

General

Q If a gymnast doesn't compete excel 1, can they compete in development 1 in the second half of the year?

A This will depend on when your region offer their sitting for development grades.

Q If a gymnast does performance 1 in 2024 and by 2025 is able to do performance 3 routines, are they allowed to skip by performance 2 or must they compete the grades in order?

A Yes, if the gymnast is of the minimum age and the correct skill level they can skip a grade, but they cannot revert back to the missed grade the following year.

Q Can a gymnast transition between the excel and performance grades, for example if a gymnast "passes" excel 2 but is struggling with excel 3, can they transition back into the performance grades, if so, is there any restrictions on which performance grade they would enter?

A Yes, they can transition between grades, you would need to refer to the eligibility chart in the handbook for restrictions on which grade.

Q Can a gymnast go from performance grades to development grades?

A Yes, but you should refer to the handbook to see which grades they can do.

Vault

Q Development 3: Is it correct that if the Handspring 1/1 twist is incomplete that the D score goes from 4.00 to 3.00?

A Yes, because the handspring is the only other available vault for this to be devalued to.

Bars

Q Preparation 1: If the gymnast fails to do the circle over, do they get penalised for not doing the roll forward to chin up position i.e. is it a missed element? Or, if they fail to do the circle over should the coach lift them to front support so they can do the roll forward?

A If the gymnast fails to do the circle over, the coach should lift them to front support so they can complete the circle down as these are 2 separate elements in the routine.

Q Preparation 2: Can the board be left in after the float swings for the gymnasts to do the chin up pull over if they are too small to do this without?

A The board needs to be removed for the safety of the gymnast, if the gymnast is too small to jump and catch the bar, the board can be put back in for the chin circle over but must be removed immediately again for safety reasons after.

Bars continued

- Q Development 1: If the gymnast falls on the upstart will they get a 1.5 deduction for VM + FALL, then do they do an upward circle to get onto the bar? Will there be execution penalties for the upward circle? Just to confirm if the gymnast cannot do an upstart, are they still better off attempting it as if they miss it out completely then the deduction would be 2.5?
- A The gymnast would be better of attempting the move so as not to take a non-attempt. If the gymnast attempts and fails to complete the upstart, they would be deducted 1.00 for a fall, and potentially lose 0.50 from the D score for the VM (this depends on whether the move was completed before the fall). When the gymnast restarts, deductions would only commence from the next listed move in the routine – in this case the cast would be the first move. The chin circle up would not be deducted.
- Q Preparation 3 & Performance Grades: Can you straddle to handstand?
- A Yes. In all NDP grades a straight or straddle cast to handstand is permitted.
- Q Preparation 3 & Performance 1: The first giant attempt: They have performed three empty swings and the coach has stopped them and put them back to support on the bar, the deduction is 1.00 + VM? If they do this again on their second attempt, would that be another 1.00 +VM? Would they then be allowed a 3rd attempt and if so, fail, again would this be 1.00 +VM. At what point should the routine, be stopped
- A Yes – first attempt 3 swings that don't go over the bar deduction is 1.00+VM
Yes – second attempt 3 swings to don't go over the bar deduction is another 1.00+VM
Yes – third attempt 3 swings to don't go over the bar deduction is another 1.00+VM. The routine would then stop as the attempt to do 3 giants has now been achieved and therefore no NA penalty will be applied.
- Q Development Grade 4: Is the bonus for any close bar element or just a clear circle?
- A The bonus is for any close bar element to with 30° of handstand – the book will be updated to reflect this.
- Q Performance Grades: can you step onto the bar on a toe on or does it have to be 2 footed?
- A The toe on action can come from one or 2 feet.
- Q Performance 2: Apart from the standard deductions for the cast to handstand on top bar, are there any deductions for the other 'casts' on bottom bar?
- A The only cast deduction on the bottom bar is the cast into the sole circle, where it states deduction as CoP. There is no cast required into the ¾ forward sole circle.

Beam

- Q All Levels: Dance Series - how does the judge determine that there is a series break? i.e. how long does the gap between the split jump and straight jump need to be for it to count as a break?
- A To take a series break, the gymnast would need to have a definite stop, a drop of the shoulder or a shuffle of the feet.
- Q Is there a video out of a gymnast performing the jumps on beam in the prep grades with what is expected of them with no arm swing, if not is it possible to get a video sent so we know what we need to work on in the gym?
- A We will try to provide a video for this, but essentially the gymnast must start the second jump from the position their arms end in from the first jump.

Beam continued

- Q Beam - Jumps with no arm swing in between - are we expecting gymnasts to keep arms up above head after first jump or can they come down to horizontal and then back up by ears for second jump
- A We will try to provide a video for this, but essentially the gymnast must start the second jump from the position their arms end in from the first jump.
- Q Beam – Preparation 1 - Kick towards handstand - what are we looking for a split handstand or kicking up towards handstand with feet joining together (maybe to like 45 degrees from handstand)
- A The lead leg must have reached at least vertical and the 2nd leg must have left the beam.
- Q Preparation 2: For the turn it specifies arms by ears throughout, but is this just for the relevé turn or for the whole turn?
- A This is for the ½ spin and the ½ turn – however, the deduction applied for not doing this is 0.1 and not the VM.
- Q Preparation 2 – it states any uncoded mount may be used. Does that include jump to support? In preparation 1 it clearly states that mount is allowed and in development 1, it clearly states that mount is not allowed. But in preparation 2, it isn't clear.
- A Any uncoded or 'A' coded mount can be used for preparation 2 including lift one leg over to sit, simple jump to sit or kneel or to land on 2 feet. The reason the wording is different on preparation 1 is because it is a set mount and for development 1 it is because these additional elements are not allowed.
- Q Development 2: For the mixed series where it says 'any different coded acro element' (including rolls) - does different just mean not a cartwheel as that has already been performed? Is a forward roll allowed as that isn't coded?
- A A cartwheel cannot be used as this is already included in the routine. A free forward roll could be used, or a backward roll to feet could be used. A forward roll could not be used as this is not a coded element.
- Q Performance 2: Where it states flighted acro and then separately a coded acro element to dismount, can you confirm that if they roundoff tuck back dismount, they still need the first separate element to be flighted? Or can this count as their flighted element and the other element is non-flighted - e.g. a backward walkover?
- A The flighted acro element must be on its own. The dismount states that the acro element must be different and can be flighted or non-flighted.
- Q Performance 2: Can the flighted acro element be performed for the dismount only?
- A No – the dismount states the acro element must be different and can be flighted or non-flighted.
- Q Performance 4: Is beam mount minimum B or can it only be a B
- A The book states minimum 'B' mount.

Floor

- Q Floor - Cat leap scissor leap must have passage of dance between is a chase enough to cover this?
A Yes, the idea is to create a passage of dance however small and not a direct connection
- Q Floor - Dance passage to include (elements) can these be in any order?
A Yes, the dance passage can be in any order unless the text specifically states otherwise.
- Q In Preparation Grade 3 & Development 1 floor (dance passage) can both split leaps be on the same leg or does one leap have to be off their right leg and the other left?
A Can be on same or different leg.
- Q Floor – Preparation 3 & Development 1 – If you combine the handspring and the tuck front salto, do you have to have a run between these as stated in the book or can the connection be direct?
A As stated in the book, if you wish to combine the 2 acro lines at this level, this can only be achieved with as run between the elements, if not they should be performed separately.
- Q Floor – Development 1 for mixed series. If gymnast does a non-coded element for the acro skill will they get a non-attempt or just loose the VM?
A Additional uncoded acro elements have been added (backward walkover, forward walkover, cartwheel, tic-toc) – please see the updated book.
- Q Floor – Development 1 – mixed series. Can a round off or flic be repeated?
A No, as additional uncoded elements have been added.
- Q Floor – Development 1 – mixed series. Can the 180° split be performed in cross, side or straddle position?
A Yes.
- Q Floor – Development 2 – mixed series. Can a round off or flic be repeated?
A Yes, the round off and flic can be repeated as no additional uncoded elements have been added. However, there are other acro elements in the CoP that can also be used, these include the handstand ½ or 1/1 pirouette (3.101).
- Q Floor – Development 3 – mixed series. If they don't combine this with the free cartwheel or the free walkover, can a round off or flic be repeated?
A Yes, the round off and flic can be repeated as no additional uncoded elements have been added. However, there are other acro elements in the CoP that can also be used, these include the handstand ½ or 1/1 pirouette (3.101).
- Q Performance grades: Are tumbles from a punch or can the gymnast step hurdle as it isn't specified?
A In performance grades 1 & 2 it is only the acro line containing round off 3 flics that is required to come from 2 feet. For all other acro lines, the entry can come from a run, step hurdle etc.

Floor continued

Q Performance 3 Floor – The optional acro line to include a minimum of two A coded saltos. Can this be joined to one of the other acro lines ie Straight Front punch front or some walkout roundoff (optional flic) straight 1/1

A **No, 3 separate acro lines are required**

Q Performance Grade 3 specifically on Floor. One of the requirements is an optional acro line line minimum 2 'A' coded saltos (saltos can be the same or different). As the word optional is used, does this mean that gymnasts could add the addition salto to the other acro lines in the routine i.e. perform a tuck salto walkout round off 1/1 straight back salto or a straight front salto, tuck front salto instead of adding an addition acro line of salto salto?

A **No, the routine must consist of the 3 acro lines.**

Q Performance 3 - can they do 2 acro lines to fulfil all criteria (performance 4 states they can) or does it have to be 3 acro lines?

Q In performance 3 floor - can you combine two of the acro lines e.g. straight front punch tuck front - to fulfill both 'an acro line of straight front & an acro line containing two somersaults?

A **The acro lines would need to be as stated unless the book specifies otherwise. In this case, 3 acro lines would be required.**

Q Performance 4 Floor – Can you combine the C salto and 1/1 twist within one/same acro line?

A **No, 3 separate acro lines are required a minimum of 2 of these need to meet FIG requirements to avoid a penalty.**

Range & Conditioning

Q Prep 1/2 Range: Where the range states a leg dip on each leg, can I ask how much of a bend this is please? Is it expected to be a squat?

Q Prep 1/2 R&C – where does the leg dip need to go to? Video shows deep squat, the book calls it a leg dip.

A **There are deductions of 0.1 & 0.3 for not achieving a deep squat. The VM would be given providing a leg deep, however small has been attempted.**

If in doubt and your question is not covered above, then please use your common sense and go to the benefit of the gymnast at the event / competition and then raise the question officially so it can be answered to everyone.