

British Vets 2015

Acrobatic Gymnastics Code of Points

Produced by: Acrobatic Technical Committee

British
Gymnastics
More than a sport

Table of Contents

1.0 General Information	
1.1 Entry Instructions	Pg 3
1.2 Age Bonus'	Pg 3
1.3 Scoring	Pg 3
1.4 Teams	Pg 3
2.0 Competition Structure	
2.1 Competition Categories	Pg 4
2.2 Tie Breaks	Pg 4
2.3 Height Deductions	Pg 4
2.4 Length of Exercises	Pg 4
2.5 Musical Accompaniment	Pg 4
3.0 Judging	Pg 4
4.0 Composition of Exercises	
4.1 General Rules	Pg 5
4.2 General Special Requirements	Pg 5
4.3 General Restrictions	Pg 6
4.4 General Clarifications	Pg 6
5.0 Difficulty	Pg 7
Appendix A	Pg 8
Appendix B	Pg 9
Appendix C	Pg 10-11
Appendix D	Pg 12
Appendix E	Pg 13
Appendix F	Pg 14-20

Copyright

The NDP8 Code of Points and Tables of Difficulty must not be copied, duplicated or reproduced by whatever means, in whole or part, without the written consent from the Acrobatic Technical Committee and British Gymnastics.

Foreword

British Vets is open to anyone aged 18 and over regardless of experience or ability, with the opportunity to socialise and compete.

The event creates a fun and relaxed atmosphere where competitors can meet like-minded people whilst showcasing their gymnastics skills to one another.

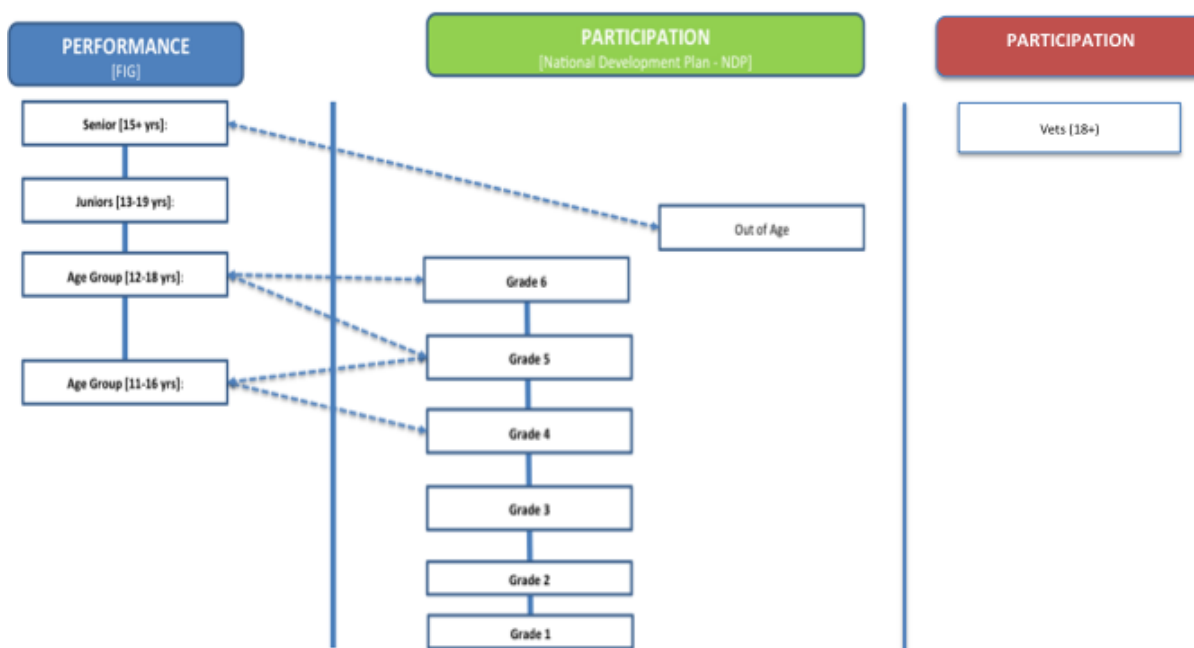


Figure 1: Pathway between FIG, NDP and British Vets

Competition entry for British Vets is in accordance with BG entry to competition policy which is based on coaching qualifications.

Regions/Home Nations remain entitled to determine the criteria for entry in their own Regional events using the British Vets framework however, competition regulations for British Vets will be published annually in the British Gymnastics National Competition Handbook.

The Acrobatic Technical Committee is pleased to present the British Vets Code of Points and Tables of Difficulty for 2015.

1.0 GENERAL INFORMATION

1.1 Entry Instructions

All entries are to be made via a BG registered club using the Online Entry System on the GymNET Portal. Only Club Secretaries and coaches who have been granted the correct entry permissions will be able to submit an entry. An Online Entry Guide can be found on the British Gymnastics website; www.british-gymnastics.org under *Fans/British Championships/Vets*.

1.2 Age Bonus

All competitors will be given a bonus of 0.1 per five years over 20 years of age i.e. if the competitor is 50=0.6, or if the competitor is 27=0.1. No age bonus is given to 18, 19 & 20 year olds.

A competitors' age will be calculated as the age reached in the year of the competition. The age bonus will be added to the total score.

1.3 Scoring

The score for each routine is determined by adding together:

- The average mark for technical merit which has a maximum score of 10.0 (Execution or E score)
- The average mark for artistic merit which has a maximum score of 10.0 (Artistry or A score)
- The difficulty value of the exercise which has a maximum score of 10.0 (D Score)
- The combined age bonus

$$E \text{ score} + A \text{ score} + D \text{ score} + \text{Combined Age Bonus} = \text{Total Score} - \text{Penalties} = \text{Final Score}$$

1.4 Teams

- A minimum of one pair + one group + one other partnership
- A maximum of two groups + three pairs
- The highest three scores + age bonus' = final team score
- Non-British citizens competing as Guests can form part of a team but the team will not be eligible to rank in the official competition results
- All gymnasts within the team must be members of clubs from the same region
- Competitors can only represent one team
- Mixed gender teams are encouraged

Please contact Lyn Fowler if you require any assistance, on 0345 129 7129 ext. 2521 or lyn.fowler@british-gymnastics.org

2.0 COMPETITION STRUCTURE

This document should be read in conjunction with the Tables of Difficulty (Appendix F).

2.1 Competition Categories

Competitors may only compete in each category once .i.e. a female competitor may enter Women's Pair, Mixed Pair and Women's Group however they can only be represented in one partnership per category.

The Acro competition consists of five categories covering one level of competition:

1. Men's Pair - Two male competitors
2. Women's Pair - Two female competitors
3. Mixed Pair - One male competitor (male must be base) and one female competitor
4. Men's Group- Four male competitors
5. Women's Group- Three female competitors

2.2 Tie Breaks

Tie breaks cannot be broken.

2.3 Height Deductions

There will be no height deductions.

2.4 Length of Exercises

Exercise duration must not exceed 2 minutes 30 seconds. There is no stipulated minimum. The first move made by one or more competitors from their starting position is considered as the beginning of the exercise. The exercise must end in a static position. There is a 2 second overtime penalty which applies if exercise music exceeds 2 minutes and 32 seconds in duration.

2.6 Musical Accompaniment

All exercises are to be performed to music, without words included. Voice may be used as an instrument.

3.0 JUDGING

Standard penalties apply for British Vets. Please see Appendix B (below) for technical information.

4.0 COMPOSITION OF EXERCISES

All competitors are required to perform two routines:

- Balance routine
 - For Pairs a balance routine must contain 5 Balance Pair elements each with a minimum of a 3 second hold.
 - For Groups a balance routine must contain 3 different pyramids each containing a minimum of a 3 second hold.
- Dynamic routine
 - For Pairs and Groups a dynamic routine must contain 5 Dynamic Pair/Group elements.

In addition to the pair/group elements required, each competitor must perform the required number of individual elements in each routine:

- Balance Individuals
 - In a balance routine competitors should perform 3 individual elements. One element should be from each of the following categories in the Tables of Difficulty: Agility, Flexibility or Static/Strength (held for 2 seconds).

All partners do not need to perform individuals from the same difficulty box in the Tables of Difficulty.

- Dynamic routine
 - In a Dynamic routine, competitors must choose to perform one individual from the tumble boxes in the Tables of Difficulty.

Again all partners do not need to perform the same individual or from the same box.

4.1 General Rules

- Pair/group elements can be performed; from any rows in the Tables of Difficulty.
- The drawings in the Tables of Difficulty are only a guide to the general shape of elements.
- Elements may be performed with minor stylistic variation from the element pictured in the Tables of Difficulty. A stylistic variation is defined as a deviation from the norm that does not significantly alter the biomechanical / technical principles of the element'
- No elements may be repeated.

4.2 General Special Requirements

- Each pair/group box in the Tables of Difficulty counts as one element.
- All acrobatic Balance elements must be held for a minimum of 3 seconds unless otherwise stated in the Tables of Difficulty.
- When a motion is declared for difficulty merit, the final position must be held for 3 seconds.
- Additional elements may be performed, but may incur technical deductions and do not add to the calculation of the Difficulty Value.
- Each partner of a pair or group must perform 3 individual elements (Agility, Flexibility or Static/Strength) for Balance and 1 tumble for Dynamic from the Tables of Difficulty.
- Individual elements with a static hold (e.g. arabesque or handstand) must be unsupported by partners to be considered for Difficulty Value. These elements must be held for 2 seconds.
- In the Balance routine individual elements must be performed without an overlap. E.g. back-walkover cut to splits, then a hold in splits, counts as one element rather than two separate elements.

4.3 General Restrictions

- It is forbidden for women to work on the back of the neck (except where there are two points of support) or on the head of the Base.
- It is forbidden for men to perform Mexican or Ring Handstands.
- A Catch to Wrap (i.e. legs astride the hips of the base) may only be performed with straight legs and is forbidden for Men's Pairs.
- Landings to the floor must be supported for all dismounts.

4.4 General Clarifications

- Elements should be selected to show optimum variety.
- When a Lever is shown it may be performed in either Straddle or Half Lever position.
- Where a Front/back Angel is shown it may be interchanged.
- A Handstand may be performed with legs either apart or together in all positions of Handstand in both pair and group Balance and Dynamic elements. There is no need to identify the specific leg position on the tariff sheet.
- Motions to Sit or Splits are optional unless stated otherwise in the guidelines.

5.0 DIFFICULTY

Each element chosen from the Tables of Difficulty has a stated Difficulty Value, which is used to determine the overall Difficulty Value of the exercise. There is no minimum requirement for difficulty and any element can be selected in line with rules for exercise construction. The difficulty of each element is calculated according to the column in which it falls in the Tables of Difficulty.

The values of the pair/group elements performed are added together to provide the total difficulty for the exercise.

Individual Elements are not used in calculating the difficulty value of the exercise, although they must be performed to meet Special Requirements.

The difficulty value of the exercise is calculated according to the following Conversion Table, with the exception of groups balance:

<i>Value</i>	<i>Difficulty</i>
25	10.00
24	9.97
23	9.94
22	9.91
21	9.88
20	9.85
19	9.82
18	9.79
17	9.76
16	9.73
15	9.70
14	9.4
13	8.8
12	8.2
10	7.6
9	7.0
8	6.5
7	6.0
6	5.5
5	5.0
4	4.0
3	3.0
2	2.0
1	1.0

The difficulty value of groups balance exercise is calculated according to the following Conversion Table:

<i>Value</i>	<i>Difficulty</i>
15	10.00
14	9.9
13	9.8
12	9.7
11	9.6
10	9.5
9	9.1
8	8.6
7	8.1
6	7.6
5	6.7
4	5.9
3	5.0
2	2.5
1	1.0

Where this code and the FIG code give different values for elements this code takes precedence.

APPENDIX A

Competition Attire, Accessories and Aids

- Partners must wear identical or complementary attire.
- Women may perform in leotards, one-piece unitards or leotards with skirts. Tights are allowed. Leotards may be with or without sleeves, but dance style leotards with narrow straps are not allowed.
- Skirts must cover, but not fall further than the pelvic area of the leotard, tights or unitard. The style of the skirt (cut or decoration) is free, but the skirt must always fall back on the hips of the gymnast. (The look of “ballet tutu” is forbidden.) The skirt must be integrated into the leotard. (It may not be removable.)
- Men may compete in leotards with gymnastic shorts or long gymnastic trousers. One-piece suits/unitards are allowed.
- All attire must be modest including the use of proper undergarments. The cut of the leg of leotards must not go above the iliac crest (hipbone). The neckline must be no further down than half the sternum in the front, or below the lower line of the shoulder blades in the back. Lace and transparent material on the torso must be fully lined.
- Competitors may perform with or without footwear, which must be flesh colour or white, clean and in good repair. For men, when they wear trousers, footwear (gym shoes or socks) must be worn.
- Jewellery and adornments worn in body piercing are not allowed.
- Hair clips, slides, bands and ribbons, if worn, must be secure. Character hair accessories (e.g. tiaras, feathers and flowers) are not allowed.
- Face painting is not allowed. Any make-up must be modest and not portray a theatrical character (animal or human).
- Taping and support bandages must be neutral or white in colour.

APPENDIX B

CJP and DJ Penalties

CJP and DJ penalties are applied as detailed below:

A penalty of 1.0 is applied:

- For each missing pair/group element, a Special Requirement penalty is applied.
- For each missing individual element, a Special Requirement penalty is applied.
- For performance of a forbidden element. This penalty is applied for each violation, even if the performed element is not declared on the tariff sheet.
- Falling outside the boundary.

A penalty of 0.5 is applied:

- When forbidden or immodest attire is worn.
- Each time a gymnast lands 2 feet outside the boundary.
- When music contains words.
- When poor sportsmanship in the field of play is exhibited.

A penalty of 0.3 is applied:

- When elements are not performed in order on Tariff Sheet.
- For a late Tariff Sheet.
- For each second missing of a 3 (“”) second static element.
- When static elements prior to a motion indicated as 1 (“”) second in Tables of Difficulty are not held.
- For each second missing of a 2 (“”) second individual element.
- For all attire infringements.
- For failure to present to the Judges at the start or end of the exercise.
- For a re-start without justification.
- When ending before or after music.

A penalty of 0.1 is applied:

- Each time the attire is adjusted or an accessory is lost.
- For each second over 2 minutes 30 seconds following a 2 second tolerance.
- Each time a gymnast steps over the boundary line.

Execution

All exercises are judged on technical merit, in accordance with the current FIG Code of Points. 10 marks are awarded initially for Execution of the routine. Marks will then be deducted for the following:

- | | |
|--------------------------------|-----|
| • Minor execution faults | 0.1 |
| • Significant execution faults | 0.3 |
| • Major execution faults | 0.5 |
| • Falls | 1.0 |

Artistry

All routines are judged on artistic merit, in accordance with the current FIG Code of Points, but adapted for British Vets (see Appendix D for Artistry Table).

APPENDIX C

Tariff Sheets

A tariff sheet is an illustration of the pair, group and individual elements to be performed in the exercise and is required at all levels of competition. Appendix D illustrates a sample tariff sheet.

- Elements must include the Row and Value as indicated in the Tables of Difficulty.
- All elements to be performed must be included on the tariff sheet in the order of performance (if the elements are out of order, a penalty is applied only one time per exercise).
- The intended timing of all static holds, including individual elements must be declared.
- In instances when the illustration and the reference are not consistent on the tariff sheet the illustration will be taken as the correct declaration of the element.
- Where an element performed is not the declared pictorial form, providing the new element is from the same row it will receive no value although will count towards Special Requirements.
- Each missing element will incur a penalty of 1.0 for Special Requirements and a further deduction of the maximum element value for the respective row. Time faults will also be applied.
- It is the responsibility of the coach to prepare and ensure that the tariff sheets are correct.
- All tariff sheets must be submitted on the morning of the competition.
- Elements need to be either copied and pasted from the Tables of Difficulty or hand drawn together with the Row/ID number and value. All difficulties together with the total exercise difficulty need to be entered into the tariff sheet and the overall exercise difficulty should be calculated automatically.

Guidelines For Completing British Vets Tariff Sheets

To ensure the tariff sheets are completed correctly, the following instructions should be followed:

Balance and Dynamic

- **Box 1:** Row identification of the **Balance element** from the Tables of Difficulty
- Difficulty Value (0.1, 0.2, 0.3, 0.4, 0.5) to be placed in box **Value A**
- **Box 2:** Row identification of the **Dynamic element** from the Tables of Difficulty
- Difficulty Value (0.1, 0.2, 0.3, 0.4, 0.5) to be placed in box **Value B**
- **Box 3:** not used.

	1			
Value	A	B	C	D
SH	Box 1			
Top	Box 2			
Base	Box 3			

Please note: For all static holds the timing of the hold (1 or 3 seconds) must be indicated alongside the pictorial representation of the element.

Individual Elements

- **Box 1:** Category/ID number of individual element from Tables of Difficulty.
- Difficulty Value to be placed in box
- **Value A and B** for each individual in the Pair
- **Value A, B and C** for each individual in the Women's Trio
- **Value A, B, C and D** for each individual in the Men's Groups.

I1			
A	B	C	D
Box 1			

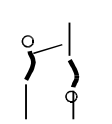




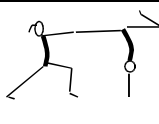

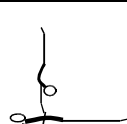


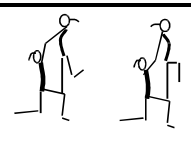

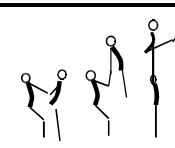
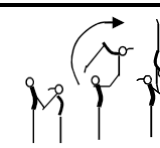

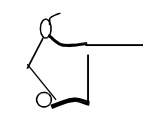
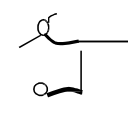
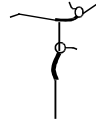
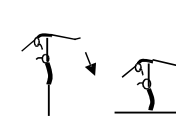


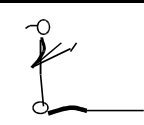

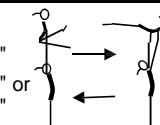
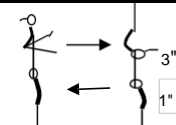


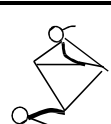


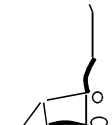



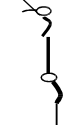
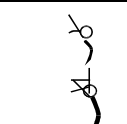

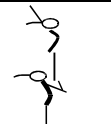
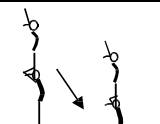
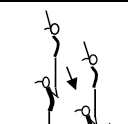
Please note: The number of gymnasts performing the element and which members of the partnership are performing the individual element must be indicated alongside the pictorial representation of the element. For a stand the time of the hold 2 seconds must also be indicated.

APPENDIX E

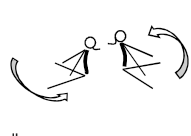
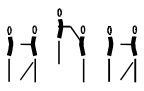
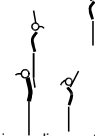
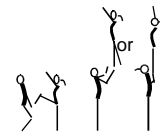
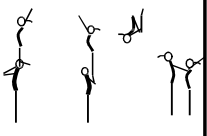
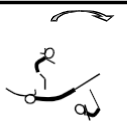
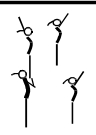
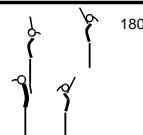
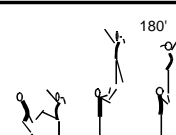
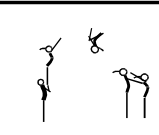

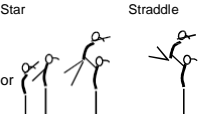



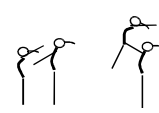

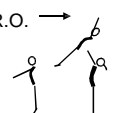
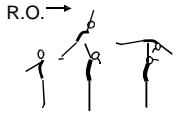
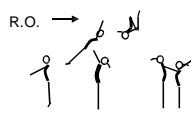



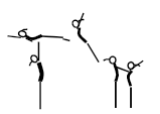



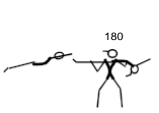
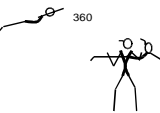
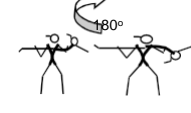
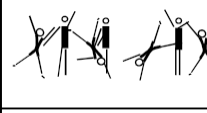
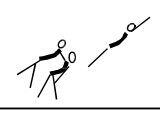

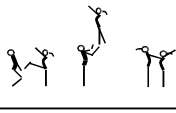

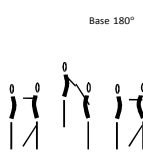
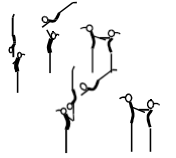
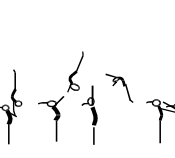
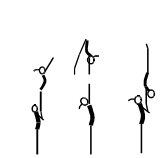
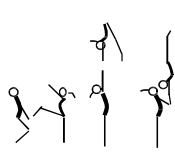
ARTISTRY TABLE FOR VETS			
Criteria	0.1 Slight lack	0.3 Significant lack	0.5 Serious lack
Space 0.3			
Use of Floor <i>All sectors of the floor used: each quadrant, the central area</i>	One area of floor not visited	1/3 or more of floor not covered	½ of the floor is used
Variety 0.6			
Choreography lacks <i>Variety of steps, directions and levels</i>	One or two directions or levels not used. Some different steps used	Several directions and levels omitted. Only a few different steps used	All on one level and very few different steps or patterns
Creativity <i>Originality and flow in the routine construction including entries and exits from moves</i>	An inventive routine with a few long pauses for concentration before elements	Several original dance steps or entries to elements or unusual exits from elements	All movements and choreography are without any originality
Choreography Performance 0.6			
Amplitude <i>Amplitude of the choreography</i>	One or two occasions when amplitude is lost	Several occasions when amplitude is lost	Poor amplitude throughout
Synchro <i>Synchrony between music and movement and between partners</i>	One or two occasions when synchrony is lost	Several occasions when synchrony is lost	Many occurrences of poor synchrony with partners and music
Musicality 0.6			
Harmonisation <i>Harmonisation between music and overall performance</i>	Once or twice the relationship between partners and music is lost	The relationship between partners and music is lost several times during the routine	No visible relationship between the partners and the music throughout the routine
Flow <i>Structure, rhythm and theme logical and not interrupting flow.</i>	A slight hesitation in the performance	Long pauses before or after elements	A fall or breakdown interrupting the flow
Expression 0.3			
Emotion <i>Ability to project a personal identity</i>	Personal identity lost once or twice in the routine	Most of the routine does not show any ability to project an identity	No attempt to project a personal identity
Elements 0.3			
Element Selection <i>A variety of elements is demonstrated throughout the routine</i>	One or two similar points of support, types of rotation or catch positions	Several similar points of support, types of rotation or catch positions	Repeated points of support, types of rotation or catch positions
Partnership 0.3			
Manner <i>An understandable relationship maintained throughout the exercise and projecting to the audience.</i>	Once or twice losing the relationship between partners	Losing the relationship several times during the routine	No visible relationship between the partners in the choreography
Total deductions			
Final A Score			

APPENDIX F - TABLES OF DIFFICULTY

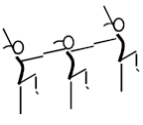




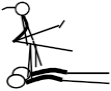


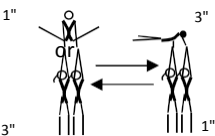
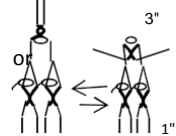
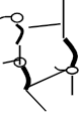



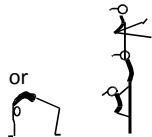
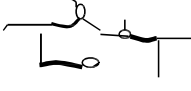






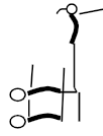
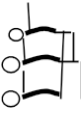

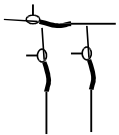



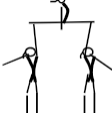
Pair Balance Elements

	Value 1	Value 2	Value 3	Value 4	Value 5
A					
	Supported handstand	Shoulder stand	Supported handstand on shoulders	One handed crocodile on head, optional hand support	One handed handstand on head, optional hand support
B					
	Supported stag handstand	Supported handstand on Bases feet	Handstand on short arm support, Base lying down	Handstand on short arm support, Base standing	Handstand on long arm support, Base standing
C					
	Stand on one foot, Base kneeling	Supported handstand, Base in lunge	Cut through to pike lever	Cut through to short arm handstand	Mexican handstand on short arms
D					
	Front/Back angel with hand support	Front/Back angel with no hand support	Front/Back angel on long arm support, Base standing	Front/back angel on long arm support, Base slide to splits or	Back angel on one arm, Base standing
E					
	Counter balance on knees, Direction of Top is optional	Pike/straddle lever on long arm support, Base lying down	Pike/straddle lever on long arm support, Base standing	Straddle to crocodile or crocodile to straddle on long arm support or head.	Straddle to handstand or handstand to straddle on long arm support or head.
F					
	Stand on knees	Straddle/pike lever on feet	Japana on feet, Base lying down	Straddle/pike lever, Base in shoulder stand with hand	Straddle/pike, Base in shoulder stand no hand
G					
	Shoulder stand with hand support	Stand in hands on short arm support, Base lying down	Stand in hands on long arm support, Base lying down	Stand in one hand	Stand in hands on long arm support, Base standing
H					
	Stand on shoulders, Base kneeling down	Stand on shoulders, Base standing	Stand on hands, base standing	Stand on shoulders, slide to splits or to sit	Stand in hands on short arm support, slide to splits or to sit
I	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty
	Total Value = 1-2	Total Value = 3-4	Total Value = 5-6	Total Value = 7-8	Total Value = 9-10+

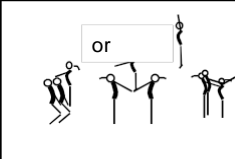
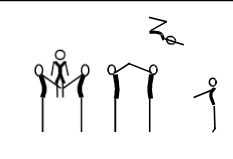
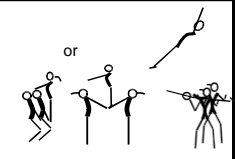
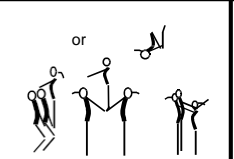
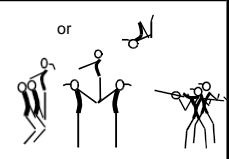
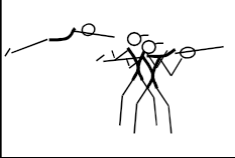
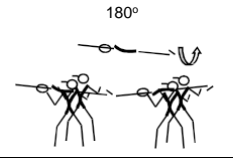
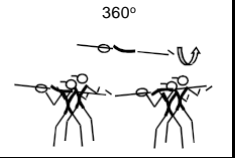
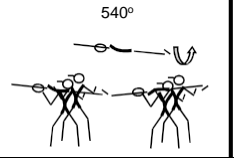
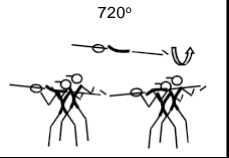
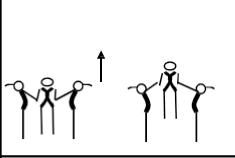
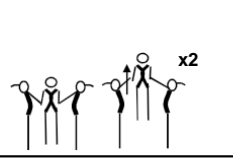
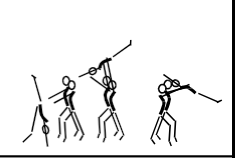
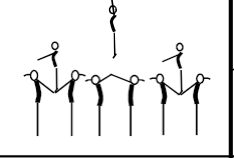
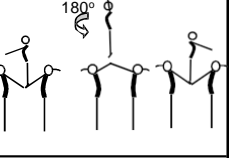
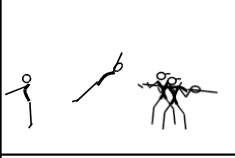
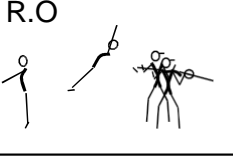
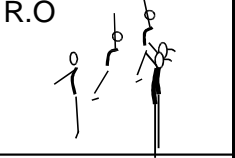
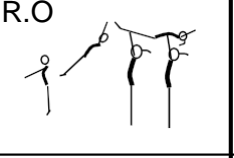
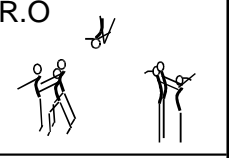
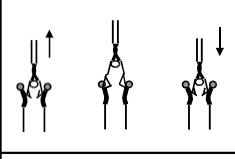
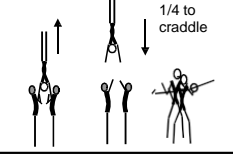
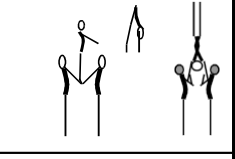
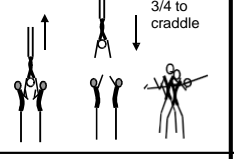
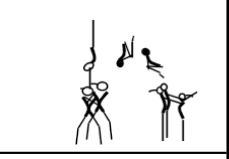
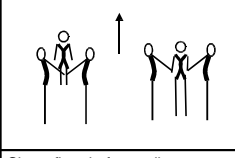
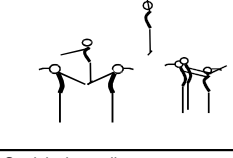
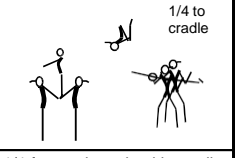
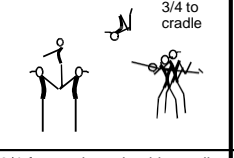
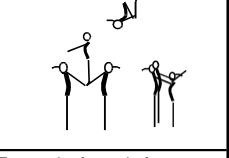
Pair Dynamic Elements

Value 1	Value 2	Value 3	Value 4	Value 5
A  Teddy bear roll support release at top of jump.	 Step in, straight jump with hand support	 Straight jump dismount backward from hands	 Pitch to catch in hands	 Salto dismount backwards from hands or shoulders
B  Base in arch, dive roll over forwards from hands	 Straight jump dismount	 Straight jump half turn dismount from hands. Start position can be forwards or backwards.	 Pitch, half turn to catch in hands	 Salto dismount forwards from hands
C  Base in dish, Top cartwheel over Base's waist	 Star or Straddle Supported star or straddle jump cradle	 Jump to wrap	 Back angel release to wrap or	 Front angel, half turn to catch in wrap or cradle
D  Support straight jump straight star	 Two supported jumps - e.g.	 R.O. → Round off, supported straight jump	 R.O. → Round off to back angel	 R.O. → Round off supported back salto
E  Forward roll, support straight jump	 Backward roll, supported straight jump	 Supported full turn jump floor	 Front angel, quarter salto to	 Pitch to front angel
F  Tank roll catch in cradle	 Jump to cradle	 180 Jump half turn to cradle	 360 Jump full turn to cradle	 180 Front/back cradle, half turn to
G  Supported arm cartwheel is optional	 Leap frog	 Leg pitch salto, shape of salto	 Feet above shoulder Pitch straight jump, feet above shoulder height	 Pitch back salto
H  Step in, straight jump with hand support throughout	 Handstand release to floor backwards	 Handstand release to floor forwards	 courbette	 Pitch to catch in handstand
I Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty
Total Value = 1	Total Value = 2	Total Value = 3	Total Value = 4	Total Value = 5+

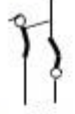

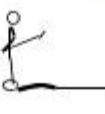










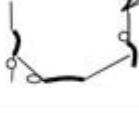











Women's Group Balance Elements

	Value 1	Value 2	Value 3	Value 4	Value 5
A					
	Supported stand on one leg	Supported Y-stand	Stand on knees, Base's in lunge	Top in handstand, Base's in lunge	Bases in bridge, Top in straddle/pike lever with one
B					
	Straddle/pike lever on arms	Stand on shoulders	Straddle/pike lever on arms, Bases standing	Straddle hold to crocodile or crocodile to straddle	Straddle hold to handstand or handstand to straddle
C					
	Straddle sit, handstand, Top stand on shoulders	Base squat or bridge, Middle stand on knees, Top handstand on floor	Base squat or bridge, Middle stand on knees, Top stand on shoulders	Base squat or bridge, Middle stand on knees, Top stand on shoulders	Base squat or bridge, Middle stand on knees, Top straddle/pike lever on arms
D					
	Front angel with arabesque	Base in lunge, Middle in straddle lever on back leg and Top stand supported on shoulders	Base in lunge, Middle in straddle lever on back leg and Top in straddle/pike lever on arms	Base in lunge, Middle in handstand on back leg and Top in straddle/pike lever on arms	Base in lunge, Middle in straddle lever on back leg and Top in short arm handstand
E					
	Counter balance supported stand	Counter balance stand	Saucepan stand	Saucepan lying	Saucepan with Top in supported shoulder stand
F					
	Lift to log position on front or back	Splits on shoulders, Bases kneeling	Splits on shoulders, Bases standing	Splits on long arm support with hand support	Splits on long arm support with no hand support
G	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty
	Total Value = 1-2	Total Value = 3-4	Total Value = 5-6	Total Value = 7-8	Total Value = 9-10+

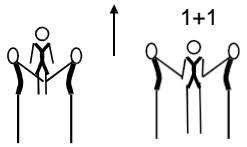
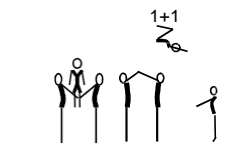
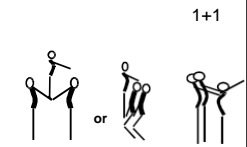
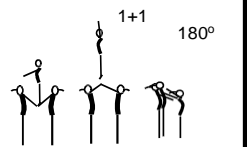
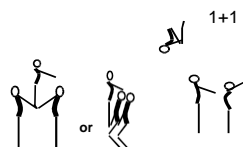
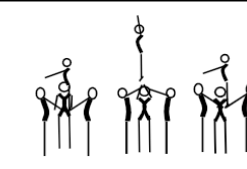
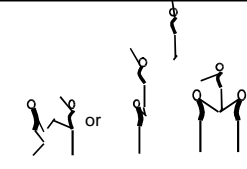
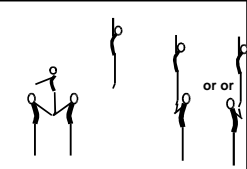
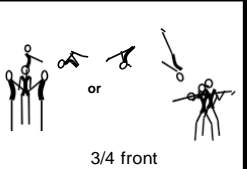
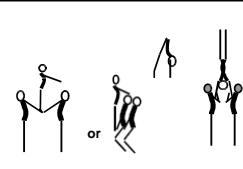
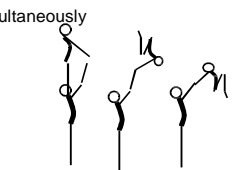
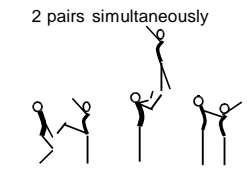
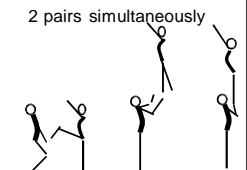
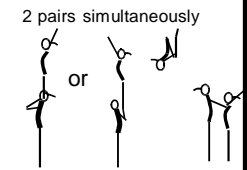
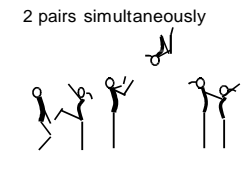
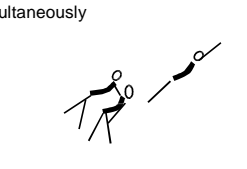
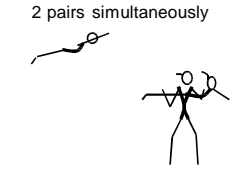
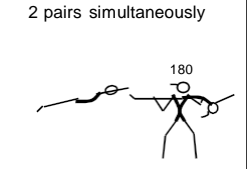
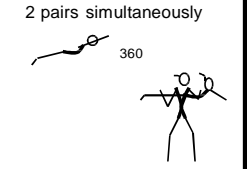
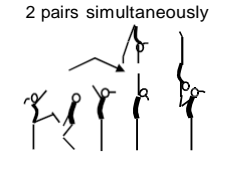
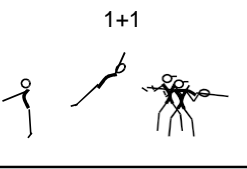
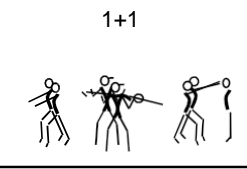
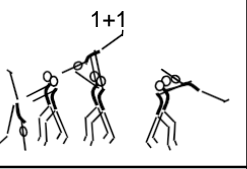
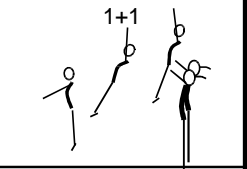
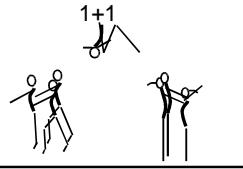
Women's Group Dynamic Elements

	Value 1	Value 2	Value 3	Value 4	Value 5
A					
	Straight jump backwards from pitch or platform	Back salto from sitting on platform	1/4 back salto to land in cradle from pitch or platform	Backward salto from pitch or platform	5/4 backward salto from pitch or platform to catch in cradle
B					
	Jump to cradle	Cradle half turn	Cradle full turn	Cradle one & half turn	Cradle double turn
C					
	Supported Jump	Supported 2 jumps	Supported handspring	Jump from platform to recatch on platform	Jump with 180 turn to recatch on platform
D					
	From standing jump backwards to cradle	Round off to cradle	Round off, supported jump	Round off to log, Base position optional	Round off to back salto over head
E					
	Handstand push to straight arm and back down.	Handstand, 1/4 salto front or back to cradle	Platform jump, 2/4 front or back salto to handstand	Handstand, 3/4 salto front or back to cradle	Handstand, 6/4 salto to floor
F					
	Sit on flat platform, dismount to feet on floor	Straight jump dismount forwards from platform	1/4 front salto to land in cradle from platform	3/4 front salto to land in cradle from platform	Front salto from platform
G	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty
	Total Value = 1	Total Value = 2	Total Value = 3	Total Value = 4	Total Value = 5+

Men's Group Balance Elements

	Value 1	Value 2	Value 3	Value 4	Value 5
A	2 pairs simultaneously 	2 pairs simultaneously 	2 pairs simultaneously 	2 pairs simultaneously 	2 pairs simultaneously 
	Supported handstand	Stand on shoulders	Pike/straddle lever on hands of Base whilst lying down	Pike/straddle lever on hands of Base whilst standing	One handed handstand on head, optional hand support
B	2 pairs simultaneously 	2 pairs simultaneously 	2 pairs simultaneously 	2 pairs simultaneously 	2 pairs simultaneously 
	Supported handstand, Base in straddle sit	Stand in hands on short arm support, Base lying down	Stand in hands long arm support, Base lying down	One handed straddle hold on head, optional hand support	One arm crocodile on head, optional hand support
C					
	Base 1 lying, Base 2 in squat, Base 3 standing on knees, Top in handstand on floor	Base 1 in squat, Base 2 standing on knees, Base 3 standing on the floor, Top in straddle/pike lever	Base 1 in squat, Base 2 standing on knees, Base 3 standing on shoulders, Top in handstand	Base 1 lying, Base 2 in counter balance, Base 3 in straddle/pike lever, Top in handstand on floor	Base 1 in squat, Base 2 standing on knees, Base 3 standing on the floor, Top in straddle/pike lever
D					
	Base 1 & 2 in lunge, Base 3 standing on knees, Top in handstand on the floor	Base 1 & 2 on hands & knees, Base 3 on hands & knees, Top in stand on Base 3	Base 1 & 2 standing, Base 3 standing on shoulders, Top in handstand on the floor	Base 1 & 2 in lunge, Base 3 standing on knees, Top standing on shoulders	Base 1 & 2 in lunge, Base 3 standing on shoulders, Top in stand on knees
E					
	Base 1 on hands & knees, Base 2 sitting on Base 1, Base 3 standing on knees, Top in handstand on floor	Base 1 lying, Base 2 in squat, Base 3 standing in hands on short arm support, Top standing on knees	Base 1 lying, Base 2 in squat, Base 3 standing on long arm support, Top standing on knees	Base 1 lying, Base 2 in squat, Base 3 in straddle/pike lever, Top in handstand on knees	Base 1 & 2 in crab, Base 3 standing on knees, Top standing on shoulders
F	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty
	Total Value = 1-2	Total Value = 3-4	Total Value = 5-6	Total Value = 7-8	Total Value = 9-10+

Men's Group Dynamic Elements

	Value 1	Value 2	Value 3	Value 4	Value 5
A					
	Sit on platform, dismount to	Back salto from sitting on platform. Two tops	Straight jump from pitch or platform. Two tops	Straight jump recatch on platform. Two tops	Back salto from platform or pitch. Two tops consecutively
B					
	Three man platform, straight jump recatch on platform.	From single Base, straight jump front/back to land on	Platform, straight jump front/back to single man catch	Three man platform, 3/4 front salto, 2 Base catch in cradle	Platform, 1/2 front salto, 2 Base catch in handstand
C					
	Supported front salto off shoulders	Pitch straight jump hands, front or back salto	Pitch to hands	From shoulders or stand in	Pitch back salto
D					
	Leapfrog	Jump to cradle	Jump half turn to cradle	Jump full turn to cradle	courbette
E					
	Jump backwards into cradle. Two tops consecutively	Supported flic. Two tops consecutively	Supported handspring. Two tops consecutively	Round off supported straight jump. Two tops consecutively	Round off boosted salto overhead. Two tops
F	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty	Any skill for the FIG Tables of Difficulty
	Total Value = 1	Total Value = 2	Total Value = 3	Total Value = 4	Total Value = 5+

Individual Elements

Flexibility	<ul style="list-style-type: none"> i) Japana ii) Pike Fold 	<ul style="list-style-type: none"> i) Bridge ii) Any Splits iii) From Standing Drop Back to Bridge 	<ul style="list-style-type: none"> i) Bridge with one Leg Raised ii) Backward Walkover iii) Forward Walkover iv) Valdez v) Handstand Cut Through to Splits 	<ul style="list-style-type: none"> i) One Arm Walkover Forward ii) One Arm Walkover Backward iii) Healy Turn iv) 360° Jump to any Splits 	<ul style="list-style-type: none"> i) Backward Walkover to Splits ii) Forward Walkover to Splits iii) Elbow Walkover to Splits iv) One Arm Valdez
Stand	<ul style="list-style-type: none"> i) Front Support ii) Back Support iii) One Foot Stand iv) V-Sit 	<ul style="list-style-type: none"> i) Headstand ii) Arabesque iii) Handstand 	<ul style="list-style-type: none"> i) Pike Lever ii) Straddle Lever iii) Handstand 180° Turn iv) Wine Glass 	<ul style="list-style-type: none"> i) Russian Lever ii) Handstand 360° Turn iii) Chest Balance iv) Crocodile v) Tuck Top Planche vi) Flic to Headstand 	<ul style="list-style-type: none"> i) Handstand 360°+ Turn ii) Needlescale iii) Straddle Press to Handstand Hold iv) Splits pull up to Handstand v) One Arm Crocodile vi) Top Planche
Agility	<ul style="list-style-type: none"> i) Forward Roll to Straddle Sit ii) Forward Roll to Stand iii) Backward Roll to Straddle Stand iv) Backward Roll to Stand 	<ul style="list-style-type: none"> i) Forward Roll to Straddle Stand ii) Backward Roll with Straight Legs to Stand iii) Forward Roll Straddle through to Front iv) Handstand Forward Roll to Stand v) Dive Roll 	<ul style="list-style-type: none"> i) Backward Roll to Handstand ii) Flic Walkout iii) Handspring iv) Flyspring 	<ul style="list-style-type: none"> i) Headspring to Stand ii) Flic to Knee iii) Flic to Splits iv) Free Cartwheel to Stand or Knee v) Free Walkover to Stand or Knee 	<ul style="list-style-type: none"> i) Headspring to Knee ii) Handspring to Knee iii) Headspring 180° Turn to Front Support iv) Any Front or Back Salto to Knee v) Any Front or Back Salto to Splits
Tumble	<ul style="list-style-type: none"> i) Forward Roll Straight Jump ii) Backward Roll Straight Jump iii) Forward Roll 180° Jump iv) Cartwheel Chasse Cartwheel 	<ul style="list-style-type: none"> i) Forward Roll Jump to 1 Leg Cartwheel ii) Cartwheel, Chasse, Roundoff, Jump iii) Round Off, Stretch Jump, Backward Roll iv) Round Off, 1/2 Turn, Cartwheel v) Round Off, 1/2 Turn Roundoff 	<ul style="list-style-type: none"> i) Roundoff Flic ii) Handspring to One Roundoff Flic iii) Two Handsprings 	<ul style="list-style-type: none"> i) Roundoff Two Flics ii) Front Salto Walkout Roundoff Flic 	<ul style="list-style-type: none"> i) Front Walkout Roundoff Salto (Any Shape) ii) Handspring Front Salto (Any Shape) iii) Roundoff Back Salto (Any Shape) iv) Roundoff Flic Back Salto (Any Shape)

