

Pre-Excel Grade for gymnasts aged 8/9 in 2024

General judging

- Bonuses will only be given if there is no fall on the attempted element.
- Complete omission of the requirement/element = 1.0 omission penalty + value of move
- Requirement performed with a substituted element(s)= 0.5 Substitution penalty + value of move
- Requirement/element attempted but incomplete =Value of move

Calculating the Final Score

The aim is to avoid having a negative D score. If it becomes negative, award 0.0 D score.

D panel calculations:

Taken off D score: Value of the move if technical requirements not met.

Taken as neutral penalties: Omission and substitution penalties (1.0/0.5)

Lack of hold or connection penalties (0.3)

Given as Bonus: Bonus requirements (0.3 x 2 on bars)

E panel calculations: FIG execution deductions as per Code of Points (unless stated)

Specific apparatus deductions below

Final Score = D score + E score + Bonus – neutral penalties

Recognition of elements is as per FIG e.g. a split leap with 135° or more split is credited.

When in doubt or on conflicting interpretation of the rules judge to the benefit of the gymnast.

E panel deductions:

Normal FIG deductions will be taken. Additional apparatus specific deductions are listed where additional or different from normal FIG deductions or as clarification. When in doubt judge to the benefit of the gymnast.

Vault

Set up: Springboard and 30cm landing mats.

D Score 3.00 for tucked front somersault from board to the landing mats.

Best score of 2 vaults to count.

Failure to land feet first results in a 0.00 vault

E panel Deductions

Faults	0.1	0.3	0.5+
Lack of acceleration in run up	X	X	
Take off			
Feet landing off centre/too low down board	X		
Flight			
Insufficient height	X	X	X
Leg separation	X	X	
Lack of tucked shape	X	X	
Feet not pointed	X		
Lack of extension before landing	X	X	X
Landing			
Under rotation of somersault			
- Without fall	X		
- With fall		X	
Fall backwards			1.00
Fall forwards			0.50
Small/large steps backwards after landing (Steps forward after landing incur no penalties)	X each	X each	<i>If no fall maximum landing penalty is 0.8</i>
Deep squat			0.5
Legs wider than hip width apart on landing	X		
Deviation from straight line (first contact)	X	X	
Dynamics throughout	X	X	

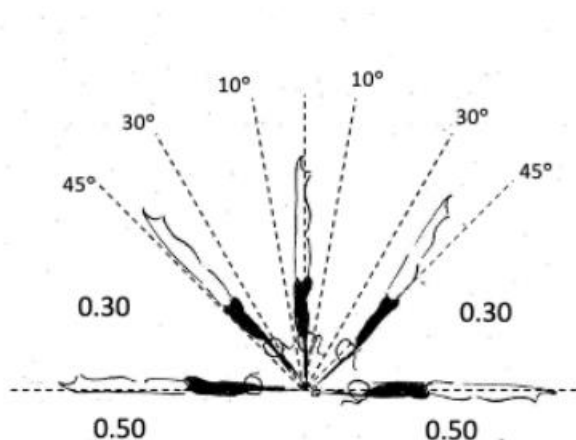
Bars

D Score 3.00	Set Exercise	Single metal Bar HB 2.55m Padding to be available
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Value	Element	Judge notes
No value	Fish swings (minimum 2, maximum 4) <i>(starting from long hang in regular grip)</i>	Fewer than 2 or more than 4 fish swings 0.1
No value	Trolley swing to back swing	Low back swing 0.1/0.3
0.30 each swing	Swing forwards and back x3	Execution deductions taken on all three swings Height of swings- deductions for swings 2 and 3 only- see diagram below.
0.50	Swing forwards to circle over the bar OR swing back into back uprise to front support	No intermediate/empty swing penalty for either
No value	<i>Optional Cast to minimum horizontal</i> Or <i>Immediate link to back hip circle/s</i>	No cast angle deductions
0.50	Back hip circle Or Double Back hip circle	No Empty swing deduction
0.50	Cast to above horizontal (straddled or legs together)	Cast within 30 degrees of handstand 0.3 Bonus Cast penalties in diagram below
0.50	Push back into one swing forward (stop judging on back swing) Or Swing down into one giant	Bonus for performing giant 0.3

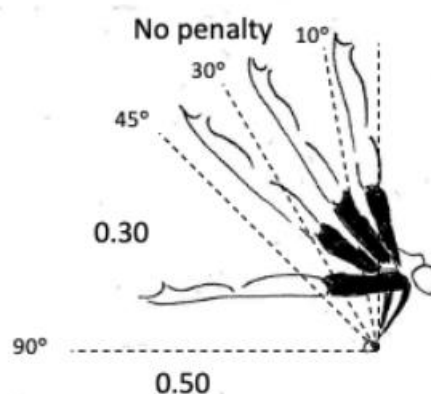
Height of swing deductions (swings 2 and 3)

Swing Penalties



Cast to handstand penalties

0.30 bonus if completed above 30°



Beam

D Score 3.00	Elements can be performed in any order No artistry deductions	Competition Beam One safety mat can be placed under the beam
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Value	Element	Judge notes
0.50	Jump to Japana mount	
0.50	Kick to show split handstand (no hold required) linked to straight jump	<i>No link Neutral 0.3 Deduction</i> FIG split penalties
0.50 0.50	Straight jump linked to Sissone or Split jump (optional choice)	<i>No link Neutral 0.3 Deduction</i>
0.30 0.30	Half spin, half turn (2 feet in releve)	Hesitation between 0.10 Lack of releve 0.30
0.50	Split Leap	
0.30	Arabesque- leg to above horizontal	Leg at horizontal 0.1 Leg below horizontal 0.3
0.30	Choreography using releve	No releve 0.30 Poor releve 0.1
0.30	Choreography using sideways steps/skips along the beam	Poor rhythm 0.1
0.30 0.30	Cartwheel linked to Straight jump off end of beam (if gymnast falls on cartwheel they should remount to perform the straight jump. If they don't know attempt to dismount deduction will be taken)	<i>No link Neutral 0.3 Deduction</i> Poor rhythm in connection 0.1

Floor

D Score 3.00	Elements can be performed in any order Normal FIG Artistry deductions	Full-sized floor area
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Value	Element	Judge notes
0.50	Forward walkover	Lack of forward momentum
0.50	skip or run into Handspring to 2 feet (rebound jump allowed at end)	between skills 0.3 Lack of flight in handspring 0.1/0.3
0.30	Cartwheel	
0.50 0.50	Split leap Split leap on other leg (steps or skips allowed between leaps)	
0.50	Full spin (any direction)	
0.50 0.50 0.30	From one step or jump off 2 feet Round off Back flip Straight jump	Additional steps 0.1 each
0.50	Tuck front somersault OR Free Cartwheel (optional choice)	

Range and Conditioning

D Score 3.00	Set routine	Matted area
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Value	Element	Judge notes
0.50	Ballet arm section: 1st, 2nd, 3rd, 4th, 5 th (as per Excel Grade 1)	Hips not square 0.1/0.3 Arms not soft 0.1
0.50	Pike fold with hands FLAT on floor (fingers facing backwards) – show position	Lack of pike 0.1/0.3 Fingers facing forwards 0.1 Hands not flat 0.1
0.50	Bend legs and push backwards into backward roll through to front support (straight arms) (legs may be bent or straight into the roll)	Failure to keep tight shape (flat back) in front support 0.1 / 0.3 Bent arms 0.1/0.3/0.5
0.50	Drag legs through to straddle lever, (feet above hips in lever position) - hold 2 seconds	<i>Not held 0.3 Neutral penalty</i> Feet at horizontal 0.1 Feet below horizontal 0.3
	Lower to sit, bring legs together and lie down	
0.50	Push up to bridge- show position	Lack of shoulder extension 0.1/0.3
0.50	Kick/pull to split handstand- hold 2 seconds Step down	Lack of split position 0.1/0.3/0.5 <i>Not held 0.3 Neutral penalty</i>
0.50	Split jump	Lack of split 0.1/0.3/0.5 each
0.50	Split jump (opposite leg)	Lack of height 0.1/0.3 each
0.50	Jump half turn (Jumps to be linked but no rebound required)	Landing deductions after half turn- as FIG code.