

**Women's Artistic S.T.E.P Framework  
Excel Grades Guide  
for Coaches & Judges**

Listed by grade

**Updated July 2024 for 2025 competitions  
with application of Cycle 16 FIG CoP 2025-2028**

# **Philosophy, Introduction and Intention, Framework and Structure**

## **Introduction**

**S.T.E.P. stands for safely teaching excellence in performance, and with this in mind, there have been many changes made to the former compulsory levels. Based on feedback, the compulsories have been renamed to the Excel Grades as this more accurately reflects the intent.**

A safer and more progressive programme has been carefully written, guided by the HNC, WTC, Working Group and with constant input from experts in the discipline who have been on the journey with their own gymnasts.

In addition, feedback has been on-going via live discussions, survey, individual communications, and a Q&A.

Every child matters, and the system of recognising performance standards has been revised.

We hope that this new system of more reward than penalty lends itself to a more affirmative and uplifting experience for gymnasts.

Alongside this is the revised NDP in conjunction with the Classic Challenge category, so that coaches and gymnasts can make the best choices possible for their aspirational goals, and both streams can lead to FIG levels. Coaches are advised to remember that physical, technical, artistic, and psychological preparations are all vital to well-being, health, and success.

## **Philosophy and Intentions**

There needs to be a competitive stream to develop high-performance talent\*, and the aim to do this is via the new Excel Grades and FIG Development competitions (formerly Compulsories and Voluntaries).

This is for all intents and purposes a High-Performance Development Programme, and utilising strong basics, strength and flexibility, and artistry development are the pillars that support more advanced levels.

*\*This does not mean that the gymnast is already high-performance, but that they are working towards being on a high-performance pathway.*

The intentions then are as follows:

- (1) To provide the correct framework by which top talent emerges that is prepared well enough to represent GBR internationally (E.Y.O.F, Junior Euros/Junior Worlds). This is done by physical, technical, and artistic preparation contained within the Excel Grades plus FIG Development.
- (2) Offer a competitive category for a wide range of talent, abilities and age that provides a very strong start to a lasting career of success and enjoyment in all or any levels of performance (competitive) gymnastics, and intentionally towards FIG content.
- (3) To assist the gymnast in obtaining the content and repertoire so that the transition into Aspire and junior levels is as extensive and gymnast centric as possible.

## Excel Grades & FIG Development

This development programme has been redesigned by the British Gymnastics National Coaching Staff in consultation with the Technical Advisor, the Women's Technical Committee, a working group, and Brevet Judges. It will be the building blocks for the high-performance development path.

### Excel Grades Exercises and FIG content development

- To provide a safe and progressive systematic pathway to help gymnasts develop their potential.
- Provide a training and developmental tool assisting coaches and judges alike.
- The routines are designed to help build a solid foundation and mastery of basic elements to assist with future FIG construction.
- It helps to identify gymnasts and coaches for the National/GBR Squad system.

### The framework comprises of the following:

- Three years of excel grades and FIG Development work to promote a broad base of gymnasts well-rehearsed in their preparations. These are Steps 1-6 and the Phase 1 of Development.
- This supports the gymnasts' development to be in line with the technical expectations of the work for the Aspire Levels and beyond.

Excel Grades (formerly compulsories) = mastery of basics, foundation skills & sequences	FIG Development (formerly voluntaries) = progressive development of FIG content
Excel Grade 1 - minimum age 9 (Step 1)	FIG Dev Level 1 - minimum age 9 (Step 2)
Excel Grade 2 - aged 10+ (Step 3)	FIG Dev Level 2 - aged 10+ (Step 4)
Excel Grade 3 - aged 11+ (Step 5)	FIG Dev Level 3 - aged 11+ (Step 6)
Aspire Year 1 aged 12 (Step 7)	
Aspire Year 2 aged 13 (Step 8)	
Junior Year 1 aged 14 (Step 9)	
Junior Year 2 aged 15 (Step 10)	
Senior aged 16+	

Phases	Age
Phase 1 is the Excel Grades and the FIG Dev Levels	Aged 9 years+
Phase 2 is Year 1 & Year 2 Aspire 13	Aged 12 + 13 years only
Phase 3 is Year 1 Junior	Aged 14 years only
Phase 4 is Year 2 Junior	Aged 15 years only
Phase 5 is Senior FIG Gymnastics	Aged 16 years+

It is possible that depending on the age you complete phase 1, step 6, that you might not complete all phases.

# S.T E.P. = Safely Teaching Excellence in Performance

## Grades Progression

- **Working Beyond** at Excel Grade 1 (formerly Compulsory 4) – Gymnast can progress to Excel Grade 2 (formerly Compulsory 3), in the same or following year, depending on their age and ability. This rule only applies for Excel Grade 1 to Excel Grade 2, NOT Excel Grade 2 to Excel Grade 3.
- **Working Above** – Gymnasts can progress from Excel Grade 1 to Excel Grade 2 the following year but can ask WTC for permission to move ahead in the same year if they are close to the Distinction score.
- **Working At** – Gymnast can progress to the next Excel Grade the following year.
- **Working Towards** – Gymnast can participate in a second opportunity later in the year, within their region **for Excel 1 and 2 if they are within 1.50 of the Working At score.**  
For Excel Grade 3 another opportunity will be offered by the WTC within 12 weeks of the National Excel Grade 3 **Finals.**  
This will be offered to **all** gymnasts who **are within 1.50 of the Working At score, or who** had entered but were unable to compete, or complete the competition, due to injury or illness. Medical evidence must be provided, and these gymnasts will compete with the other gymnasts in the tolerance range, at a date and venue TBC by HNC & WTC.

## Mobility and Eligibility

- From 2025 onwards, gymnasts who have not previously passed a Compulsory Grade, must start at the first step (now Excel Grade 1) and obtain the Working At score **(50.00)** to be able to progress to the next level.
- Gymnasts can only take **2 progressive Grades per year** if they have achieved a **minimum of Working Above** in their first grade sitting
  - **Excel 1 52.50+**
  - **Excel 2 55.00+**

## Attainment Level Scores

	<b>Excel 1</b>	<b>Excel 2</b>	<b>Excel 3</b>
<b>Working Towards</b>	49.99 or below	50.99 or below	53.99 or below
<b>Working At</b>	50.00	51.00	54.00
<b>Working Above</b>	52.50	55.00	57.00
<b>Working Beyond</b>	55.00+	57.50+	58.00+

## D Scores

Each Level will have a maximum D score that can be achieved, if all the requirements are fulfilled.

- Excel Set Step 1 (Excel Grade 1) all apparatus will have a base D score of 3.00
- Excel Set Step 3 (Excel Grade 2) all apparatus will have a base D score of 3.50
- Excel Set Step 5 (Excel Grade 3) all apparatus will have a base D score of 4.00

Each requirement in a routine will be listed with a value. If a gymnast does not perform a particular requirement, then that value will be deducted from the maximum D score available.

## **Bonuses**

The principle of bonuses are as follows:

**General** - bonuses are based on a technical direction, or incentive to strive for certain milestone skills, such as additional close bar elements. They are also designed to encourage precision and mastery on one hand, and achievement of steps and phases on the other.

- For Bars, Beam, and Floor: if all requirements, skills, and connections have been completed, then award a “requirement bonus” of 0.50.  
This bonus may be granted if there are falls in the routine.
- Specific to Bars: Cast to handstand, circle elements to handstand, and turning elements to handstand – if the criteria is met, award 0.10, 0.30 or 0.50 as per the bonus directives in this guide. These bonuses are only awarded without a fall.
- Specific to Beam and Floor: a 180° split (leaps and jumps only) with no tolerance – forward/side/straddle must be shown.  
If shown, a bonus of 0.30 is granted once only in the routine, and only awarded without a fall.

## **Following feedback received**

- The timing for beam and R&C exercises remain unchanged.
- New video for guidance on arm swings will be produced.
- New video with correct tempo for R&C ballet will be produced.

## **FIG Development (formerly Voluntaries)**

To accurately reflect the purpose of this part of the framework, please note the following:

Step 2 is now FIG Dev 1 (formerly Voluntary Level 4)

Step 4 is now FIG Dev 2 (formerly Voluntary Level 3)

Step 6 is now FIG Dev 3 (formerly Voluntary Level 2)

For all competitions from 2024 onwards, there will be a National Final for Excel Grade 2, but with only regional team representation. Excel Grade 3 will remain as an individual direct entry to National Finals.

Gymnasts aged 11+ who have **not** previously competed in a British Championships, will need to achieve a minimum score **of 54.00** at Excel Grade 3 and achieve a combined score at FIG Dev 3. For all gymnasts aged 13, they will need to achieve a minimum score **of 54.00** at Excel Grade 3 and achieve a combined FIG score from the FIG competition taking place in conjunction with the FIG-Dev 3 competition in order to progress to British Championships, from 2025.

Those gymnasts who have not been able to compete at the FIG Dev 3 competition, must provide medical evidence and either video evidence, or proof of a score from a recognised FIG or voluntary competition within the same year.

At the end of this first phase of the journey, the gymnast will have had the opportunity to develop the skill set required to help them to progress to the British Championships and beyond.

All achievement scores are subject to an annual review following the National Final competition.

# General Rules

## Judging

It is highly recommended that judges take the time to familiarise themselves this booklet and any associated apparatus / routine videos.

All the deductions are based on the FIG COP 2025-2028 execution deductions and specific GBR deductions.

- Some deductions vary from grade to grade, this is deliberate and designed to reinforce and highlight key areas as identified by the National Coaches.
- All leaps/jumps/hops - FIG COP body shape deductions apply.
- For non-skill related deductions for set exercises on Beam and Floor use the respective Artistry & Composition sheets.

• *All D Jury penalties appear within the text in **bold italics***

- |   |   |  |
|---|---|--|
| <b>1. Complete omission of the requirement/element</b>        | = | <ul style="list-style-type: none"><li>• 1.00 Omission penalty</li><li>• Lose 0.50 from D score (Value of requirement/element)</li><li>• Not awarded 0.50 bonus for full requirements met</li></ul>     |
| <b>2. Requirement performed with a substituted element(s)</b> | = | <ul style="list-style-type: none"><li>• 0.50 Substitution penalty</li><li>• Lose 0.50 from D score (Value of requirement/element)</li><li>• Not awarded 0.50 bonus for full requirements met</li></ul> |
| <b>3. Requirement/element performed but incomplete</b>        | = | <ul style="list-style-type: none"><li>• Lose 0.50 from D score (Value of requirement/element)</li><li>• Not awarded 0.50 bonus for full requirements met</li></ul>                                     |
| <b>4. Requirement/element performed and completed</b>         | = | <ul style="list-style-type: none"><li>• D score includes the Value of requirement/element</li><li>• Awarded 0.50 bonus if full routine requirements met</li></ul>                                      |

## Procedure for calculating the Final Score

*Who takes what from where?*

The aim is to avoid having a negative D score. If it becomes negative, award 0.00 D score.

The principle for taking the value of the element and deductions in the case of Excel Grades is based on the following:

- The technical requirements of the element being completed successfully to be credited with the value (VM). This is indicated in the text.
- Other situations that are decided by the D Jury which are FIG considerations or specific criteria laid down in the Excel Grades text, for example series break, holds on Beam and R&C.
- FIG execution deductions, taken by E Jury, e.g., bent arms, bent legs, insufficient tuck/pike/straight position etc and artistry deductions on Floor and Beam.

**Final Score = D score + E score + Bonus - Penalties**

Value of requirement/element (VM) not completed to the technical requirement – 0.50 throughout	Taken by D Jury	From D score
Faults considered by D Jury but are taken as neutral deductions (penalties) <ul style="list-style-type: none"> <li>• Requirements/elements omitted</li> <li>• Elements considered as having been substituted</li> <li>• Series breaks</li> <li>• Holds</li> <li>• Elements performed in incorrect order – 0.50</li> <li>• If a substantial section of the set dance is missed, e.g. sideways dance – 1.00</li> </ul>	Taken by D Jury	Record as penalties and take from Final Score
Any bonus will be shown separately to the D score <ul style="list-style-type: none"> <li>• Technical excellence</li> <li>• All requirements met               <ul style="list-style-type: none"> <li>○ this bonus can only be given if no connection breaks in series</li> <li>○ on Beam this bonus will still be applied even if there is an arm swing penalty</li> </ul> </li> <li>• 180° split (leaps and jumps only) with no tolerance achieved (awarded once throughout the exercise on Beam &amp; Floor)</li> <li>• Bonuses given on first recognition of the value of an element</li> </ul>	Added by D Jury	
E score All FIG deductions for execution, e.g. <ul style="list-style-type: none"> <li>• Bent arms, bent legs</li> <li>• Body posture</li> <li>• Body shape deductions</li> <li>• Insufficient tuck/pike/straight in elements</li> <li>• Height</li> <li>• Flight</li> <li>• Rotation</li> <li>• Falls (maximum deduction on any skill of 0.80 if no fall)</li> <li>• Artistry Composition and Specific Apparatus Deductions on Bars, Beam &amp; Floor</li> </ul>	Taken by E Jury	From 10.00

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# Excel Grade 1

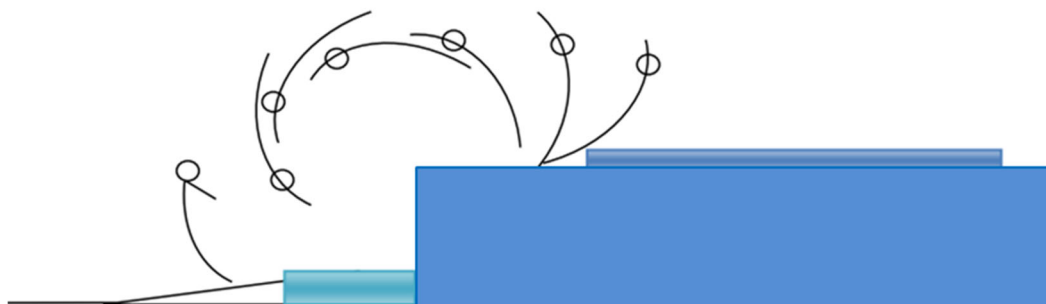
## Vault – Excel Grade 1

Best score of 2 vaults to count

Straight front salto from the board to land on 50cm of mats

D Score 3.00

*(the requirement is to land on the feet and continue to forward prone position keeping tension throughout)*



### Vault - Specific Apparatus Deductions (E Jury)

Faults	0.10	0.30	0.50
Run up distance - less than 17m or more than 25m deduction		X	
Lack of acceleration, or deceleration shown, during run up	X	X	
<b>First phase onto the board</b>			
• Feet landing off centre in any direction	X		
<b>Second phase take off from the board to inverted position</b>			
• Insufficient height/rotation into the inverted position	X	X	X
• Leg or knee separations	X	X	
• Bent legs	X	X	X
• Failure to maintain correct body position to inverted (excessive pike)	X	X	X
<b>Third phase from inverted position to landing</b>			
• Failure to maintain correct body position to landing (excessive pike)	X	X	X
• Leg or knee separations	X	X	
• Bent legs	X	X	X
• Lack of extension before landing	X	X	X
<b>Landing faults</b>			
• Under rotation of salto			
o without a fall	X		
o with a fall		X	
• Steps/jump after landing moving the centre of mass in the opposite direction	X	X	Max 0.80
• Falling backwards			1.00
• Deviation from straight direction on landing (on 1 <sup>st</sup> contact)	X	X	
• Legs apart on landing	X		
• Dynamics throughout	X	X	
• Failure to land feet first – invalid vault			0.00

### Gymnova Reference Numbers

- o Run up mat Ref: 2106
- o Springboard (4-5S-5) Ref: 2198 – 2199 – 2187
- o Springboard guard Ref: 2115
- o FIG landing mat 20cm Ref: 1440 3 x 1613 – (2.6m x 4m) x 6 & 1 x 1610 & 2 x 1611 (2m x 6m)
- o Safety mat 20cm Ref: 7041
- o Mat 10cm Ref: 7008

*Total height of mats = 50cm*

# Bars – Excel Grade 1

D Score 3.00 + Bonus	Set Exercise	Single Bar HB 2.55m
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Refer to page 6 for Omissions / Substitutions / Incomplete elements etc

## General

- Use FIG deductions throughout the exercise except where specified
- Cast & circle deductions taken according to diagrams
- All body parts must reach the required angle
  - If there is a pike in the body, the line is from the hands to the feet or lowest body part
  - If there is excessive arch which puts the feet in the higher sector, the line is through the centre of mass
- Elements performed in the incorrect order – 0.50 deduction will apply

## Technical Direction from HNC

- All skills must have straight arms
- Handstand must show a straight line

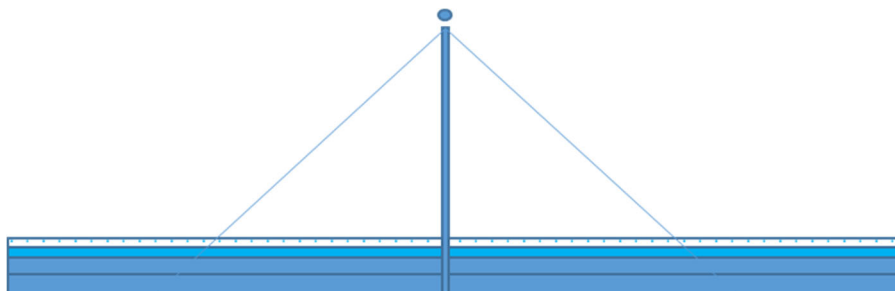
## Bonuses

- Award swing bonuses as per diagrams
- Award 0.30 for cast within 10° of handstand
- Award 0.30 for clear hip circle if within 10° of handstand
- Award 0.30 for repeated clear hip circle to 30° minimum
- Award 0.30 each time for immediate different consecutive close bar skill to 45° minimum
  - Stalder
  - Clear pike circle
  - Toe on/off (feet together on entry/exit)
- Award 0.50 if all requirements are met

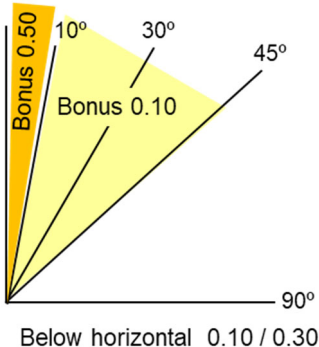
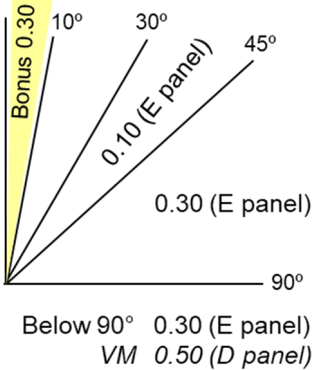
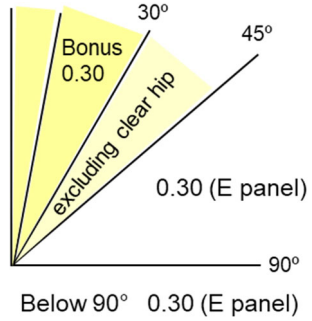
## Gymnova Reference Numbers

- A single polished “strap/loop” bar Ref: 3240 Bar set at 2.55m (maybe adjusted to 2.45m if required)
- Steel rail Ref: 3110
- FIG landing mat base Ref: 4 x 1617 & 1 x 1610 (2m x 14m) **soft side uppermost**
- FIG landing mat Ref: 3 x 1617 (2m x 9m)
- Top layer Ref: 2 x 7008 (2m x 8m)
- Safety mat 20/30cm Ref: 7041-7051

*Mats to total height = 50 or 60cm from the floor to suit the gymnast.  
A block for gymnasts to reach the bar.*



# Bars – Excel Grade 1 continued

D Score 3.00 + Bonus	Set Exercise	Single Bar HB 2.55m	
VALUE	SET EXERCISE	EXECUTION DEDUCTIONS IN ADDITION TO FIG	BONUS
0.50	Starting in long hang, in regular grip, Fish swings x 2 – arch is first position		
0.50	Trolley swing		
0.50	Swing forward with dish arch kick action, back rounded, Swing backwards, then		<p>All swings must be above horizontal</p> <p><b>Award bonus of:</b> 0.10 for above 45° each time 0.50 for the final hecht swing if within 10° of handstand</p> 
0.50	Swing forward again with dish arch kick action		
0.50	Change to front giant swing with hecht action x 2	No hecht action shown 0.30	
0.50		Going over the top (empty swing and no bonus awarded) 0.50	
0.50			
0.50	Clear hip circle to 30° minimum (emphasis on shape and body alignment)	<p>Deductions apply for late exit of circle</p> 	<p><b>Award bonus of 0.30</b> if within 10° of handstand</p>
No value	Immediate consecutive close bar (bonus elements)	<p>Deductions apply for late exit of circle</p> 	<p><b>Award bonus of 0.30 each time</b> for immediate <u>consecutive</u> close bar skill to 45° minimum</p> <ul style="list-style-type: none"> <li>• Clear hip circle (min 30°)</li> <li>• Stalder</li> <li>• Clear pike circle</li> <li>• Toe on/off (feet together on entry/exit)</li> </ul>
0.50	Backward giant circle through handstand x 2		
N.B Coach can assist the gymnast to stop after 2 <sup>nd</sup> giant			

# Beam – Excel Grade 1

D Score 3.00	Set Exercise	Time 1.40 max
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Refer to page 6 for Omissions / Substitutions / Incomplete elements etc

## General

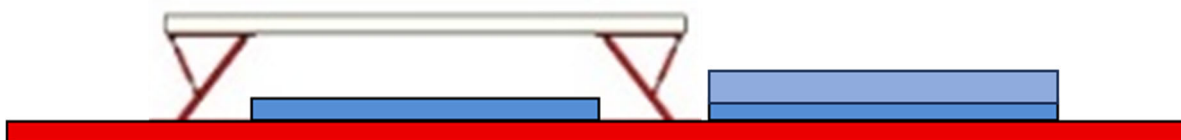
- Use FIG deductions throughout the exercise except where specified
- FIG COP body shape deductions applied on all dance elements
- FIG Specific Apparatus Deductions apply except where stated otherwise (current at time of competitions)
- On Beam if a fall occurs between two connected elements the gymnast must complete the elements after the fall
- If the gymnast falls between the dismount connection, the whole connection may be repeated once
- All holds must be 2 seconds
- Elements performed in the incorrect order – 0.50 deduction will apply
- If a substantial section of the set dance is missed – 1.00 deduction will apply

## Bonuses

- Award 0.50 if all requirements are met
- Award 0.30 if 180° split (leaps and jumps only) with no tolerance is achieved at least once in exercise

## Gymnova Reference Numbers



- FIG Beam Ref: 3610
  - FIG landing mat 20cm + 10cm Ref: 1726 x 1 plus 1 additional 7008 to sit on top of 4 x 316
  - Safety mat 20/30cm Ref: 7041-7051 4 x 316 (2m x 4m x 50cm)
- Dismount area 30cm of FIG mats plus additional 20/30cm mat*



# Beam – Excel Grade 1 continued

D Score 3.00	Set Exercise	Time 1.40 max
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## Technical Direction from HNC

<ul style="list-style-type: none"> <li>All walkovers must have hands side by side and parallel</li> </ul>		Incorrect hand position - apply 0.10 precision
<ul style="list-style-type: none"> <li>All flics must have hands one in front of the other with no gap</li> </ul>		

## Specific Artistry Deductions

COMPOSITION		ARTISTRY OF PERFORMANCE						
Combination of movements / elements close to beam not flowing	Backward ring prep poorly performed - lack of head release - arms not up - leg not above horizontal	<i>Insufficient artistry of performance throughout the exercise:</i>				<i>Rhythm &amp; Tempo:</i>		
		Insufficient use of body parts in body waves	Insufficient use of body in side dance	Poor body posture (head, shoulders, trunk)	Poor foot work		Insufficient variation in rhythm & tempo in movements (no DV)	Exercise as a series of disconnected elements & movements (lack of fluency)
0.1	0.1 / 0.2 / 0.3	0.1	0.1	0.1 / 0.2 / 0.3	0.1 / 0.2 / 0.3	0.1		

*Choreography section is shown in red*

VALUE	SET EXERCISE	EXECUTION DEDUCTIONS IN ADDITION TO FIG	
		<i>All D Jury penalties appear in bold italics</i>	
0.50	Jump to clear straddle hold		
	<i>Combination close to Beam</i>		
	<i>Needle scale lower leg to arabesque</i>		
	<i>3 steps in relevé</i>		
0.50	Kick to split handstand connected to Flic step out	<b><i>Series break in connection</i></b>	<b>0.50</b>
		Tic toc after handstand	0.50
	<i>Backward ring prep on flat support foot with both legs straight (missing from video but still required)</i>		
0.50	Split leap connected to	<b><i>Any series break in connection</i></b>	<b>0.50</b>
0.50	Tuck jump connected to		
0.50	Sissone, to finish in arabesque (no arm swing between elements) <i>Recommended arm position from video</i>	Arm swing between elements	0.30 ea
	<i>Dance in relevé</i>		
	<i>Body wave</i>		
0.50	Full (360°) spin forward (passé développé), arms above head, finish in relevé In spin preparation, one arm is “soft” forward (same as front foot) and horizontal and the other is out to the side in horizontal		
	<i>Sideways dance section recommended to face the Judges</i>		
	To allow for this, gymnasts will be able to dismount from either end of the Beam with no penalty		
	<i>Backward dance steps in relevé</i>		
0.50	Backward walkover – finish on flat feet and back leg close to front foot		
0.50	Split jump	<b><i>Series break in connection</i></b>	<b>0.50</b>
0.50	connect to straight jump finish in relevé (no arm swing between elements) <i>Recommended arm position from video</i>	Arm swing between elements	0.30
0.50	Cartwheel connected to	<b><i>Series break in connection</i></b>	<b>0.50</b>
0.50	Tucked back salto dismount		

# Floor – Excel Grade 1

<b>D Score 3.00</b>	<b>Set Exercise</b>	<b>Set Music</b>
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Refer to page 6 for Omissions / Substitutions / Incomplete elements etc

## General

- Use FIG deductions throughout the exercise except where specified
- FIG COP body shape deductions applied on all dance elements
- FIG Artistry and Composition and Specific Apparatus Deductions apply except where stated otherwise (current at time of competitions) pending FIG confirmation
- All elements in an acro line on Floor must be completed continuously
- The handspring to 1 leg step out must be performed with a brief joining of the legs in the flight phase
- Attempt without performance of an element (e.g. additional hurdle) 0.30 deduction will apply (each time)
- Elements performed in the incorrect order – 0.50 deduction will apply
- If a substantial section of the set dance is missed – 1.00 deduction will apply

## Bonuses

- Award 0.50 if all requirements are met
- Award 0.30 if 180° split (leaps and jumps only) with no tolerance is achieved at least once in exercise

## Specific Artistry Deductions

ARTISTRY OF PERFORMANCE						
<i>Insufficient artistry of performance throughout the exercise:</i>						
Poor body posture (head, shoulders, trunk)	Insufficient amplitude (maximum elongation of the movements)	Poor foot work - feet not pointed/relaxed/turned in	Insufficient involvement of the body parts	Poor expressive engagement according to the style of the music	Lack of fluency	Spins - poor body posture - incorrect arms
<b>0.1</b>	<b>0.1</b>	<b>0.1 / 0.2</b>	<b>0.1 / 0.2</b>	<b>0.1 / 0.2 / 0.3</b>	<b>0.1 / 0.2</b>	<b>0.1 / 0.2</b>

*Choreography section is shown in red*

VALUE	SET EXERCISE	EXECUTION DEDUCTIONS IN ADDITION TO FIG <i>All D Jury penalties appear in bold italics</i>	
<b>Dance section 1</b>			
0.50	Front salto tucked rebound/jump into hurdle	Lack of flight in handsprings	0.10 / 0.30
0.50	Handspring to 1	No join of legs during handspring to 1 leg	0.30
0.50	Handspring to 2	<b>Series break in connection</b>	<b>0.50</b>
		<b>Missing series</b>	<b>VM + 1.00 Omission</b>
		<b>No salto</b>	<b>VM + 1.00 Omission</b>
<b>Dance section 2 with chassé and final position in relevé</b>			
0.50	Split leap on one leg continuous two steps into	<b>Dance passage not performed as required</b>	<b>0.50</b>
0.50	Split leap on opposite leg (1 arm forward the other to the side) continuous dance passage into		
0.50	Fouetté hop [element no. 2.204]		
<b>Dance section 3 including bwd roll and low to floor choreo</b>			
0.50	Step into free cartwheel		
0.50	<b>One step</b> + hurdle Round off	More than 1 step	0.10 each
0.50	Flic	<b>Series break in connection</b>	<b>0.50</b>
0.50	Tuck back salto	<b>Missing series</b>	<b>VM + 1.00 Omission</b>
		<b>No salto</b>	<b>VM + 1.00 Omission</b>
0.50	Step forward full spin	<b>Series break in connection</b>	<b>0.50</b>
0.50	step reverse full spin (arms above head and finish with free leg behind support leg)		

## Gymnova Reference Numbers

- FIG regulation floor area Ref: 6776

# Range & Conditioning – Excel Grade 1

## Ballet & Presentation for Gymnastics Section

FIG deductions for loss of balance and bent legs are to be applied.

The only other deductions for this section of the exercise are as shown in below table.

***This must be completed in its entirety or apply an omission penalty of 1.00 for each section missed to a maximum of 3.00.***

ARTISTRY OF PERFORMANCE		
<b>Ballet arms</b>	Ballet arm section: 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> : - Arms not 'soft' - Hips not square	0.1 / 0.2
<b>Leg lift section 1<sup>st</sup> leg</b>	Front to side: - Poor body posture (hips not square, shoulders not above hips, arms not in 5 <sup>th</sup> ) - Knee not facing up & out - Poor footwork (toe not sliding along floor back to 1 <sup>st</sup> position, feet turned in)	0.1 / 0.2 / 0.3
	Side to back: - Poor body posture (hips not square, shoulders not above hips, arms not in 5 <sup>th</sup> ) - Knee not facing up & out - Leg not parallel to floor on arabesque - Poor footwork (toe not sliding along floor back to 1 <sup>st</sup> position, feet turned in)	0.1 / 0.2 / 0.3
	Back to arabesque: - Poor body posture (hips not square, shoulders not above hips, arms not in 5 <sup>th</sup> ) - Leg not parallel to floor on arabesque - Poor footwork (toe not sliding along floor back to 1 <sup>st</sup> position, feet turned in)	0.1 / 0.2 / 0.3
<b>Leg lift section 2<sup>nd</sup> leg</b>	Front to side: - Poor body posture (hips not square, shoulders not above hips, arms not in 5 <sup>th</sup> ) - Knee not facing up & out - Poor footwork (toe not sliding along floor back to 1 <sup>st</sup> position, feet turned in)	0.1 / 0.2 / 0.3
	Side to back: - Poor body posture (hips not square, shoulders not above hips, arms not in 5 <sup>th</sup> ) - Knee not facing up & out - Leg not parallel to floor on arabesque - Poor footwork (toe not sliding along floor back to 1 <sup>st</sup> position, feet turned in)	0.1 / 0.2 / 0.3
	Back to arabesque: - Poor body posture (hips not square, shoulders not above hips, arms not in 5 <sup>th</sup> ) - Leg not parallel to floor on arabesque - Poor footwork (toe not sliding along floor back to 1 <sup>st</sup> position, feet turned in)	0.1 / 0.2 / 0.3
<b>Chasse &amp; Relevé</b>	Chasse preps - Poor foot work (feet not pointed, relaxed, not sliding)	0.1 / 0.2
	Relevé ½ turn x 2	0.1

# Range & Conditioning – Excel Grade 1 continued

D Score 3.00	Set Exercise	Time 1.40 max
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Refer to page 6 for Omissions / Substitutions / Incomplete elements etc

<p><b>General</b></p> <ul style="list-style-type: none"> <li>• FIG deductions for bent arms, bent legs, body alignment apply to all elements</li> <li>• FIG COP body shape deductions applied on all dance elements</li> <li>• Elements performed in the incorrect order – 0.50 deduction will apply</li> </ul>
---

## Range & Conditioning Section

VALUE	SET EXERCISE	EXECUTION DEDUCTIONS IN ADDITION TO FIG <i>All D Jury penalties appear in bold italics</i>
0.50	Pike fold with hands FLAT on floor (fingers facing backwards) – <b>show position</b>	
0.50	Bend legs and push backwards into backward roll through handstand to front support, straight arms (no deduction if straight legs into bwd roll)	Failure to pass through hstd 0.30 Failure to keep tight shape 0.10 / 0.30 (flat back) in front support
0.50	Drag legs through to straddle lever, (feet above hips in lever position) - <b>hold 2 seconds</b>	<b><i>Not held 2 sec</i></b> <b><i>0.30</i></b>
0.50	Lift to handstand to show and lower to bridge - <b>hold 2 seconds</b>	<b><i>Not held 2 sec</i></b> <b><i>0.30</i></b>
0.50	Kick back to split handstand - <b>hold 2 seconds</b>	<b><i>Not held 2 sec</i></b> <b><i>0.30</i></b>
	Join legs in handstand	
0.50	Show controlled static (opposite) split handstand – <b>show position</b>	
	Return legs together Pike down	
0.50	Semi squat into straddle jump	
0.50	Split jump	
0.50	Split jump on opposite leg	
0.50	Jump full turn (jumps to be linked but not rebounding, <b>arm swings acceptable</b> )	

## Gymnova Reference Numbers

- Firm non-springy mat approximately 2m x 8m (similar to tumble track top mat Gymnova Ref: 6160)



# Excel Grade 2

## Vault – Excel Grade 2

Best score of 2 vaults to count

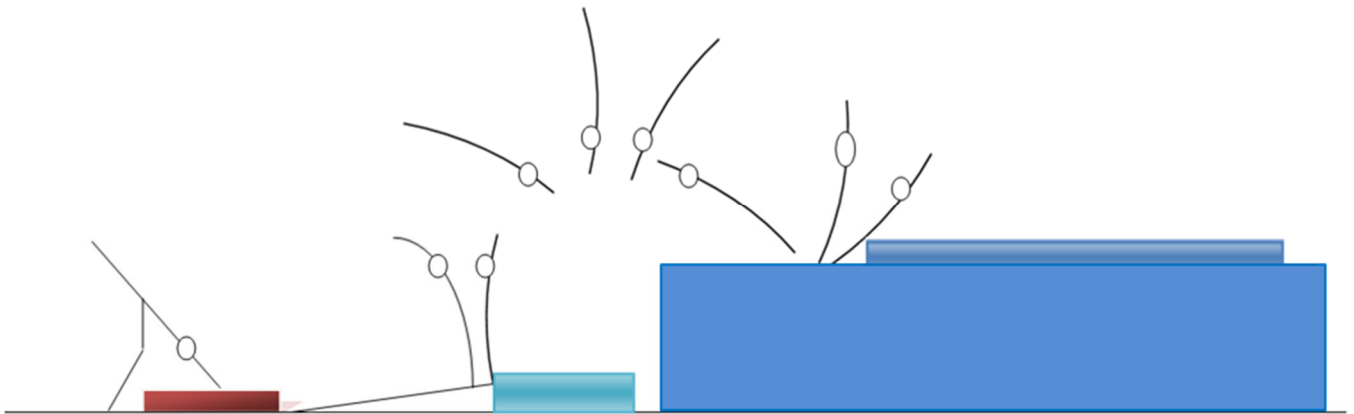
Round off straight back salto from the board

D Score 3.50

Land on feet and continue to back lying, jump not permitted.

Level landing.

Softer/thicker round off hand placement mat can be positioned up to 10cm onto the bottom of the springboard.



### Gymnova Reference Numbers

- Run up mat Ref: 2106
- Springboard (4-5S-5) Ref: 2198 – 2199 – 2187
- Springboard guard Ref: 2115
- Round off mat Ref: 2117 (thin or thick)
- FIG landing mat 20cm Ref: 1440
- Safety mat 20/30cm Ref: 7041-7051 x 2
- Mat 10cm Ref: 7012

*Gymnastic landing/safety mats to height 60cm from the floor (plus additional 20cm to fall onto back) = 80cm  
Plus, one addition optional 20cm mat, not for bonus but for safety (100cm total)*

## Specific Apparatus Deductions (E Jury)

<b>Faults</b>	<b>0.10</b>	<b>0.30</b>	<b>0.50</b>
Run up distance Less than 17m or more than 25m deduction		X	
Lack of acceleration or deceleration shown during run up	X	X	
<b>First phase onto the board</b>			
• Incorrect hand placement on floor in round off	X		
• Feet landing off centre in any direction	X		
• Bent arms in round off	X	X	
<b>Second phase take off the board</b>			
• Failure to take off in vertical position	X	X	
• Failure of arms to reach the ears whilst feet in contact with the board	X	X	
• Leg or knee separations	X	X	
• Bent legs	X	X	X
<b>Third phase body to inverted position</b>			
• Failure to maintain arms by ears until inverted position	X	X	X
• Failure to maintain correct body position into inverted position (excessive arch/pike)	X	X	X
• Body alignment in the inverted position	X		
• Leg or knee separations	X	X	
• Bent legs	X	X	X
<b>Fourth phase from inverted position to landing</b>			
• Failure to maintain correct body position (excessive pike down)	X	X	X
• Leg or knee separations	X	X	
<b>Landing faults</b>			
• Under rotation of salto			
○ without falling forwards	X		
○ with fall forwards		X	
• Steps	X	X	Max 0.80
• Fall			1.00
• Jump after landing moving the centre of mass in the opposite direction	X	X	X
• Deviation from straight direction on landing (on 1st contact)	X	X	
• Legs apart on landing	X		
• Dynamics throughout	X	X	
• Failure to land feet first – invalid vault			0.00

NB: Safety collar compulsory – score 0.00 if not used

# Bars – Excel Grade 2

D Score 3.50 + Bonus

Set Exercise

Single Bar HB 2.55m

Refer to page 6 for Omissions / Substitutions / Incomplete elements etc

## General

- Use FIG deductions throughout the exercise except where specified
- Cast & circle deductions taken according to diagrams
- All body parts must reach the required angle
  - If there is a pike in the body, the line is from the hands to the feet or lowest body part
  - If there is excessive arch which puts the feet in the higher sector, the line is through the centre of mass
- Extra skills are allowed to construct the routine, but they will be open to deductions
- Elements performed in the incorrect order – 0.50 deduction will apply

## Bonuses

- Award 0.30 for cast if within 10° of handstand
- Award 0.50 for \*\*each additional consecutive different close bar element within 30° of handstand
- Award 0.50 for 1 x backward giant  $\frac{1}{2}$ , or close bar  $\frac{1}{2}$  (a backward giant must be performed immediately afterwards)
- Award 1.00 for 2 x backward giants with  $\frac{1}{2}$  turn, or close bar  $\frac{1}{2}$  (same or different) or a combination of the 2 **consecutively** (only 2 elements with  $\frac{1}{2}$  turns permitted plus a backward giant must be performed immediately afterwards)
- Award 0.30 for excellent execution **1.00** or less in deductions without an element with  $\frac{1}{2}$  turn (if All CRs are fulfilled and no other penalty applied)
- Award 0.50 for excellent execution of 2.00 or less in deductions with a minimum of 1 element with  $\frac{1}{2}$  turn (if All CRs are fulfilled and no other penalty applied)
- Award 0.50 if all requirements are met
- GBR swing with turn penalties apply (turns must be completed above 45° to be awarded bonus)

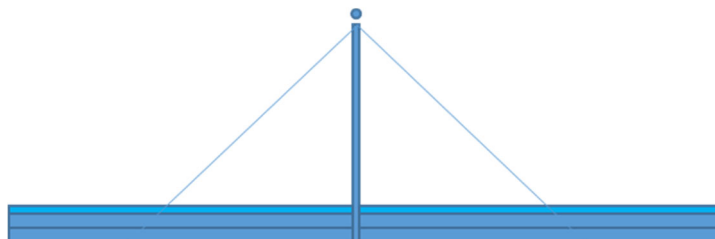
## Gymnova Reference Numbers

- A Bar modified to single Ref: 3240
- FIG landing mat \* Ref: 4 x 1617 & 1 x 1610 (2m x 14m) \*soft- side uppermost
- Safety mat Ref: 3 x 1617 (2m x 9m)
- FIG top mat Ref: 2 x 7008 (2m x 8m)

## Bars Excel 2

Single wood bar – height 255cm

Mats to height 50cm from the floor

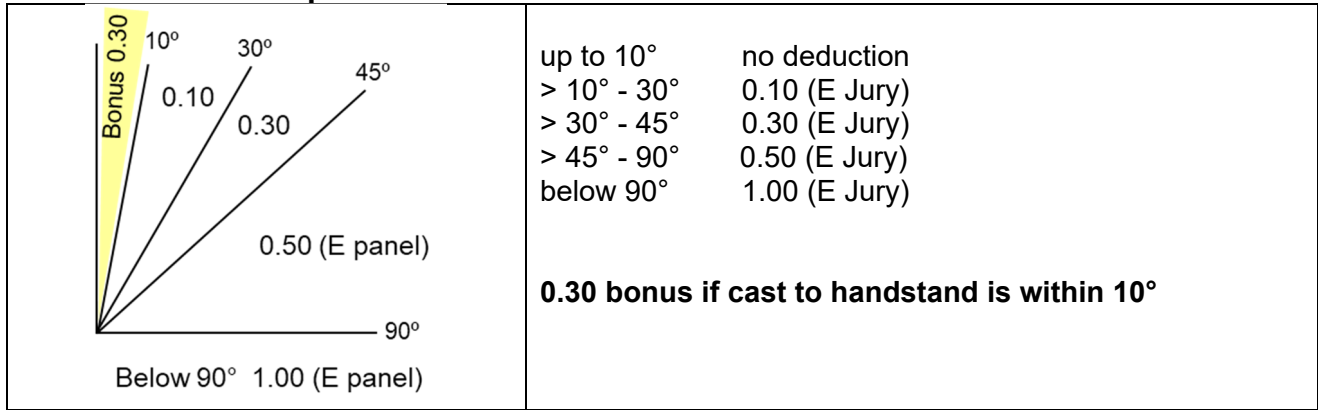


# Bars – Excel Grade 2 continued

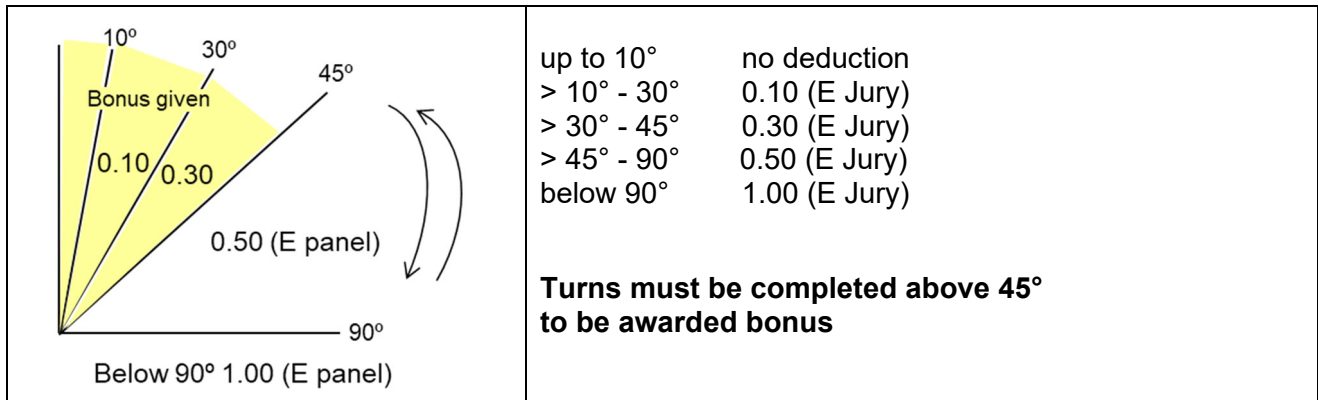
D Score 3.50 + Bonus		Set Exercise	Single Bar HB 2.55m
VALUE	SET EXERCISE	EXECUTION DEDUCTIONS IN ADDITION TO FIG	BONUS
	From long hang, in regular grip, arch pike fold to bar, trolley swing		
0.50	Long upstart		
0.50	Cast to handstand - no hip angle <i>Straddle and/or hips bent is not allowed</i>	GBR Cast penalties apply <b>Cast with straddle and/or hips bent (VM)</b>	<b>Award bonus of 0.30</b> if within 10° of handstand
0.50	Backward close bar element to handstand Optional 2 <sup>nd</sup> (or more) close bar element for bonus**	GBR circle penalties apply Deductions taken on both the upswing and downswing side of the circle plus any fall that may occur	<b>Award bonus of 0.50</b> for **each additional <u>consecutive different</u> close bar element within 30° of handstand
0.50	Backward giant to handstand (with/without ½ turn)	GBR circle penalties apply Deductions taken on the upswing side	<b>Award bonus of 0.50</b> for 1 x backward giant ½, or close bar ½  <b>Award bonus of 1.00</b> for 2 x backward giant ½, or close bar ½, or a combination of the 2 <b>consecutively</b>
0.50	Backward giant to handstand (with/without ½ turn)		
0.50	Dismount Backward giant (this can be your second giant) into Straight back-away to stand (height of dismount to height of bar) <i>If tuck or pike salto performed</i>  <i>If FIG coded dismount with no salto performed</i>	<b>Not dismounting away from LB uprights</b> <b>0.30</b>  <b>VM + 0.50 Substitution</b>  <b>VM + 1.00 Omission</b>	
			<b>Award bonus of 0.30</b> for execution of <b>1.00</b> or less in deductions without an element with ½ turn  <b>Award bonus of 0.50</b> for execution of <b>2.00</b> or less in deductions with a minimum of 1 element with ½ turn

# Excel Grade 2 Uneven Bars diagrams

## Excel Grade 2 GBR penalties - cast to handstand

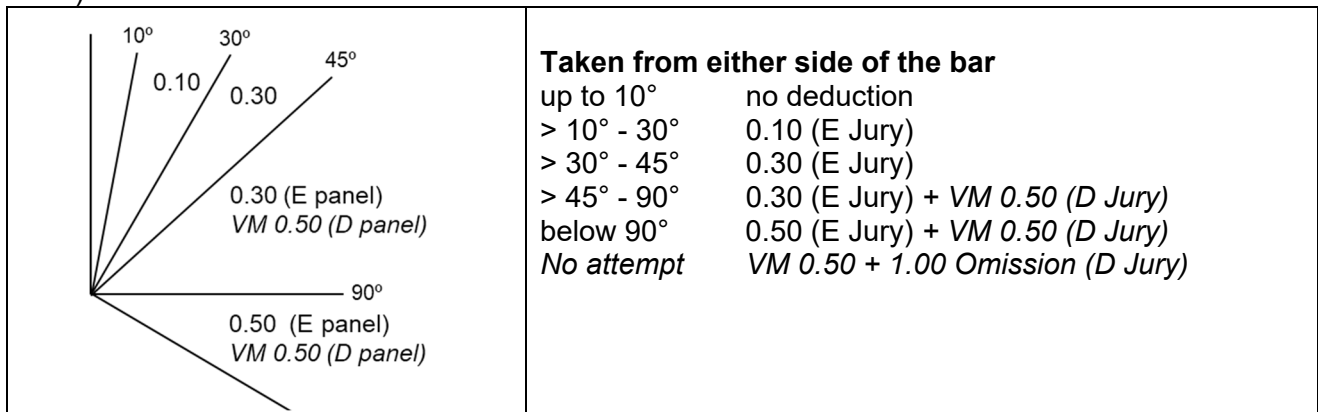


## Excel Grade 2 GBR swing ½ penalties - swings that do not go over the bar but come back in the same direction or circle elements with turn

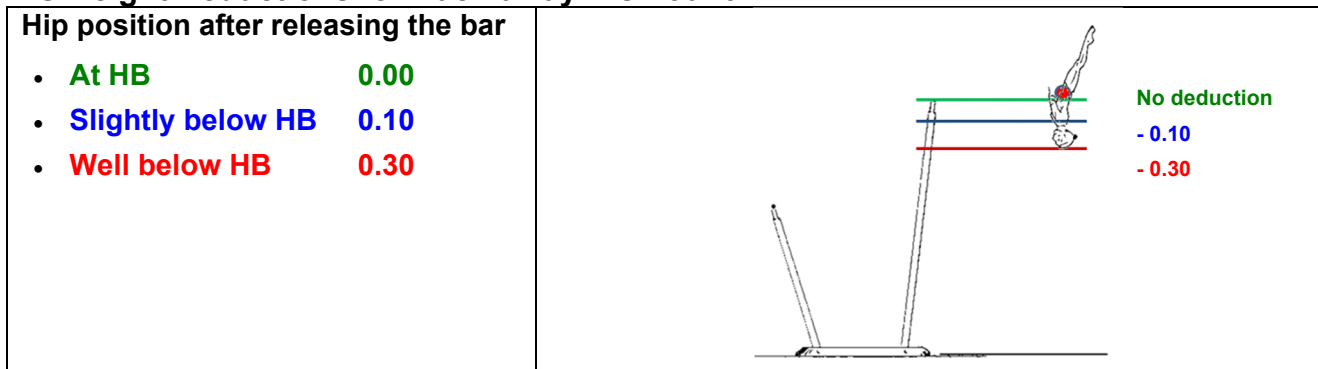


## Excel Grade 2 GBR circle penalties - elements without turn

(Giant circles, clear hips circles, Stalder circles, toe on and off circles fwd & bwd, clear seat circles, Endo) - deductions for these elements are taken from either side of the bar



## FIG Height Deductions for Back-away Dismount



# Beam – Excel Grade 2

D Score 3.50 + Bonus	Set Exercise	Time 1.40 max
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Refer to page 6 for Omissions / Substitutions / Incomplete elements etc

## General

- Use FIG deductions throughout the exercise except where specified
- FIG COP body shape deductions applied on all dance elements
- FIG Specific Apparatus Deductions apply except where stated otherwise (current at time of competitions)
- On the Beam if a fall occurs between two connected elements the gymnast must complete the elements after the fall
- If the gymnast falls between the dismount connection, the whole connection may be repeated once
- FIG landing mats soft side uppermost
- Side beam dance should be to face the judges. To allow for this, gymnasts will be able to dismount from either end of the beam with no penalty.
- Elements performed in the incorrect order – 0.50 deduction will apply
- If a substantial section of the set dance is missed – 1.00 deduction will apply

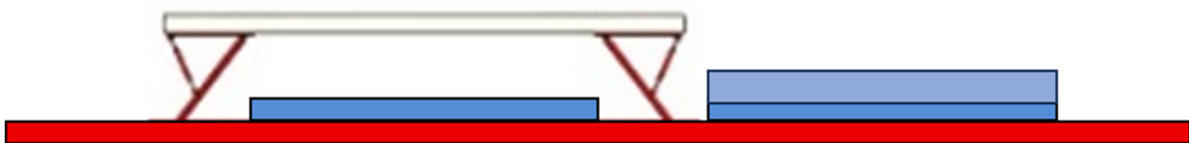
## Bonus

- Award 0.30 for Flic step out connected to Flic step out
- Award 0.50 if all requirements are met
- Award 0.30 if 180° split (leaps and jumps only) with no tolerance is achieved at least once in exercise

## Gymnova Reference Numbers

- FIG Beam Ref: 3610
- FIG landing mat 20cm + 10cm Ref: 1726 x 1 plus 1 additional 7008 to sit on top of 4 x 316
- Safety mat 20cm Ref: 7041-7051 4 x 316 (2m x 4m x 50cm)



*Gymnastic landing/safety mats to height 50cm from the floor*



# Beam – Excel Grade 2 continued

D Score 3.50 + Bonus	Set Exercise	Time 1.40 max
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## Technical Direction from HNC

• All walkovers must have hands side by side and parallel		Incorrect hand position - apply 0.10 precision
• All flics must have hands one in front of the other with no gap		

## Specific Artistry Deductions

COMPOSITION		ARTISTRY OF PERFORMANCE					
Combination of movements / elements close to beam not flowing	Backward ring prep poorly performed - lack of head release - arms not up - leg not above horizontal	<i>Insufficient artistry of performance throughout the exercise:</i>				<i>Rhythm &amp; Tempo:</i>	
		Insufficient use of body in side dance	Poor body posture (head, shoulders, trunk)	Poor foot work		Insufficient variation in rhythm & tempo in movements (no DV)	Exercise as a series of disconnected elements & movements (lack of fluency)
Lack of relevés	Poor foot work						
0.1	0.1 / 0.2 / 0.3	0.1	0.1 / 0.2 / 0.3	0.1 / 0.2 / 0.3	0.1	0.1 / 0.2 / 0.3	0.1

Choreography section is shown in red

VALUE	SET EXERCISE	EXECUTION DEDUCTIONS IN ADDITION TO FIG <i>All D Jury penalties appear in bold italics</i>		BONUS
0.50	Jump <b>or press</b> to clear straddle hold			
<b>Combination close to Beam</b>				
<b>Kick to needle scale lower leg to arabesque</b>				
0.50	Full spin (can be performed in either direction) with straight leg, connected to Cat leap	<b>Series break in connection</b>	<b>0.50</b>	
0.50 0.50	Backward walkover or Flic step out connected to Flic step out	<b>Series break in connection</b>	<b>0.50</b>	<b>Bonus of 0.30</b> for Flic step out connected to Flic step out
<b>Backward ring prep with straight support leg on flat foot, and bent back leg in ring position</b>				
0.50	Change leg (as single element, 1 step permitted before jump connection)			
0.50 0.50	Split jump connected to W Jump	<b>Any series break in connection</b>	<b>0.50</b>	
		Arm swing	0.30 ea	
<b>Sideways dance section recommended to face the Judges</b> To allow for this, gymnasts will be able to dismount from either end of the Beam with no penalty				
<b>½ turn to finish in arabesque</b>				
0.50	Straddle jump			
<b>½ turn on 2 feet in relevé</b>				
0.50 0.50	Round off Straight back salto	<b>Series break in connection</b>	<b>0.50</b>	

# Floor – Excel Grade 2

D Score 3.50

Optional Exercise with Acro Lines in Set Order

Refer to page 6 for Omissions / Substitutions / Incomplete elements etc

## General

- Use FIG deductions throughout the exercise except where specified
- FIG COP body shape deductions applied on all dance elements
- FIG Artistry and Composition and Specific Apparatus Deductions apply except where stated otherwise (current at time of competitions)
- All elements in an acro line on Floor must be completed continuously
- Attempt without performance of an element (e.g. additional hurdle) 0.30 deduction will apply (each time)
- Acro lines performed in the incorrect order – 0.50 deduction will apply

## Bonus

- Award 0.50 if all requirements are met
- Award 0.30 if 180° split (leaps and jumps only) with no tolerance is achieved at least once in exercise

## FIG Artistry Deductions

ARTISTRY OF PERFORMANCE						COMPOSITION			MUSIC AND MUSICALITY		
<i>Insufficient artistry of performance throughout the exercise:</i>						<i>Insufficient complexity or creativity of</i>			<i>Editing of music:</i>		
<i>Musicality:</i>											
Poor body posture (head, shoulders, trunk)	Insufficient amplitude (maximum elongation of the movements)	Poor foot work Feet not pointed/ relaxed/ turned in	Insufficient involvement of the body parts	Poor expressive engagement according to the style of the music	Exercise as a series of disconnected elements & movements (lack of fluency)	Throughout the exercise	Poor choreography in the corner/ lack of variety	Missing movement touching floor	No structure to the music	Lack of synchronisation between movement and musical beat at the end of exercise	Background music
0.1	0.1	0.1	0.1	0.1 / 0.3	0.1	0.1	0.1	0.1	0.1	0.1	0.1 / 0.3

VALUE	OPTIONAL EXERCISE (with Acro Lines in Set Order)	EXECUTION DEDUCTIONS IN ADDITION TO FIG <i>All D Jury penalties appear in bold italics</i>	
0.50	Round off, flic, straight back salto with ½ twist (hips open on take-off, body remain stretched throughout)	Early twist from floor <b>Missing series</b> <b>No salto</b> <b>Series break in connection</b>	0.30 <b>VM + 1.00 Omission</b> <b>VM + 1.00 Omission</b> <b>0.50</b>
0.50	• Handspring to 1 foot step out, Handspring to 2 feet, Salto forward tuck or • Handspring to 2 feet, Fly-spring, Salto forward tuck	No join of legs during handspring to 1 leg <b>Missing series</b> <b>No salto</b> <b>Series break in connection</b>	0.30  <b>VM + 1.00 Omission</b> <b>VM + 1.00 Omission</b> <b>0.50</b>
0.50	One step hurdle Round-off, 3 flics straight back salto (elements must be performed in same acro line)	More than 1 step <b>Missing series</b> <b>No salto</b> <b>Series break in connection</b>	0.10 ea <b>VM + 1.00 Omission</b> <b>VM + 1.00 Omission</b> <b>0.50</b>
0.50	Free forward walkover or Free cartwheel directly connected to	Stag jump to 2 feet (not 1 foot) <b>No stag jump</b> <b>Series break in connection</b>	0.30 <b>VM + 1.00 Omission</b> <b>0.50</b>
0.50	Stag jump landing on 1 foot		
0.50	Any spin minimum value 'B'		
0.50	Dance passage: Change leg leap step immediate	<b>Dance passage not performed as required</b>	<b>0.50</b>
0.50	Change leg leap (opposite leg) into		
0.50	Change leg ¼ (Johnson) or Tour jeté		
0.50	Choice of 1 of the following jumps: <b>Straight jump 1/1 turn</b> or <b>W / Pike / Straddle / Split jump</b> with minimum ½ turn		

## Gymnova Reference Numbers

- FIG regulation floor area Ref: 6776



# Range & Conditioning – Excel Grade 2

## Ballet & Presentation for Gymnastics Section

FIG deductions for loss of balance and bent legs are to be applied.

The only other deductions for this section of the exercise are as shown in below table.

***This must be completed in its entirety or apply an omission penalty of 1.00 for each section missed to a maximum of 3.00.***

ARTISTRY OF PERFORMANCE		
<b>Ballet arms</b>	Ballet arm section: 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> : - Arms not 'soft'	0.1
<b>Leg lift section 1<sup>st</sup> leg</b>	2 taps, lift front, hold leg, demi pli�, circle leg to side: - Poor body posture (hips not square, shoulders not above hips, arms not in 5 <sup>th</sup> ) - Knee not facing up & out - Poor footwork (standing foot turned in)	0.1 / 0.2 / 0.3
	2 taps, lift side, hold leg, demi pli�, circle leg backward to arabesque: - Poor body posture (hips not square, shoulders not above hips, arms not in 5 <sup>th</sup> ) - Knee not facing up & out - Poor footwork (standing foot turned in)	0.1 / 0.2 / 0.3
	2 taps, lift leg to arabesque, demi pli�, lower leg: - Poor body posture (hips not square, shoulders not above hips, arms not in 5 <sup>th</sup> ) - Leg not parallel to floor on arabesque - Poor footwork (standing foot turned in)	0.1 / 0.2 / 0.3
<b>Middle section</b>	Circle arms, kick to ring, return to 1 <sup>st</sup> : - Foot not to crown - No head release - Arms not in 5 <sup>th</sup>	0.1 / 0.2
<b>Leg lift section 2<sup>nd</sup> leg</b>	2 taps, lift front, hold leg, demi pli�, circle leg to side: - Poor body posture (hips not square, shoulders not above hips, arms not in 5 <sup>th</sup> ) - Knee not facing up & out - Poor footwork (standing foot turned in)	0.1 / 0.2 / 0.3
	2 taps, lift side, hold leg, demi pli�, circle leg backward to arabesque: - Poor body posture (hips not square, shoulders not above hips, arms not in 5 <sup>th</sup> ) - Knee not facing up & out - Poor footwork (standing foot turned in)	0.1 / 0.2 / 0.3
	2 taps, lift leg to arabesque, demi pli�, lower leg: - Poor body posture (hips not square, shoulders not above hips, arms not in 5 <sup>th</sup> ) - Leg not parallel to floor on arabesque - Poor footwork (standing foot turned in)	0.1 / 0.2 / 0.3
<b>Ring &amp; Relev�</b>	Circle arms, kick to ring, return to 1 <sup>st</sup> : - Foot not to crown - No head release - Arms not in 5 <sup>th</sup>	0.1 / 0.2
	All in relev�: 2 steps fwd, � turn, � turn, 2 steps backward, 1/1 turn: - Poor body posture - Feet not stretched - No relev�	0.1 / 0.2 / 0.3

# Range & Conditioning – Excel Grade 2 continued

D Score 3.50	Set Exercise	Time 1.40 max total
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Refer to page 6 for Omissions / Substitutions / Incomplete elements etc

<p><b>General</b></p> <ul style="list-style-type: none"> <li>• FIG deductions for bent arms, bent legs, body alignment apply to all elements</li> <li>• FIG COP body shape deductions applied on all dance elements</li> <li>• Elements performed in the incorrect order – 0.50 deduction will apply</li> </ul>
---

## Range & Conditioning Section

VALUE	SET EXERCISE	EXECUTION DEDUCTIONS IN ADDITION TO FIG <i>All D Jury penalties appear in bold italics</i>	
0.50	Pike fold with hands FLAT on floor (fingers facing backwards)		
0.50	Bend legs and push into backward roll to handstand ½ turn forward roll pike to pike stand (no deduction if straight legs into bwd roll)	Late turn ½ <b>turn not performed</b> ¼ turn performed Bent legs to stand up Extra hand movement	0.10 / 0.30 <b>VM + 0.50 Substitution</b> 0.30 0.10 / 0.30 0.10 ea
0.50	Lower to straddle lever, (feet above hips in lever position) - <b>hold 2 seconds</b>	<b>Not held 2 sec</b>	<b>0.30</b>
0.50	Lift to handstand		
0.50	Show controlled static split handstand - <b>hold 2 seconds</b>	<b>Not held 2 sec</b>	<b>0.30</b>
	Join legs in handstand		
0.50	Show controlled static (opposite) split handstand - <b>show position</b>		
0.50	Return legs together and lower to show bridge,		<b>Bonus of 0.30 for holding handstand for 2 seconds</b>
0.50	rock and pull back to handstand <del>–hold 2 seconds</del> pike down		
0.50	Semi squat into straddle jump		
0.50	Split jump		
0.50	Split jump on opposite leg (jumps to be linked but not rebounding)		
0.50	Jump 1½ turn		

## Gymnova Reference Numbers

- Firm non-springy mat approximately 2m x 8m (similar to tumble track top mat Gymnova Ref: 6160)

# Excel Grade 3

## Vault – Excel Grade 3

Option of:

- |                             |                            |
|-----------------------------|----------------------------|
| 1. Yurchenko prep (to back) | D Score 4.00* + 0.50 Bonus |
| 2. Handspring               | D Score 4.00               |
| 3. Tsukahara prep (to back) | D Score 4.00*              |

Best score of 2 performed vaults to count (may be the same or different)

**\* if gymnast lands on feet in either of these options, D Score will be 3.00 (also apply deduction for landing on mat with feet 0.80, plus maximum execution for height, length, body shape etc)**

### Gymnova Reference Numbers

- |                                       |   |
|---------------------------------------|---|
| ○ Run up mat                          | Ref: 2106   |
| ○ Springboard (4-5S-5)                | Ref: 2198 – 2199 – 2187                               |
| ○ Springboard guard                   | Ref: 2115   |
| ○ Round off mat                       | Ref: 2117 (thin or thick)                             |
| ○ Vaulting top mat                    | Ref: 3411   |
| ○ Vaulting table 120cm                | Ref: 3404   |
| ○ FIG landing mat 20cm                | Ref: 1440   |
| ○ Safety mat 20/30cm                  | Ref: 7041-7051  |
| ○ <b>Mandatory Gymnova jersey mat</b> | <b>Ref: 7011 to be placed as the mat to fall onto</b> |

Matting must be to the height of the table PLUS the vault cover mat (5cm) – 125cm.

**Additional/optional 20cm mat may be used for safety, not for bonus.**

**This additional 20cm mat placed in line with other matting.**



# Vault – Excel Grade 3

## Option 1 – Yurchenko prep with straight body to upper back

**D Score 4.00 + 0.50 Bonus**

From the Table onto built-up surface - land on the upper back, arms **by ears**.

**Matting must be to the height of the table PLUS the vault cover mat (5cm) – 125cm.**

**Additional/optional 20cm mat may be used for safety, not for bonus.**

**This additional 20cm mat placed in line with other matting.**

Softer/thicker round off hand placement mat can be positioned up to 10cm onto the bottom of the springboard.

### Specific Apparatus Deductions (E Jury)

Faults	0.10	0.30	0.50
<b>Run up distance 25m maximum</b>			
• Lack of acceleration, or deceleration shown, during run up	X	X	
<b>First Flight Phase and feet landing on board</b>			
• Landing off centre in any direction	X		
• Incorrect body position	X	X	
• Too high onto table	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
<b>Repulsion Phase</b>			
• Shoulder angle	X	X	
• Failure to pass through vertical	X		
• Bent arms	X	X	X
<b>Second Flight Phase</b>			
• Height	X	X	X
• Failure to maintain correct body position	X	X	X
• Rolling out of shoulder stand (over rotation)		X	
• Feet hitting the landing mat			X
• Bent knees	X	X	X
• Leg or knee separations	X	X	
<b>Distance</b>			
• Insufficient length	X	X	X
• Landing with feet on the table			0.80
• Landing on seat &/or back on the table		X	
<b>General &amp; Landing Faults</b>			
• Dynamics	X	X	X
• Brushing feet through to back	X	X	X
• <b>Landing on mat with feet</b>			<b>0.80</b>
• Deviation from straight direction	X		
• <b>Arms not by ears on landing</b>		<b>X</b>	

NB: Safety collar compulsory – score 0.00 if not used.

# Vault – Excel Grade 3

## Option 2 - Handspring

**D Score 4.00**

From the table land on feet and continue to forward lying onto built up mats, jump not permitted.

**Matting must be to the height of the table PLUS the vault cover mat (5cm) – 125cm.**

**Additional/optional 20cm mat may be used for safety, not for bonus.**

**This additional 20cm mat placed in line with other matting.**

### Specific Apparatus Deductions (E Jury)

Faults	0.10	0.30	0.50
<b>Run up distance 25m maximum</b>			
• Lack of acceleration, or deceleration shown, during run up	X	X	
<b>First Phase &amp; Feet Landing on board</b>			
• Feet landing off centre in any direction	X		
• Hip angle	X	X	
• Arch	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
<b>Repulsion Phase</b>			
• Staggered/alternate hand placement	X		
• Shoulder angle	X	X	
• Failure to pass through vertical	X		
• Lack of repulsion from hands	X	X	
• Bent arms	X	X	X
<b>Second Flight Phase</b>			
• Height	X	X	X
• Failure to maintain stretched body	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
<b>Distance</b>			
• Insufficient length	X	X	X
• Jump after landing moving the centre of mass in the opposite direction	X	X	X
• Landing with feet on the table			0.80
<b>General &amp; Landing Faults</b>			
• Dynamics	X	X	X
• Failure to maintain correct body position during fall	X	X	
• Under rotation			
○ without falling backwards	X		
○ with fall backwards		X	
• FIG body posture on landing penalties apply	X	X	X
• Deviation from straight direction on landing (on 1 <sup>st</sup> contact)	X		

NB: Safety collar compulsory – score 0.00 if not used

# Vault – Excel Grade 3

## Option 3 - Tsukahara prep ( $\frac{1}{4}$ to $\frac{1}{2}$ turn on) with straight body to upper back D Score 4.00

From table onto built up mats, land on the upper back, arms **by ears**.

Matting must be to the height of the table PLUS the vault cover mat (5cm) – 125cm.

Additional/optional 20cm mat may be used for safety, not for bonus.

**This** additional 20cm mat placed in line with other matting.

### Specific Apparatus Deductions (E Jury)

Faults	0.10	0.30	0.50
<b>Run up distance 25m maximum</b>			
• Lack of acceleration, or deceleration shown, during run up	X	X	
<b>First Flight Phase and feet landing on board</b>			
• Feet landing off centre on board in any direction	X		
• Hip angle	X	X	
• Arch	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
<b>Repulsion Phase</b>			
• Shoulder angle	X	X	
• Failure to pass through vertical	X		
• Bent arms	X	X	X
<b>Second Flight Phase</b>			
• Height	X	X	X
• Failure to maintain correct body position	X	X	X
• Bent knees	X	X	X
• Leg or knee separations	X	X	
<b>Distance</b>			
• Insufficient length	X	X	X
• Landing with feet on the table/mat			0.80
<b>General &amp; Landing Faults</b>			
• Dynamics	X	X	X
• Under rotation			
• Brushing feet through to back	X	X	X
• <b>Landing on mat with feet</b>			<b>0.80</b>
• Deviation from straight direction	X		
• <b>Arms not by ears on landing</b>		<b>X</b>	

NB: Safety collar compulsory – score 0.00 if not used

# Bars – Excel Grade 3

D Score 4.00 + Bonus	<b>FIG Asymmetric Bars</b> Routine to be performed on High Bar only – low bar in place at maximum FIG distance, no mat allowed on LB
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Refer to page 6 for Omissions / Substitutions / Incomplete elements etc

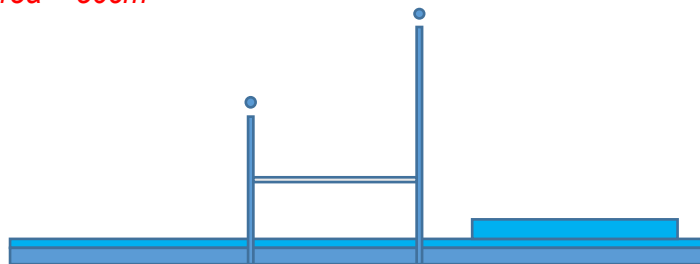
<b>General</b> <ul style="list-style-type: none"><li>• Use FIG deductions throughout the exercise except where specified</li><li>• Cast &amp; circle deductions taken according to diagrams</li><li>• All body parts must reach the required angle<ul style="list-style-type: none"><li>○ If there is a pike in the body, the line is from the hands to the feet or lowest body part</li><li>○ If there is excessive arch which puts the feet in the higher sector, the line is through the centre of mass</li></ul></li><li>• Extra skills are allowed to construct the routine, but they will be subject to deductions</li><li>• Elements performed in the incorrect order – 0.50 deduction will apply</li></ul>
--

<b>Bonuses</b> <ul style="list-style-type: none"><li>• Award 0.30 for cast to handstand within 10°</li><li>• Award 0.30 for *each additional consecutive different close bar element within 30° of handstand</li><li>• Award 0.30 for **any element performed with ½ turn to reverse grip within 30° of handstand</li><li>• Award 0.50 for excellent execution of 1.50 or less in total routine deductions (if All CRs are fulfilled and no other penalty applied)</li><li>• Award 0.50 if all requirements are met</li></ul>
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## Gymnova Reference Numbers

- A Bar (HB 255cm LB 175cm) Ref: 3240
- FIG Landing mats Ref: 4 x 1617 & 1 x 1610 (2m x 14m) **soft side uppermost**
- FIG Top mat Ref: 3 x 7008 & 1 x 7005 (2m x 14m)
- Safety mat 20cm Ref: 7041

*Dismount landing area = 50cm*



# Bars – Excel Grade 3 continued

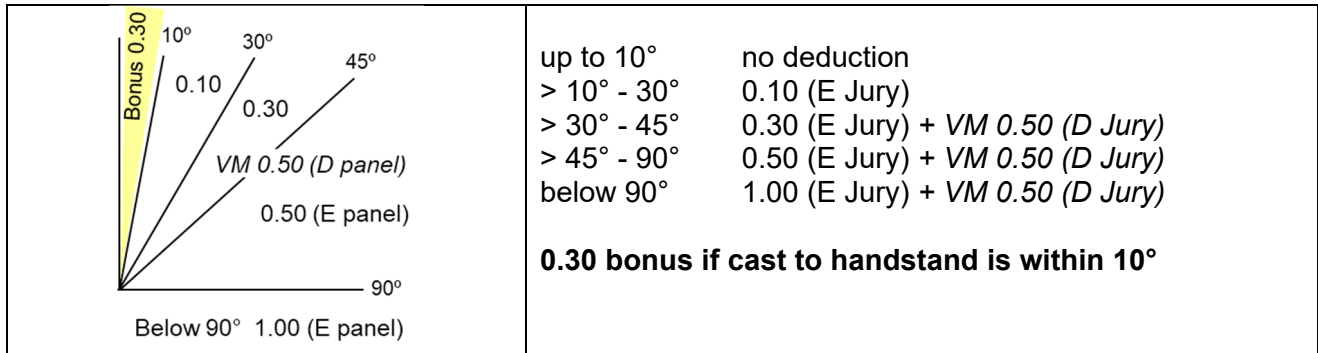
<b>D Score 4.00 + Bonus</b>	<b>FIG Asymmetric Bars</b> <b>Routine to be performed on High Bar only – low bar in place at maximum FIG distance, no mat allowed on LB</b>
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VALUE	SET EXERCISE	EXECUTION DEDUCTIONS IN ADDITION TO FIG	BONUS
	Starting in long hang, regular grip, trolley swing		
0.50	Long upstart directly into Cast to handstand (straddle and/or hips bent is allowed)	GBR cast penalties apply	<b>Award bonus of 0.30</b> if within 10° of handstand
0.50	<b>Close bar circle element to handstand</b> This is a mandatory element and <b>MUST</b> be performed <b>without</b> turn (subsequent close bar elements can be used to fulfil other requirements)	GBR circle penalties apply	
0.50	2 <sup>nd</sup> (or more) close bar circle element permitted with/without ½ turn* and/or any element performed with ½ turn to reverse grip**	GBR circle penalties apply	<b>Award bonus of 0.30</b> for *each additional consecutive different close bar element within 30° of handstand <b>Award bonus of 0.30</b> for **any element performed with ½ turn to reverse grip within 30° of handstand
0.50	Giant circle forwards	GBR circle penalties apply Straddled forward 0.30 giants are permitted with a deduction	
0.50	Giant circle forwards with ½ turn		
0.50	Giant circle backwards	GBR circle penalties apply	
0.50	Straight back-away  If tuck or pike salto performed  If FIG coded dismount with no salto performed	<b>VM + 0.50 Substitution</b>  <b>VM + 1.00 Omission</b>	
			<b>Award bonus of 0.50</b> for execution 1.50 or less in total routine deductions



# Excel Grade 3 Uneven Bars diagrams

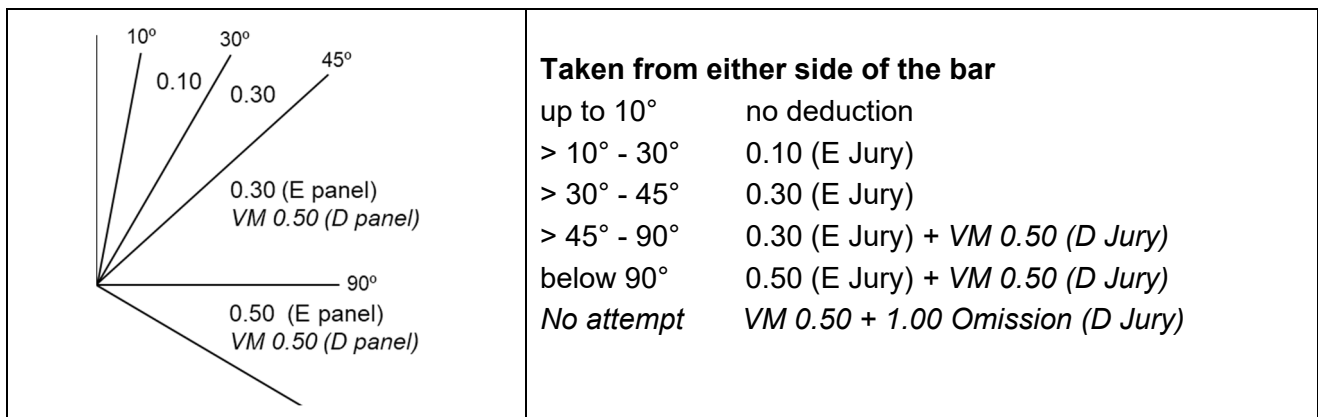
## Excel Grade 3 GBR penalties - cast to handstand



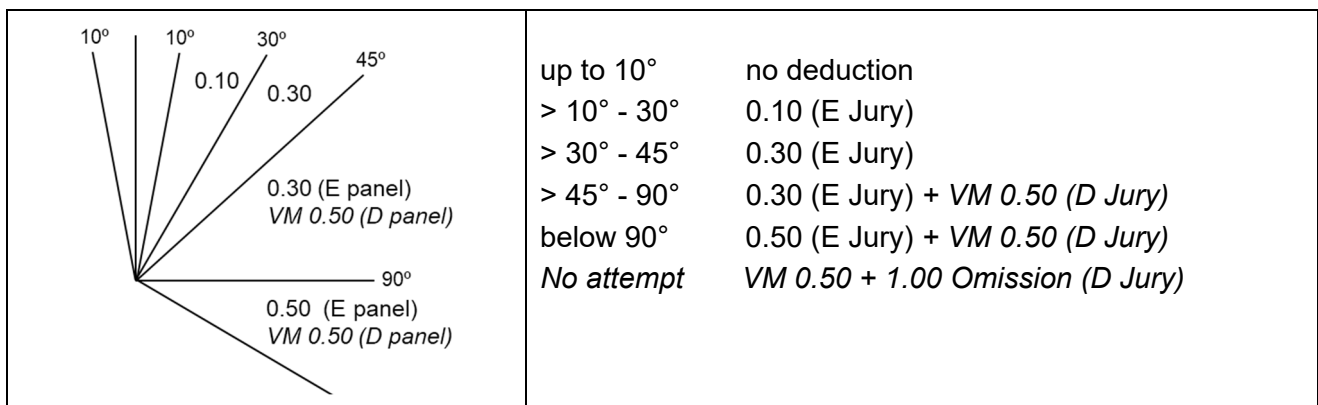
## Excel Grade 3 GBR penalties - circle elements without turn

(giant circles, clear hips circles, Stalder circles, Endo circles, toe on and off circles fwd & bwd, stoop in and out, Weiler kips)

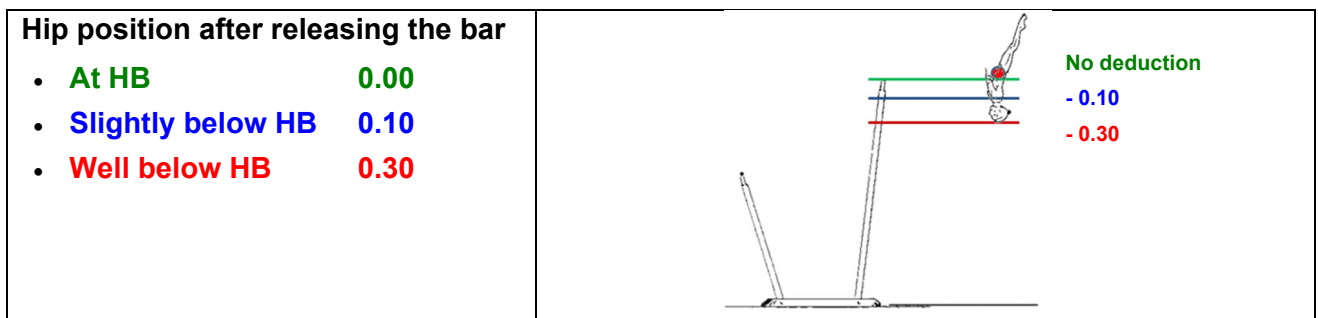
Deductions for these elements are taken from either side of the bar



## Excel Grade 3 GBR penalties - circle elements with turn



## FIG Height Deductions for Back-away Dismount



# Beam – Excel Grade 3

<b>D Score 4.00 + Bonus</b>	<b>Optional exercise with set elements in set order + 3 items of set choreo performed in specific places</b>	<b>Time 1.30 max</b>
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**Refer to page 6 for Omissions / Substitutions / Incomplete elements etc**

## General

- Use FIG deductions throughout the exercise except where specified
- FIG COP body shape deductions applied on all dance elements
- FIG Specific Apparatus Deductions apply except where stated otherwise (current at time of competitions)
- On the Beam if a fall occurs between two connected elements the gymnast must complete the elements after the fall
- If the gymnast falls between the dismount connection, the whole connection may be repeated once
- FIG landing mats soft side uppermost
- Elements performed in the incorrect order – 0.50 deduction will apply
- Choreography performed in the incorrect order – 0.50 deduction will apply

## Bonus

- Award 0.50 for 2 flighted elements into straight back salto dismount
- Award 0.50 if all requirements are met
- Award 0.30 if 180° split (leaps and jumps only) with no tolerance is achieved at least once in exercise

## Gymnova Reference Numbers

- FIG Beam Ref: 3610
- FIG landing mat Ref: 1726 x 1 plus 1 additional 7008 to sit on top of 4 x 316
- Dismount safety mats Ref: 4 x 316 (2m x 4m x 50cm)



*Dismount landing area = 80cm*



# Beam – Excel Grade 3 continued

<b>D Score 4.00 + Bonus</b>	<b>Optional exercise with set elements in set order + 3 items of set choreo performed in specific places</b>	<b>Time 1.30 max</b>
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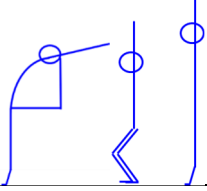
## Technical Direction from HNC

• All walkovers must have hands side by side and parallel		Incorrect hand position - apply 0.10 precision
• All flics must have hands one in front of the other with no gap		

## Specific Artistry Deductions

COMPOSITION		ARTISTRY OF PERFORMANCE								COMPOSITION
Missing combination of movements/ elements close to beam	Backward ring prep poorly performed - lack of head release - foot not to crown	<i>Insufficient artistry of performance throughout the exercise:</i>						<i>Rhythm &amp; Tempo:</i>		One-sided use of elements: More than one ½ turn on 2 feet with straight legs
		Insufficient use of body in side dance	Poor body posture (head, shoulders, trunk)	Insufficient amplitude (maximum elongation of the movements)	Insufficient amplitude of leg swings or kicks	Poor foot work throughout	Insufficient involvement of the body parts	Insufficient variation in rhythm & tempo in movements (no DV)	Exercise as a series of disconnected elements & movements (lack of fluency)	
0.1	0.1 / 0.2	0.1	0.1	0.1	0.1	0.1 / 0.2 / 0.3	0.1	0.1 / 0.2	0.1	0.1

*Optional choreography but 3 sections must be completed as shown in red*

VALUE	SET ELEMENTS PERFORMED IN SET ORDER	EXECUTION DEDUCTIONS IN ADDITION TO FIG <i>All D Jury penalties appear in bold italics</i>	BONUS
0.50	Squat through to rear support		
<i>Combination close to Beam including squat spin prep with leg lifted</i>			
<i>No adjustment (empty step) before acro series – FIG penalty applies</i>			
0.50 0.50 0.50	Acro series of 3 elements, with no counter direction, 2 must have flight, NOT connected to dismount: (skills may be the same or different) All 3 skills must be completed	<b><i>Any series break in connection</i></b> 0.50 ea	
0.50	Full spin in passé connected to hop (free leg must be straight)	<b><i>Series break in connection</i></b> 0.50 <b><i>Arm swing</i></b> 0.30	
	<i>Backward ring prep (with bent free leg) support leg on straight leg relevé to feet closure (see video) demi-plié and finish on relevé</i>		
0.50	Forward walkover (as single element, 1 step permitted before dance connection)	<b><i>More than 1 step</i></b> 0.10	<b>Bonus of 0.30</b> if connected to change leg (1 step permitted)
0.50 0.50	Change leg split leap into Split jump, then relevé	<b><i>Series break in connection</i></b> 0.50 ea <b><i>Arm swing</i></b> 0.30	
<i>Sideways dance section</i>			
0.50	Sideways straight jump		
0.50	Fouetté turn to Tour jeté prep		
0.50	Optional acro flighted element into straight back salto onto safety mats	Lack of punch into straight back salto <b><i>Series break</i></b> 0.10 / 0.30 0.50 ea	<b>Bonus of 0.50</b> for 2 flighted elements into straight back salto

# Floor – Excel Grade 3

D Score 4.00+ Bonus

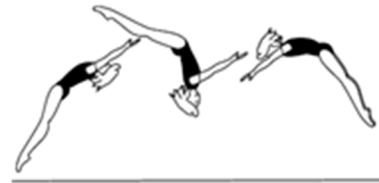
Optional Exercise with Acro Lines in Set Order

Refer to page 6 for Omissions / Substitutions / Incomplete elements etc

## Technical Direction from HNC on whip salto

- Must be performed at hip height (above knee and below rib)
- Acceleration must be visible
- 2 body positions are key – tight arch at full inversion and dish shape post vertical
- Arms must be straight

There is a specific penalty of 0.30 for technique/body shape but FIG deductions must still be applied for bent arms/legs



## General

- Use FIG deductions throughout the exercise except where specified
- FIG COP body shape deductions applied on all dance elements
- FIG Artistry and Composition and Specific Apparatus Deductions apply except where stated otherwise (current at time of competitions)
- All elements in an acro line on Floor must be completed continuously
- Attempt without performance of an element (e.g. additional hurdle) 0.30 deduction will apply (each time)
- Acro lines performed in the incorrect order – 0.50 deduction will apply

## Bonus

- Award 0.50 for Straight front salto immediate straight front 1/1 salto (Handspring optional)
- Award 0.50 if all requirements are met
- Award 0.30 if 180° split (leaps and jumps only) with no tolerance is achieved at least once in exercise

## Gymnova Reference Numbers

- FIG regulation floor area Ref: 6776

# Floor – Excel Grade 3 continued

<b>D Score 4.00+ Bonus</b>	<b>Optional Exercise with Acro Lines in Set Order</b>
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## FIG Artistry Deductions

ARTISTRY OF PERFORMANCE						COMPOSITION			MUSIC AND MUSICALITY		
Insufficient artistry of performance throughout the exercise:						Insufficient complexity or creativity of			Musicality:		
Poor body posture (head, shoulders, trunk)	Insufficient amplitude (maximum elongation of the movements)	Poor foot work Feet not pointed/ relaxed/ turned in	Insufficient involvement of the body parts	Poor expressive engagement according to the style of the music	Exercise as a series of disconnected elements & movements (lack of fluency)	Throughout the exercise	Poor choreography in the corner/ lack of variety	Missing movement touching floor	Editing of music: No structure to the music	Lack of synchronisation between movement and musical beat at the end of exercise	Background music
0.1	0.1	0.1	0.1	0.1 / 0.3	0.1	0.1	0.1	0.1	0.1	0.1	0.1 / 0.3

VALUE	OPTIONAL EXERCISE with Acro Lines in Set Order	EXECUTION DEDUCTIONS IN ADDITION TO FIG <i>All D Jury penalties appear in bold italics</i>	BONUS
1 <sup>st</sup> acro line 0.50	Acro line of 5 elements, choice of entry: <ul style="list-style-type: none"> <li>Any front salto walkout into Round off 2 back flips</li> </ul> or <ul style="list-style-type: none"> <li>Round off whip back salto into 2 back flips into Straight back salto with full twist</li> </ul>	<b>Missing series VM + 1.00</b> <b>Omission 0.50</b> <b>Series break in connection</b> Early twist from floor 0.30 Poor body shape / technique on whip salto 0.30	
2 <sup>nd</sup> acro line 0.50	Acro line from 3 choices below (elements must be performed in same acro line): <ul style="list-style-type: none"> <li>Straight front salto to rebound salto (Handspring optional)</li> </ul> or <ul style="list-style-type: none"> <li>Straight front salto immediate Straight front salto (Handspring optional)</li> </ul> or <ul style="list-style-type: none"> <li>Straight front salto immediate Straight front 1/1 salto * (Handspring optional)</li> </ul>	<b>Missing series VM + 1.00</b> <b>Omission 0.50</b> <b>Series break in connection</b> Early twist from floor 0.30	<b>Bonus of 0.50</b> for Straight front salto immediate Straight front 1/1 salto (Handspring optional)
3 <sup>rd</sup> acro line 0.50	Acro line of 5 elements, entry must be different to 1 <sup>st</sup> acro line: <ul style="list-style-type: none"> <li>Any front salto walkout into Round off 2 back flips</li> </ul> or <ul style="list-style-type: none"> <li>Round off whip back salto into 2 back flips into Straight back salto</li> </ul>	<b>Missing series VM + 1.00</b> <b>Omission 0.50</b> <b>Series break in connection</b> 0.50 Poor body shape / technique on whip salto 0.30	
0.50	Any spin minimum value 'B'		
0.50	Choice of 1 of the following jumps with a 1/1 turn: W jump, Pike jump, Straddle jump or Split jump		
0.50 0.50	FIG dance passage of: Change leg split leap into or out of an additional different leap, minimum value 'B'	<b>Not performed as FIG dance passage 0.50</b>	

# Range & Conditioning – Excel Grade 3

## Ballet & Presentation for Gymnastics Section

FIG deductions for loss of balance and bent legs are to be applied.

The only other deductions for this section of the exercise are as shown in below table.

***This must be completed in its entirety or apply an omission penalty of 1.00 for each section missed to a maximum of 3.00.***

ARTISTRY OF PERFORMANCE		
<b>Leg lift section</b> <b>1<sup>st</sup> leg</b>	Lift fwd horizontal, relevé, Circle to side, relevé, Circle to arabesque, demi plié, relevé, Lower chest to horizontal arabesque: - <i>Poor body posture (hips not square, shoulders not above hips, chest not lifted, arms not in 5<sup>th</sup>)</i> - <i>Back leg not horizontal</i> - <i>Poor footwork (standing foot turned in, no relevé)</i>	<b>0.1 / 0.2 / 0.3</b>
	Circle arms, kick to ring in relevé, return to 1 <sup>st</sup> : - <i>Foot not to crown</i> - <i>No head release</i> - <i>Arms not in 5<sup>th</sup></i> - <i>No relevé</i>	<b>0.1 / 0.2 / 0.3</b>
<b>Leg lift section</b> <b>2<sup>nd</sup> leg</b>	Lift fwd horizontal, relevé, Circle to side, relevé, Circle to arabesque, demi plié, relevé, Lower chest to horizontal arabesque: - <i>Poor body posture (hips not square, shoulders not above hips, chest not lifted, arms not in 5<sup>th</sup>)</i> - <i>Back leg not horizontal</i> - <i>Poor footwork (standing foot turned in, no relevé)</i>	<b>0.1 / 0.2 / 0.3</b>
	Circle arms, kick to ring in relevé, return to 1 <sup>st</sup> : - <i>Foot not to crown</i> - <i>No head release</i> - <i>Arms not in 5<sup>th</sup></i> - <i>No relevé</i>	<b>0.1 / 0.2 / 0.3</b>
<b>Relevé section</b>	All in relevé: Chassé prep forward x 2, Chassé prep sideward x 2 with arm wave, Chassé prep backward x 2 and repeat on other leg: - <i>Poor body posture</i> - <i>Poor footwork (foot not sliding, turned in, no relevé)</i>	<b>0.1 / 0.2</b>
	2 footed 1/1 turn in relevé: - <i>Poor body posture</i> - <i>No relevé</i>	<b>0.1 / 0.2</b>

## Gymnova Reference Numbers

- Firm non-springy mat approximately 2m x 8m (similar to tumble track top mat Gymnova Ref: 6160)
- Floor balancing bars (Parallettes) Gymnova Ref:3985 (400mm L x 135mm H) (and with rubber ends to stop slippage)

# Range & Conditioning – Excel Grade 3 continued

D Score 4.00	Set Exercise	Time 1.40 max total
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Refer to page 6 for Omissions / Substitutions / Incomplete elements etc

<p><b>General</b></p> <ul style="list-style-type: none"> <li>• FIG deductions for bent arms, bent legs, body alignment apply to all elements</li> <li>• FIG COP body shape deductions applied on all dance elements</li> <li>• Sitting between elements (parellettes section) 0.50 (this is a specific penalty and not a fall)</li> <li>• Elements performed in the incorrect order – 0.50 deduction will apply</li> </ul>
--

## Range & Conditioning Section

VALUE	SET EXERCISE	EXECUTION DEDUCTIONS IN ADDITION TO FIG <i>All D Jury penalties appear in bold italics</i>	
0.50	From standing position slide into splits on floor	Lack of balance (placing hands on floor)	0.30
0.50	Rotate to box split (without hands)	Use of hands	0.50
0.50	Rotate to split on second leg (without hands) – pick up a floor bar on both sides of the body	Use of hands	0.50
0.50	From splits drag legs together and lift to Russian lever (legs together) - <b>hold 2 seconds</b>	<b>Not held 2 sec</b>	<b>0.30</b>
0.50	Lift to straddle lever	Legs resting on arms	0.30
0.50	Lift to handstand - <b>hold 2 seconds</b>	Feet brushing floor during lever <b>Feet not getting past hands in attempt to lift</b> Failure to reach handstand >30° - 45° >45° <b>Not held 2 sec</b>	0.30 <b>VM + 1.00 Omission</b> 0.10 0.30 <b>0.30</b>
0.50	Pike down to stand release floor bars and place hands on floor fingers facing backwards		
0.50	Bend legs and push into backward roll full pirouette to handstand (no deduction if straight legs into backward roll) <b>Technical requirement – turn must be performed with reverse/blind turn into top turn, not top turn x 2</b> (The support arm of the turn can be moved once and the transfer onto the 2 <sup>nd</sup> arm only once)	$\frac{1}{2}$ - $\frac{3}{4}$ turn performed <b>Full turn not performed</b>  <b>Incorrect technique for turn</b> Each extra hand movement Up to 10° from handstand > 10° - 30° from handstand > 30° - 45° from handstand <b>&gt; 45° - 90° from handstand</b>	<b>VM</b> <b>VM + 0.50</b> <b>Substitution</b>  <b>0.50</b> 0.10 ea No deduction 0.10 0.30 <b>VM</b>
0.50	Lower through planche to front support drag legs up to pike fold with hands on floor	Arched back in front support	0.10 / 0.30
0.50	Show needle scale on one leg	Chest not touching standing leg	0.10
0.50	Show needle scale on other leg	Chest not touching standing leg	0.10
0.50	From needle scale on second leg forward walkover to stand one leg (minimum horizontal) - <b>hold 2 seconds</b>	Leg dropping below horizontal Using hands to hold leg <b>Not held 2 sec</b>	0.10 / 0.30 0.30 <b>0.30</b>
0.50	Lift leg with hand support to front scale - <b>hold 2 seconds, join legs</b>	<b>Not held 2 sec</b>	<b>0.30</b>
0.50	Split jump		
0.50	Split jump $\frac{1}{2}$ (turn must be performed in 1 <sup>st</sup> half or 2 <sup>nd</sup> half of jump)		
0.50	Straddle jump		
0.50	Tuck back salto - grab legs behind or in front (jumps and salto to be linked but not rebounding)	Salto without grabbing legs	0.10

# Specific Apparatus Deductions

## Bars:

Faults <i>If there is no fall the maximum execution deduction may not exceed 0.80 per element</i>	0.10	0.30	0.50 or more
– Body alignment in HSTD and cast to HSTD	●	●	
– Adjusted grip position	●		
– Brush on mat		●	
– Hit on apparatus with feet			-0.50
– Hit on mat with feet ( <i>fall</i> )			-1.00
– Uncharacteristic element ( <i>elements with take-off 2 feet or thighs</i> )			-0.50
– Poor rhythm in elements	●		
– Insufficient height of flight elements	●	●	
– Under rotation of flight elements	●		
– Insufficient extension in kips	●		
– Intermediate swing			-0.50
– Empty swing			-0.50
– Angle of completion of elements	●	●	●
<b>Amplitude of:</b>			
– Swings fwd or bwd under horizontal	●		
– Casts	●	●	
– Excessive flexion of hip joint in the leg tap ( <i>DMT</i> )	●	●	

## Beam:

Faults	0.10	0.30	0.50
– Poor rhythm in connection ( <i>with DV</i> )	ea ●		
<b>Excessive preparation</b>			
– Adjustment ( <i>steps without choreography &amp; unnecessary movements</i> )	ea ●		
– Excessive arm swing before dance elements	ea ●		
– Pause ( <i>apply at 2 sec.</i> )	ea ●		
– Additional support of leg against the side surface of the Beam		●	
– Grasp of Beam in order to avoid a fall			●
– Additional movements to maintain balance	●	●	●

## Floor:

Faults	0.10
<b>Excessive preparation</b>	
– Adjustment ( <i>steps without choreography</i> )	ea ●
– Excessive arm swing before dance elements	ea ●
– Pause ( <i>apply at 2 seconds</i> )	ea ●
<b>Distribution of elements</b>	
– Exercise starts immediately with an acro line/acro element	●
– Subsequent acro line performed after previous line along the same diagonal without choreography in between (long acro line allowed)	ea ●
– More than 1 subsequent acro line	ea ●
– Exercise ends with acro element (no choreography after last acro)	●



# Excerpts from Section 8 – Technical Directives

In order to recognise DV specific technical expectations are required.

All directives for angles of completion of elements and body positions are approximate and meant to serve as a guideline.

These excerpts are taken from the FIG CoP and are intended to act as quick reference and not to replace the use of the FIG CoP.

## 8.1 All Apparatus

### Body Positions

#### Tuck



Less than 90° hip and knee angle in salto & dance elements

#### Pike



Less than 90° hip angle in salto & dance elements

#### Stretch



All body parts in alignment

### 8.1.1 Element Recognition

#### Stretch

- The majority of the salto must be maintained in the stretched position in:
  - Single saltos

Recognition of body positions in single & double saltos without LA turn	
<p><b>Pike salto becomes tuck</b></p>	<p><b>D-Jury</b> If in Pike salto knee angle is less than 135° - Credit Tuck salto</p>
<p><b>Tuck salto becomes stretch</b></p>	<p><b>D-Jury</b> Hip open (180°) - Credit Stretch salto</p>
<p><b>Stretch position becomes pike</b></p>	<p><b>D-Jury</b> Pike in hips - Credit Pike salto</p> <p>A slight hollow in the chest or a slight arched body position is acceptable</p>

## 8.1.2 Landing from Single Saltos with Twists

- a) Elements with twists performed
- as mounts and dismounts from **UB** and **BB**
  - during the exercise on **BB** and **FX**
  - all landings on **VT**
- must be completed exactly or **another** element from the COP will be recognised.

**Note:** The placement of the front foot is decisive when awarding the DV.

## 8.1.3 Falls on Landing

- a) with landing feet first – the DV is awarded
- b) without landing feet first – no DV is awarded

## 8.2 Balance Beam and Floor Exercise

### 8.2.1 Rewarding DV for turns on 1 leg are in increments of:

- 180° for **BB**
- 360° for **FX**
- The turn must be completed exactly or another element from the COP will be credited.
- The position of the shoulders and hips are decisive, otherwise another element from the COP will be credited.

#### Turn Considerations:

- Must be performed on the toes.
- Have a fixed and well defined shape throughout the turn.
- The support leg, whether straight or bent (*choreography*), does not change the DV.
- For turns on 1 leg requiring the free leg to be at a specific position, the position must be maintained throughout the turn.
- If the free leg is not in the prescribed position - credit another element from the COP.

### 8.2.2 Rewarding DV for Leaps, Jumps & Hops with turns are in increments of:

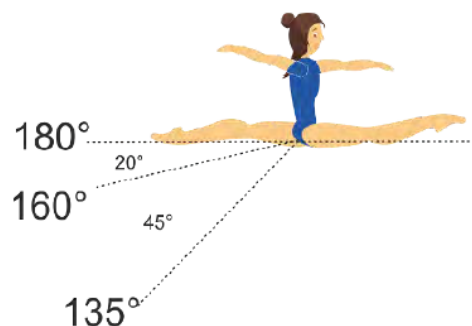
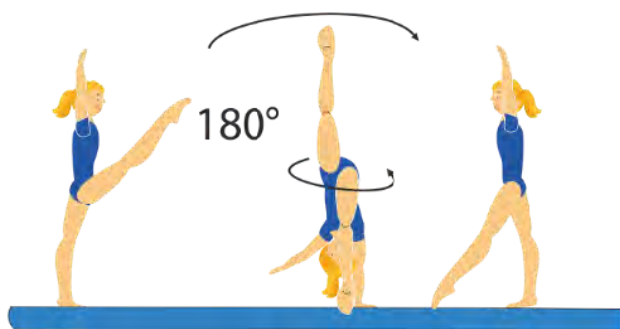
- 180° for **BB** & **FX** (split, straddle and ring elements)
- 360° for **FX**

Various techniques of jumps, leaps and hops with 1/1 turn (360°) and more are permitted; piking, tucking, straddling the legs may be at the beginning, in the middle or at the end of the turn (*unless there is a special requirement for the element*).

In jumps, leaps and hops with ½ turn (180°) the prescribed position must be reached at the beginning OR at the end of the turn.

### 8.2.3 Split Requirement


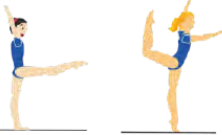




For missing degrees of leg separation in leaps, jumps, turns






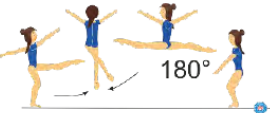
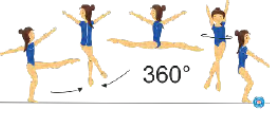










#### Insufficient Split:

- > 0° - 20° small fault
- > 20° - 45° medium fault
- > 45° credit another element from the COP or no DV

### 8.3 Requirements for Selected Dance Elements

Elements	Requirements:	D-Jury	E-Jury
<b>Scales (4.102)</b> 	<ul style="list-style-type: none"> <li>• 180° split</li> </ul>	<ul style="list-style-type: none"> <li>• &lt; 180° split =&gt; No DV</li> </ul>	
<b>Example for the turns with specific leg positions:</b> 	<ul style="list-style-type: none"> <li>• Free leg fwd or bwd at horizontal throughout turn</li> </ul>	<ul style="list-style-type: none"> <li>• Free leg below horizontal =&gt; Credit another element from the COP</li> </ul>	
<b>Tuck Jump with/without turn</b> 	<ul style="list-style-type: none"> <li>• Hip angle - less than 90°</li> <li>• Knees above horizontal</li> </ul>	<ul style="list-style-type: none"> <li>• &gt; 135° hip/knee angle =&gt; No, or other DV</li> </ul>	<ul style="list-style-type: none"> <li>• Knees at horizontal =&gt; small fault</li> <li>• Knees below horizontal =&gt; medium fault</li> </ul>
<b>Wolf Jump with/without turn</b> 	<ul style="list-style-type: none"> <li>• Hip angle - less than 90°</li> <li>• Extended leg above horizontal</li> </ul>	<ul style="list-style-type: none"> <li>• &gt; 135° hip angle =&gt; No, or other DV</li> </ul>	<ul style="list-style-type: none"> <li>• Extended leg at horizontal =&gt; small fault</li> <li>• Extended leg below horizontal =&gt; medium fault</li> </ul>
<b>Cat Leap with/without turn</b> 	<ul style="list-style-type: none"> <li>• Legs alternation</li> <li>• Knees above horizontal</li> <li>• Evaluate the lowest knee position</li> </ul>	<ul style="list-style-type: none"> <li>• &gt; 135° hip/knee angle =&gt; No, or other DV</li> <li>• Lack of alternation =&gt; Tuck jump</li> </ul>	<ul style="list-style-type: none"> <li>• One/both legs at horizontal =&gt; small fault</li> <li>• One/both legs below horizontal =&gt; medium fault</li> </ul>
<b>Straddle Pike Jump with/without turn</b> 	<ul style="list-style-type: none"> <li>• Both legs must be above horizontal</li> </ul>	<ul style="list-style-type: none"> <li>• &gt; 135° hip angle =&gt; No, or other DV</li> </ul>	<ul style="list-style-type: none"> <li>• Incorrect (uneven) leg position =&gt; small fault</li> <li>• Legs at horizontal =&gt; small fault</li> <li>• Legs below horizontal =&gt; medium fault</li> </ul>

Elements	Requirements:	D-Jury	E-Jury
<b>Split Leap with leg change</b> 	<ul style="list-style-type: none"> <li>• Free leg swing minimum 45°</li> <li>• Swing with straight free leg</li> </ul>		<ul style="list-style-type: none"> <li>• Free leg swings less than 45° =&gt; small fault</li> <li>• Free leg bent =&gt; small/medium fault</li> </ul>
<b>Switch leap with turn</b>   <b>and</b> <b>“Johnson” with turn</b>    180°  360°	<ul style="list-style-type: none"> <li>• Free leg swing minimum 45°</li> <li>• Swing with straight free leg</li> <li>• Must show clear cross split OR Clear side split/straddle pike</li> </ul>	<ul style="list-style-type: none"> <li>• Incomplete turn in  </li> <li>• Incomplete turn in  </li> <li>• Incomplete turn in  </li> <li>• Incomplete turn in  </li> </ul>	<ul style="list-style-type: none"> <li>• Free leg swing less than 45° =&gt; small fault</li> <li>• Free leg bent =&gt; small/medium fault</li> </ul>

## Section 9.3 – Table of Deductions

- Failure to maintain stretched body position (*piking too early*)      Adjusted for this BG programme to:
- Failure to maintain correct body position in elements (*piking when stretching is required*)

Faults		Small	Med.	Large	Very Large
		0.10	0.30	0.50	1.00 or more
<b>By E- Judges</b>					
<b>Execution Faults</b>					
– Bent arms or bent knees	each time	●	●	●	
– Leg or knee separations	each time	●	● shoulder width or more		
– Legs crossed during elements with twist	each time	●			
– Insufficient height of elements ( <i>external amplitude</i> )	each time	●	●		
– Insufficient exactness of tuck or pike position in single salto, without twist	each time	● 90° Hip/knee angle	● >90° Hip/knee angle		
– Insufficient exactness of tuck or pike position in double salto, without twist	each time	● >90° Hip angle			
– Failure to maintain stretched body position ( <i>piking too early</i> )	each time	●	●		
– Hesitation during performance of elements	each time	●			
– Attempt without performance of an element ( <i>empty run</i> )	each time		●		
– Deviation from straight direction	each time	●			
<b>Body and/or leg position in elements (<i>non-dance</i>)</b>					
– Body alignment	each time	●			
– Feet not pointed/relaxed	each time	●			
– Insufficient split in acro elements ( <i>non-flight</i> )	each time	●	●		
– Failure to fulfil technical requirements in dance elements ( <i>body shape</i> ) ( <i>as per Sec. 8 for list of errors in dance elements</i> )	each time	●	●	●	
– Precision	each time	●			
– Performance of DMT too close to the apparatus ( <i>UB &amp; BB</i> )			●		
<b>Landing Faults</b> ( <i>all elements including dismounts</i> )		If there is no fall the maximum landing deduction may not exceed 0.80			
– Feet apart on landing	each time	●			
– Extra arm swings		●			
– Lack of balance	each time	●	●		
– Extra steps, slight hop	each time	●			
– Very large step or jump ( <i>guideline – more than shoulder width</i> )	each time		●		
– Body posture fault	each time	●	●		
– Deep squat	each time			●	
– Brushing/touching apparatus/mats with hands, but not falling	each time		●		
– Support on mat/apparatus with 1 or 2 hands	each time				-1.00
– Fall on mat to knees or hips	each time				-1.00
– Fall on or against apparatus	each time				-1.00
– Failure to land feet first on landing from an element	each time				-1.00