamic swing.</p> <p>Head neutral throughout.</p> |
| <p><b>TOTAL SCORE – 10.00 Deductions as FIG</b></p> <p><b>Non-recognised elements will lose the value of the element plus FIG deduction if applicable</b></p>   |   |



**LEVEL 2 – U10 HIGH BAR (GLOVES AND LOOPS)**

| Description <i>(values indicated in italics)</i>  | Performance Considerations   |
|---|--|
| <p>From still hang</p> <ol style="list-style-type: none"> <li>1. Lift legs piked to the bar into dynamic body shaper. <i>(0.5)</i></li> <li>2. Swing backwards swing forwards above horizontal. <i>(1.0)</i></li> <li>3. Swing backwards (above horizontal). <i>(1.0)</i></li> </ol> <p>Into</p> <ol style="list-style-type: none"> <li>4. Clear circle to front support or above. <i>(2.0)</i></li> <li>5. Swing forwards swing backwards (each side within 15 degrees of handstand). <i>(1.0)</i></li> <li>6. 3 backward long swings. <i>(each backward long swing is worth 1.5)</i></li> </ol> | <p>Swings should exhibit a hang phase through the bottom of the bar leading to a dynamic long swing, which passes through handstand.</p> <p>Head neutral throughout.</p> |
| <p align="center"><b>TOTAL SCORE – 10.00 Deductions as FIG</b></p> <p align="center"><b>Non-recognised elements will lose the value of the element plus FIG deduction if applicable</b></p>   |  |

**LEVEL 3 – U11 HIGH BAR (GLOVES AND LOOPS)**

| Description <i>(values indicated in italics)</i>   | Performance Considerations   |
|--|--|
| <p>From still hang</p> <ol style="list-style-type: none"> <li>1. Leg lift into dynamic body shaper.</li> <li>2. Swing backwards above horizontal. <i>(1.0)</i></li> <li>3. Swing forwards, swing backwards to handstand. <i>(2.0)</i></li> </ol> <p>Into</p> <ol style="list-style-type: none"> <li>4. Clear circle to handstand. <i>(2.5)</i></li> <li>5. 3 backward long swings. <i>(each backward long swing is worth 1.5)</i></li> </ol> | <p>Swings should exhibit a hang phase through the bottom of the bar leading to a dynamic long swing, which passes through handstand.</p> <p>Head neutral throughout.</p><br><p>Clear circle to 45 degrees= 1.0 deduction<br/>To Horizontal = 2.0 deduction</p> |
| <p align="center"><b>TOTAL SCORE – 10.00 Deductions as FIG</b></p> <p align="center"><b>Non-recognised elements will lose the value of the element plus FIG deduction if applicable</b></p>  |  |

**LEVEL 4 – U12 HIGH BAR (GLOVES AND LOOPS)**

| Description <i>(values indicated in italics)</i>   | Performance Considerations   |
|--|--|
| <p>From still hang</p> <ol style="list-style-type: none"><li>1. Leg lift into dynamic body shaper.</li><li>2. Into float upstart cast to handstand. <i>(2.0)</i><br/>into</li><li>3. 2 forward long swings <i>(each long swing is worth 1.5)</i></li><li>4. On 3rd upward swing finish in handstand. <i>(1.0)</i><br/>into</li><li>5. Clear circle to handstand. <i>(2.0)</i></li><li>6. 2 backward long swings. <i>(each long swing is worth 1.0)</i></li></ol> | <p>Swings should exhibit a hang phase through the bottom of the bar leading to a dynamic long swing, which passes through handstand.</p> <p>Head neutral throughout.</p><br><br><br><br><br><p>Clear circle to 45degree = 0.5 deduction<br/>Clear circle to Horizontal = 1.0 deduction</p> |
| <p><b>TOTAL SCORE – 10.00 Deductions as FIG</b></p> <p><b>Non-recognised elements will lose the value of the element plus FIG deduction if applicable</b></p>  |  |

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|                               |
|-------------------------------|
| <b>LEVEL 5 – U13 HIGH BAR</b> |
|-------------------------------|

| Description ( <i>values indicated in italics</i> )   | Performance Considerations   |
|--|--|
| <p>Chalk bar</p> <p>From still hang</p> <ol style="list-style-type: none"> <li>1. Piked leg lift into dynamic body shaper.</li> <li>2. Float upstart cast to handstand. <i>(1.5)</i></li> <li>3. Clear circle to handstand. <i>(2.0)</i></li> </ol> <p style="padding-left: 40px;">Into</p> <ol style="list-style-type: none"> <li>4. 3 backward giants. <i>(each long swing is worth 2.0)</i></li> <li>5. Push off to land. <i>(0.5)</i></li> </ol> | <p>Swings should exhibit a hang phase through the bottom of the bar leading to a dynamic long swing, which passes through handstand.</p> <p>Head neutral throughout.</p> |

|   |
|---|
| <p><b>TOTAL SCORE – 10.00 Deductions as FIG</b></p> <p><b>Non-recognised elements will lose the value of the element plus FIG deduction if applicable</b></p> |
|---|

**LEVEL 6 – U14 HIGH BAR**

| Description <i>(values indicated in italics)</i>   | Performance Considerations  |
|--|---|
| <p>Chalk bar<br/>From still hang</p> <ol style="list-style-type: none"> <li>1. Leg lift into dynamic body shaper.<br/><br/>    Into</li> <li>2. Back uprise to handstand into clear circle. <i>(1.0)</i></li> <li>3. Backward giant. <i>(0.5)</i></li> <li>4. Clear circle to handstand. <i>(1.5)</i></li> <li>5. Backward giant into blind turn. <i>(2.0)</i></li> <li>6. 1 forward giants <i>(each long swing is worth 0.5)</i><br/><br/>    Into</li> <li>7. Top turn. <i>(1.5)</i></li> <li>8. 2 backward giants. <i>(each long swing is worth 0.5)</i><br/><br/>    Into</li> <li>9. straight back salto. <i>(2.0)</i></li> </ol> | <p>Swings should exhibit a hang phase through the bottom of the bar leading to a dynamic long swing, which passes through handstand.</p> <p>Head neutral throughout.</p> <p>Dynamic entry and exit for in bar elements.</p> <p>Turns should exhibit good control and body posture to the vertical line.</p> <p>Dismounts should show visible flight combining a controlled kick with no head movement, in preparation for a controlled landing.</p> |
| <p align="center"><b>TOTAL SCORE – 10.00 Deductions as FIG</b></p>   |   |

**Non-recognised elements will lose the value of the element plus FIG deduction if applicable**