

British
Gymnastics

**Women's Artistic Gymnastics
Disability National Development
Plan
2024 - 2027**

WOMEN'S ARTISTIC GYMNASTICS DISABILITY NATIONAL DEVELOPMENT PLAN 2024-2027

Philosophy

The new Disability NDP grades pathway have been devised with the aim of developing performance level disability gymnasts and are closely aligned at the upper levels with the Disability Voluntary pathway. They have been designed to complement the existing WAG Club and Regional NDP structure whilst permitting reasonable adjustments to cater for various disabilities and supporting the progression of voluntary skills. The routines and apparatus requirements have been aligned with existing WAG NDP structures to enable competition organisers to more easily hold inclusive competitions at Club, County & Regional levels and so expand the opportunities available to competitive disabled gymnasts.

The routines cater for a wide level of abilities and have been composed with a focus on both essential and progressive techniques and skills on all apparatus. In following these grades, gymnasts will be provided with a solid foundation upon which to develop their gymnastics, as well as guidance for progression to higher level performance. It is hoped that this will provide a meaningful competition structure that is ACHIEVABLE FOR ALL, competing within their ability level and receive a score which promotes self-value, self-worth and pride in their achievement.

Gymnasts new to the sport are encouraged to follow the structure from club grades. However, we appreciate that gymnasts with a disability can enter the performance pathway at any age and ability and we encourage coaches to enter them at the appropriate grade for their skill level. Additionally, gymnasts with a disability who are able to compete the main WAG NDP grades may follow the pathway of their choice each year.

Introduction

For the past few years, the WTC has been looking at ways to address the needs of the WAG gymnastics community, which includes disability gymnasts. In addition, keeping gymnasts in the sport, and continuing to build tomorrow's coaches and judges has needed careful consideration.

The programme has been designed to allow gymnasts with specific disabilities to be able to compete without inappropriate deductions being taken and competition organisers are encouraged to allow for specific modifications if notified in advance (i.e. a coloured spot or ribbon to allow a visually impaired gymnast to see the apparatus boundaries more clearly, or a limb impaired gymnast to not take unnecessary deductions on vault).

We hope that this new system which rewards rather than penalises lends itself to a more affirmative and uplifting experience for gymnasts. Our hope is that the NDP Grades will aid development of voluntary routines for the British Disability Championships. At present there is no National Competition on offer for WAG Disability Grades, and so it is hoped that these will be successfully endorsed and implemented at Club, County & Regional grade competitions. The uptake of these grades within regions will be continually reviewed by The WAG Technical Committee to determine whether there is sufficient demand for a National Grades Competition.

Coaches are advised to remember that physical, technical, artistic, and psychological preparations are all vital to well-being, health, and success.

Framework

The new National Development Plan grades fall under the **Classic Challenge** pathway. The new NDP grades have been designed by a working group headed by the WTC. Consideration was given to all feedback that has been received either directly from coaches & judges, through live discussions, survey, individual communications, Q&A or regional chairs, whilst protecting the integrity & flexibility of the whole WAG competition structure.

In order to not require a whole new set of judging awards, the judging system for all grades is based on current FIG execution deductions with the addition of uncoded elements (at certain grades) being required. In some grades, gymnasts have a choice of elements that can be used to meet the criteria and it is hoped that by allowing a choice of elements the gymnasts will be better able to work within their ability. Execution will remain as FIG (unless otherwise stated), allowing judging of routines to be standardized.

Competition Structure

The different grades will be renamed as Preparation, Development & Performance grades.

Preparation & Development grades for gymnasts aged 8 upwards will be County and / or Regional only competitions and will not progress to National Finals. A new preparation grade has been added to bridge the gap to performance grades and it is hoped this will enable regions to all work from the same rules for gymnasts.

Performance grades will progress to National Finals in format of a regional team consisting of 5 gymnasts at each grade. 4 gymnasts will compete on each apparatus with the best 3 scores to count.

All gymnasts will receive a certificate and gymnasts who achieve a 'working towards' or 'working at' will be able to repeat the same grade the following year if this is required.

Alignment with Disability Classic Challenge

Whilst there is no definitive correlation between the voluntary levels and the new National Development Plan, it is suggested that the gymnasts will be working to the Disability Classic Challenge Levels as listed below:

Minimum Age	New Grade Pathway	Old Grade Pathway	Expected Classic Challenge Level
	Preparation Pathway	Club Grades	
8 years	Preparation Grade 1	Club Grade 8	Competition B - minimum age 8 years
8 years	Preparation Grade 2	Club Grade 7	Competition B - minimum age 8 years
8 years	Preparation Grade 3	Club Grade 6	Competition B - minimum age 8 years
9 years	Preparation Grade 4	Club Grade 5	Competition B - minimum age 9 years
	Development Pathway	Regional Grades	
10 years	Development Grade 1	Regional Grade 4	Competition A - minimum age 10 years
11 years	Development Grade 2	Regional Grade 3	Competition A - minimum age 11 years
12 years	Development Grade 3	Regional Grade 2	Competition Open - minimum age 12 years
13 years	Development Grade 4	Regional Grade 1	Competition Open - minimum age 13 years

For 2024 only

As this is the first year of the new National Development Plan grades, gymnasts will be able to enter at a level that is most appropriate for them, regardless of the grade they competed in 2023. Gymnasts who had previously completed the previous grades will also be eligible to enter at a level that is most appropriate for them.

GENERAL

**NATIONAL DEVELOPMENT PLAN - PROGRESSION CHART
(2024 onwards)**

<i>Age (in year of competition)</i>	
<i>Minimum Age 8</i>	<i>Preparation Grade 1, 2, 3</i>
<i>Minimum Age 9</i>	<i>Preparation Grade 4</i>
<i>Minimum Age 10</i>	<i>Development Grade 1</i>
<i>Minimum Age 11</i>	<i>Development Grade 2</i>
<i>Minimum Age 12</i>	<i>Development Grade 3</i>
<i>Minimum Age 13</i>	<i>Development Grade 4</i>

- A gymnast can enter disability grades at any level that the coach deems appropriate providing they are of the minimum age specified.
- Gymnasts with a disability are eligible to compete either these grades or the main WAG NDP grades whichever is the more applicable
- Only one NDP Grade may be taken per year.
- Gymnasts must compete on a minimum of 3 pieces including range and conditioning
- A Grade may be repeated if they previously only competed 3 or 4 pieces including range & conditioning received a 'working towards' score in the previous year or if the gymnast has not achieved the skills to progress enough to safely compete at the next level.
- Progression should be forward and developmental.
- All Grades are marked out - D Score (4.00 maximum) + E Score (10.00) + Bonus where applicable and stated.
- There is currently no National Grades Final for disability grades. This will be continuously reviewed by the WTC depending on competitor numbers within regions.
- There is NO minimum score on any apparatus including Range & Conditioning.
- Range and Conditioning must be performed in all grades.

Grade Marks

*All gymnasts will receive certificates for the grade that they have competed in.
Regional WTC will be able to order certificates directly from British Gymnastics.*

PREPARATION GRADES

WORKING TOWARDS:	44.99 & Below
WORKING AT:	45.00
WORKING ABOVE:	50.00
WORKING BEYOND:	55.00

If competing on 3 or 4 pieces of apparatus including range & conditioning an average score of 9 must be achieved for 'Working at' or 10 for 'Working above'.
Working beyond can only be achieved if competing on all apparatus.

DEVELOPMENT GRADES

WORKING TOWARDS:	47.49 & Below
WORKING AT:	47.50
WORKING ABOVE:	55.00
WORKING BEYOND:	60.00

If competing on 3 or 4 pieces of apparatus including range & conditioning an average score of 9.5 must be achieved for 'Working at' or 11 for 'Working above'. Working beyond can only be achieved if competing on all apparatus.

GENERAL NOTES ON PREPARATION & DEVELOPMENT GRADES

Current FIG Code of Points (CoP) General Faults & Penalties are to be applied. There may also be Specific Element Penalties or modified cast / circle deductions stated in the text for each Grade on each apparatus. Where an element does not meet the FIG technical requirements, or the modifications as stated in the text, the element will be considered not valid and will lose the Value of the Move (VM).

FIG Artistry deductions have been adapted to take into account the age and maturation of the participants.

FINAL SCORE - WHAT IS TAKEN AND FROM WHERE

Penalty	Taken by:	Taken From:
Non attempt of an element (2.00) Series Break (0.30 / 0.50) Lack of hold (0.30)	D Panel judges	Final Score (as Neutral Penalties)
Value of Move (VM) – elements not completed to the technical requirement e.g. turns incomplete etc. VM generally 0.50 but refer to specific text	D Panel judge	4.00 (D Score)
Execution faults Specific Apparatus faults Artistry faults	E Panel judges	10.00 (E score)
Elements performed in the incorrect order (only applies to exercises where a set order is indicated) (0.50)	D Panel judges	Final Score (as Neutral Penalties)

NOTE: EACH NON-ATTEMPT OF AN ELEMENT WILL INCUR BOTH A 'NON-ATTEMPT' PENALTY (FROM FS) AND A 'VM' PENALTY (FROM D SCORE)
Please note: A non-attempt penalty should only be applied when the element has been COMPLETELY missed.

PROMPTING

In all Grades where music is required on floor, a gymnast with a hearing impairment can be prompted to start their floor routine by the coach without deduction. In Club Grades 8 & 7 a gymnast can be prompted by the coach twice in the routine without deduction. Additional prompts will incur a penalty of 0.50 from the final score

(taken as a neutral penalty).

WOMEN'S ARTISTIC DISABILITY GYMNASTICS NATIONAL DEVELOPMENT PLAN

PREPARATION 1 – Minimum Age 8 in year

<p>Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.</p>	<p>Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus</p> <p>Additional elements - May be performed but will incur execution penalties as FIG CoP Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE) Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty. No Hold (H) – Penalty 0.3 taken as neutral deduction Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</p>			
Vault	Bars	Beam	Floor	Range & Conditioning
<p>1 x 30cm safety mattresses Placed at back of 1 x springboard</p> <p>Run and hurdle step with 2 footed take off from springboard to land in a controlled stationary position on 2 feet on landing safety mat.</p>	<p style="text-align: center;">Low Bar only routine</p> <p style="text-align: center;">LOW BAR OF UNEVEN BARS SET ROUTINE</p> <ul style="list-style-type: none"> • Float swing • Circle over to front support • Cast • Cast • Dismount – Push backwards to stand 	<p style="text-align: center;">Using a floor beam or a bench</p> <p style="text-align: center;">OPTIONAL ORDER WITH SET ELEMENTS (Maximum 1 line)</p> <ul style="list-style-type: none"> • Mount – Step onto beam or bench • 2 leg kicks (1 on each leg) • ¼ turn to side and 2 steps sideways • ¼ turn and 2 steps backwards • Turn – Spin prep (H) relevé ½ turn • Walk on toes to end of beam / bench • Dismount – take off from two feet into stretched jump to dismount 	<p style="text-align: center;">Strip routine with no music</p> <p style="text-align: center;">OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> • From flat lie – Log roll • From standing – forward roll to stand • Kick towards handstand • 2 x chassé steps forwards • 2 x chassé steps sideways • From standing, crouch down to sit and Rock backwards and rock forwards to tuck sit (optional exit) • Cartwheel (no deduction if not through vertical) • Straight jump • Arabesque 	<p style="text-align: center;">SET ROUTINE</p> <p style="text-align: center;">Strip of firm matting</p> <ul style="list-style-type: none"> • From standing, crouch and forward roll to straddle sit • Japana (H) • Swing one leg backwards to splits (H) • ½ to other leg split (H) • Bring back leg forwards to long sit & Pike fold (H) • Lie back and lift to dish • Roll over to arch • Press to front support • Squat in and stand

WOMEN'S ARTISTIC DISABILITY GYMNASTICS NATIONAL DEVELOPMENT PLAN

PREPARATION 2 – Minimum Age 8 in year

	Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus			
Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.	<p>Additional elements - May be performed but will incur execution penalties as FIG CoP</p> <p>Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE)</p> <p>Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.</p> <p>No Hold (H) – Penalty 0.3 taken as neutral deduction</p> <p>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</p>			
Vault	Bars	Beam	Floor	Range & Conditioning
<p>1 x 60cm foam block with landing mat at back of block 1 x springboard</p> <p>Run and hurdle step with 2 footed take off from springboard to land in a controlled stationary position on 2 feet on 60cm foam block – walk to end of block and stretch jump onto landing mat.</p>	<p style="text-align: center;">Low Bar only routine</p> <p style="text-align: center;">LOW BAR OF UNEVEN BARS SET ROUTINE</p> <ul style="list-style-type: none"> Float swing Pike shape show Tuck shape show Lower legs and release to stand Circle over to front support Cast Dismount – Push backwards to stand or Clear undershoot forwards to stand Or Cast into straddle, stoop or squat on and undershoot 	<p>FIG Beam Regulations with: A safety mat (depth 20 or 30cm) under the whole length of the beam.</p> <p style="text-align: center;">OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> Mount - Jump to front support, lift one leg over to cross sit 2 chassé steps (1 on each leg) Dance series – From 2 feet, 1 x Stretched jump to land on two feet Turn to side and 2 steps sideways Turn to front and 2 steps backwards Turn – Spin prep on flat foot toe to knee (H) place foot in front and relevé ½ turn Arabesque (H) Dismount – from end of beam, take off from two feet into stretched jump to dismount 	<p>Music is optional – if used length 1 min</p> <p style="text-align: center;">OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> Dance passage – Composed of cat leap through to scissor kick (Passage of dance required) Backward roll (optional exit) Forward roll (optional exit) ½ spin (any direction) Handstand Acro Line – Chassé Cartwheel, chassé cartwheel Straight jump ½ 	<p style="text-align: center;">SET ROUTINE</p> <p style="text-align: center;">Strip of firm matting</p> <ul style="list-style-type: none"> From standing, crouch and forward roll to straddle sit Japana (H) Swing one leg backwards to splits (H) ½ to other leg split (H) Bring back leg forwards to long sit & Pike fold (H) Lie back and lift to dish Roll over to arch Press to front support Squat in and stand

WOMEN'S ARTISTIC DISABILITY GYMNASTICS NATIONAL DEVELOPMENT PLAN

PREPARATION 3 – Minimum Age 8 in year

	Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus except where stated			
<p>Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.</p>	<p>Additional elements - May be performed but will incur execution penalties as FIG CoP Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE) Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty. No Hold (H) – Penalty 0.3 taken as neutral deduction Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</p>			
Vault	Bars	Beam	Floor	Range & Conditioning
<p>1 x 60cm foam block or 2 x 60cm foam blocks placed in a 'T' shape with level safety mattresses at back of block 1 x springboard</p> <p>Run and hurdle step with 2 footed take off from springboard to land in a controlled stationary position on 2 feet on 60cm foam block – one step into handspring flatback from block to land on level safety mats.</p> <p>Gymnast may walk forwards or backwards into correct starting position for handspring flatback with no deduction <i>or</i> start from where the jump has landed.</p>	<p style="text-align: center;">High Bar only routine</p> <p style="text-align: center;">SINGLE HIGH BAR OR TOP BAR OF UNEVEN BARS</p> <p style="text-align: center;">SET ROUTINE</p> <ul style="list-style-type: none"> Assisted by Coach - Jump to catch the bar in reverse grip Show straight hang position with good body shape Half turn to regular grip by releasing one hand to side of body to execute turn and re-grasp bar Leg lift with straight legs to show pike shape. Lower to straight hang in control Bend legs to show tuck shape. Dish (H) Arch (H) then 2 dish, arch (fish) swing release bar to land 	<p>FIG Beam Regulations with: A safety mat (depth 20 or 30cm) under the whole length of the beam.</p> <p style="text-align: center;">OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> Mount - Jump to front support, lift one leg over to cross sit Dance series – From 2 feet, 2 x Stretched jumps connected to land on two feet (No arm swings) Turn – Spin prep on flat foot toe to knee (H) place foot in front and relevé ½ turn Acro – Kick towards handstand Arabesque (H) Dismount – from middle of beam, run and hurdle step to take off from two feet into stretched jump to dismount 	<p style="text-align: center;">Recommend Music length 1 min 10 seconds</p> <p style="text-align: center;">OPTIONAL ORDER WITH SET ELEMENTS</p> <p style="text-align: center;">D SCORE 4.00 & Bonus</p> <ul style="list-style-type: none"> Dance passage – Composed of cat leap through to scissor kick (Passage of dance required) Tic-toc, backward walkover or forwards roll to straddle sit Full spin (any direction) Handstand forward roll with straight arms to stand feet together Acro Line – Cartwheel front to back into backwards roll with straight arms and legs to stand Star jump Or Bonus - Split jump 	<p style="text-align: center;">SET ROUTINE</p> <p style="text-align: center;">Strip of firm matting</p> <ul style="list-style-type: none"> From standing, crouch and forward roll to straddle sit Lift to straddle ½ lever (H) Lower to sit & Japana (H) Swim through then push to front support (H) Swing one leg forwards to splits (H) ½ to other leg split (H) Bring back leg forwards to long sit & Pike fold (H) Lie back and push to bridge (H) Lie back and lift to dish Roll over to arch Press to front support Squat in and stand

WOMEN'S ARTISTIC DISABILITY GYMNASTICS NATIONAL DEVELOPMENT PLAN

PREPARATION 4 – Minimum Age 9 in year

<p>Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.</p>	<p>Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus except where stated</p> <p>Additional elements - May be performed but will incur execution penalties as FIG CoP Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE) Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty. No Hold (H) – Penalty 0.3 taken as neutral deduction Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</p>			
Vault	Bars	Beam	Floor	Range & Conditioning
<p>90cm safety mattresses + tumbler or firm matting</p> <p>1 x springboard</p> <p style="text-align: center; margin-top: 20px;">Handspring flat back</p>	<p style="text-align: center;">Low Bar only routine</p> <p style="text-align: center;">LOW BAR OF UNEVEN BARS SET ROUTINE</p> <ul style="list-style-type: none"> Float swing Circle over to front support Cast into Back hip circle Dismount – Squat, stoop or straddle on straight jump forwards to land <p style="text-align: center;">Or</p> <ul style="list-style-type: none"> Dismount – Straddle or pike undershoot 	<p>FIG Beam Regulations with: Additional 20cm safety mat for dismount</p> <p style="text-align: center;">OPTIONAL ORDER WITH SET ELEMENTS</p> <p style="text-align: center; margin-top: 10px;">D SCORE 3.50 or 4.00</p> <ul style="list-style-type: none"> Mount - Any mount Dance series - Straight jump immediate tuck jump (No arm swings) Turn – ½ spin immediate relevé ½ turn Acro – DV 3.50 Kick to handstand with legs together, split legs to land in lunge <p style="text-align: center;">Or</p> <ul style="list-style-type: none"> Acro – DV 4.00 Cartwheel Additional jump – Split jump Dismount – Round off Dismount – hands at end of beam 	<p style="text-align: center;">OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> Dance passage – composed of split leap & cat leap Acro – Backward walkover <p style="text-align: center;">Or</p> <p>Forward walkover</p> <p style="text-align: center;">Or</p> <p>Tic-toc</p> <ul style="list-style-type: none"> Full spin (any direction) Handstand forward roll with straight arms and straight legs to dish stand feet together Acro Line Round off rebound backward roll to front support Split jump immediate Straight jump 	<p style="text-align: center;">SET ROUTINE</p> <p style="text-align: center;">Strip of firm matting</p> <ul style="list-style-type: none"> From standing, crouch and forward roll to straddle sit Lift to straddle ½ lever (H) Lower to sit & Japana (H) Swim through then push to front support (H) Swing one leg forwards to splits (H) ½ to other leg split (H) Bring back leg forwards to long sit & Pike fold (H) Lie back and push to bridge (H) Lie back and lift to dish Roll over to arch Press to front support Squat in and stand

WOMEN'S ARTISTIC DISABILITY GYMNASTICS NATIONAL DEVELOPMENT PLAN

DEVELOPMENT 1 – Minimum Age 10 in year

Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus except where stated				
<p>Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.</p>	<p>Additional elements - May be performed but will incur execution penalties as FIG CoP Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE) Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty. No Hold (H) – Penalty 0.3 taken as neutral deduction Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</p>			
Vault	Bars	Beam	Floor	Range & Conditioning
<p>Vault Table</p> <p>Height 100cm + 5cm roll mat with level safety mattresses at back of vault</p> <p>1 x springboard</p> <p style="text-align: center; font-weight: bold; margin-top: 20px;">Handspring flat back</p> <p style="font-style: italic; margin-top: 20px;">Emphasis on heel drive & repulsion</p>	<p>UNEVEN BARS SET ROUTINE</p> <p style="font-weight: bold; font-size: 1.2em; margin: 10px 0;">D SCORE 4.00 & Bonus</p> <ul style="list-style-type: none"> Float swing Circle over to front support <p style="text-align: center; font-weight: bold; margin: 5px 0;">Or</p> <ul style="list-style-type: none"> Bonus - Upstart Back hip circle Squat or stoop on Jump to catch high bar ¾ giant Dismount – Straddle or pike on undershoot 	<p>OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> Mount – Any FIG 'A' coded Mount Dance series – To include Split jump & Straight jump (No arm swings) Turn – ½ spin immediate relevé ½ turn Or Full spin (any position or direction) Acro* – Optional acro element Additional leap or jump - Choice of sissonne, split leap, tuck jump or W Jump Dismount – tuck front somersault <p style="font-size: 0.8em; margin-top: 10px;">*Can include: 4.103 - Handstand (Hold for 2 seconds) & 4.105 - Backward roll</p>	<p>OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> Acro Line – Round off flic to 2 feet Dance passage – composed of 2 Split leaps Acro Line – Handspring to 1 or 2 feet Full spin Mixed series* – Optional elements to include a dance element Acro Line – Tuck Front somersault <p style="font-size: 0.8em; margin-top: 10px;">*Additional elements that can be used for mixed series: Acro – Backward walkover, forward walkover, tic-toc, cartwheel. Forward roll, backward roll Dance – tuck jump, straight jump</p>	<p>SET ROUTINE Strip of firm carpet matting</p> <ul style="list-style-type: none"> Elephant lift to handstand (H) Pike down to stand Pike fold (H) From bent legs or straight legs push back and backward roll with straight arms to front support Squat feet in and from crouch, forward roll to straddle sit & lift to straddle ½ lever (H) Lower to straddle sit Japana (H) Swim through & Push to front support Swing one leg forwards to sit in splits (H) ½ turn to other leg split (H) Bring back leg forwards to long sit Pike fold (H) Lie back and push to bridge (H) Lift one leg to vertical Kick through split handstand to stand Split jump (leg of choice) Straight jump

WOMEN'S ARTISTIC DISABILITY GYMNASTICS NATIONAL DEVELOPMENT PLAN

DEVELOPMENT 2 – Minimum Age 11 in year

Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus except where stated				
Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.	Additional elements - May be performed but will incur execution penalties as FIG CoP Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE) Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE ; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty. No Hold (H) – Penalty 0.3 taken as neutral deduction Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty			
Vault	Bars	Beam	Floor	Range & Conditioning
Vault Table Height 110cm or 120cm 1 x springboard Choice of: Handspring Or ½ on repulsion off <i>Both vaults must be performed at the same height</i>	UNEVEN BARS SET ROUTINE D SCORE 4.00 & Bonus <ul style="list-style-type: none"> • Upstart • Back hip circle • Squat or stoop on • Jump to catch high bar • ¾ giant • Or • Bonus - Long upstart • Dismount – Any 'A' coded dismount 	OPTIONAL ORDER WITH SET ELEMENTS <ul style="list-style-type: none"> • Mount – Any FIG 'A' coded Mount • Dance series – To include Split jump into or out of any 'A' coded or listed uncoded* leap, jump or hop • Acro – Cartwheel (may be connected to dismount) • Turn – Full spin (any position or direction) • Mixed series – (Any order – saltos & aerials not permitted) Any different coded acro element (including rolls) connected to any different 'A' coded or listed uncoded* leap, jump or hop of your choice that has not been used in dance series • Dismount – tuck back somersault (Can be connected to cartwheel) <p>*Additional Uncoded jumps that can be used in this grade: Straight jump Tuck jump Changement</p>	OPTIONAL ORDER WITH SET ELEMENTS <ul style="list-style-type: none"> • Acro Line – Round off 2 flics to 2 feet • Dance passage – composed of Split leap & a different FIG coded 'A' or 'B' leap or hop • Acro Line – Round off <i>Optional flic</i> tuck back salto • Full spin (any position or direction) • Mixed series – (Cannot be combined with any acro lines) Optional coded elements (dance element must be different to those used in dance passage) • Acro Line – Handspring to 2 feet run tuck front salto <p>*Additional elements that can be used for mixed series: Acro – Backward walkover, forward walkover, tic-toc, cartwheel Dance – tuck jump</p>	SET ROUTINE Strip of firm carpet matting <ul style="list-style-type: none"> • Elephant lift to handstand (H) • Pike down to stand • Pike fold (H) • From bent legs or straight legs push back and backward roll with straight arms to front support • Squat feet in and from crouch, forward roll to straddle sit & lift to straddle ½ lever (H) • Lower to straddle sit • Japana (H) • Swim through & Push to front support • Swing one leg forwards to sit in splits (H) • ½ turn to other leg split (H) • Bring back leg forwards to long sit • Pike fold (H) • Lie back and push to bridge (H) • Lift one leg to vertical • Kick through split handstand to stand • Split jump (leg of choice) • Straight jump

WOMEN'S ARTISTIC DISABILITY GYMNASTICS NATIONAL DEVELOPMENT PLAN

DEVELOPMENT 3 – Minimum Age 12 in year

Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus except where stated				
Additional elements - May be performed but will incur execution penalties as FIG CoP Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE) Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty. No Hold (H) – Penalty 0.3 taken as neutral deduction Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty				
Vault	Bars	Beam	Floor	Range & Conditioning
Vault Table Height 120cm 1 x springboard Choice of: D SCORE 3.00 Handspring D SCORE 3.50 ½ on repulsion off D SCORE 4.00 ½ on ½ off	UNEVEN BARS SET ROUTINE D SCORE 4.00 & Bonus <ul style="list-style-type: none"> Upstart Short clear circle to 45° or above Upstart Squat or stoop on Or Sole circle Jump to catch high bar Long upstart Dismount – Any 'A' coded dismount - Bonus 0.50 for a salto dismount 	OPTIONAL ORDER WITH SET ELEMENTS <ul style="list-style-type: none"> Mount – Any FIG coded mount Dance series – One connection of at least 2 different dance elements, one being a leap or jump with 180° split (cross or side), or straddle Turn – Full spin (any position or direction) Acro – Any FIG coded backwards element with hand support (Can include backward roll) Mixed series – Cartwheel into or out of cat leap Dismount – tuck or pike front somersault <p>*Additional Uncoded jumps that can be used in this grade: Tuck jump Changement</p>	OPTIONAL ORDER WITH SET ELEMENTS D SCORE 4.00 & Bonus <ul style="list-style-type: none"> Acro Line – Round off <i>Optional flic</i> tuck back salto* Bonus – For a straight back salto Dance passage – composed of Change leg split leap & any different FIG coded 'A' or 'B' leap or hop Option of – Dive cartwheel or free cartwheel Mixed series – Optional elements (dance element must be different) Can be combined with dive cartwheel or Free cartwheel but cannot be combined with any acro lines Any minimum 'B' coded spin (any position or direction) Additional different FIG coded leap, jump or hop Acro Line – Handspring tuck front salto Or Front salto walkout to roundoff 	SET ROUTINE Strip of firm carpet matting <ul style="list-style-type: none"> Elephant lift to handstand (H) Pike down to stand Pike fold (H) From bent legs or straight legs push back and backward roll through handstand to front support Squat feet in and from crouch, forward roll to straddle sit & lift to straddle ½ lever (H) Lower to straddle sit Japana (H) Swim through & Push to front support Swing one leg forwards to sit in splits (H) ½ turn to other leg split (H) Bring back leg forwards to long sit Pike fold (H) Lie back and push to bridge (H) Lift one leg to vertical Kick through split handstand to stand Split jump (leg of choice) Straight jump 1/1

WOMEN'S ARTISTIC DISABILITY GYMNASTICS NATIONAL DEVELOPMENT PLAN

DEVELOPMENT 4 – Minimum Age 13 in year

<p>Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.</p>	<p>Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus except where stated</p>			
<p>Additional elements - May be performed but will incur execution penalties as FIG CoP Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE) Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty. No Hold (H) – Penalty 0.3 taken as neutral deduction Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</p>				
Vault	Bars	Beam	Floor	Range & Conditioning
<p>Vault Table Height 125cm 1 x springboard Choice of: D SCORE 3.50 Handspring Or ½ on ½ off D SCORE 4.00 Handspring on 1/1 off Or ½ on 1/1 off</p>	<p style="text-align: center;">UNEVEN BARS SET ROUTINE</p> <p style="text-align: center;">D SCORE 4.00 & Bonus</p> <ul style="list-style-type: none"> ½ turning Upstart Close bar element to minimum 45° Optional Upstart Sole circle Jump to catch high bar Long upstart Cast towards handstand Optional Bonus 0.50 – Giant circle backwards Dismount – Any ‘A’ coded dismount 	<p style="text-align: center;">OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> Mount – Any FIG coded mount Dance series – One connection of at least 2 different dance elements, one being a leap or jump with 180° split (cross or side), or straddle, 1 of these elements must be a ‘B’ coded leap, jump or hop Acro – Any min ‘B’ acro element Turn – Full spin (any position or direction) Additional leap – Different ‘B’ coded leap or jump in cross or side position Dismount – Any different ‘A’ or ‘B’ coded acro element into any ‘A’ or ‘B’ salto 	<p style="text-align: center;">OPTIONAL ORDER WITH SET ELEMENTS</p> <p style="text-align: center;">D SCORE 4.00 & Bonus</p> <ul style="list-style-type: none"> Acro Line – Round off <i>Optional flic</i> straight back salto Bonus - with a ½ or 1/1 twist Dance passage – composed of Change leg split leap & any different minimum ‘B’ leap or hop Acro line – Acro line of minimum 2 elements to include an ‘A’ coded salto Any minimum ‘B’ coded spin (any position or direction) Additional different ‘B’ coded leap, jump or hop Acro Line – Pike or Straight front salto (optional entry) 	<p style="text-align: center;">SET ROUTINE Strip of firm carpet matting</p> <ul style="list-style-type: none"> Elephant lift to handstand (H) Pike down to stand Pike fold (H) From bent legs or straight legs push back and backward roll through handstand to front support Squat feet in and from crouch, forward roll to straddle sit & lift to straddle ½ lever (H) Lower to straddle sit Japana (H) Swim through & Push to front support Swing one leg forwards to sit in splits (H) ½ turn to other leg split (H) Bring back leg forwards to long sit Pike fold (H) Lie back and push to bridge (H) Lift one leg to vertical Kick through split handstand to stand Split jump (leg of choice) Straight jump 1/1

VAULT

Specific Apparatus deductions for Vault

Faults	0.10	0.30	0.50
First Flight Phase			
– For missing degrees of LA turn during flight phase:			
• Gr. 1 with ½ (180°) turn	≤ 45°	≤ 90°	
• Gr. 3 with ¼ turn		≤ 45°	
• Gr. 4 with ¾ (270°) turn	≤ 45°		
• Gr. 1 or 2 with 1/1 turn (360°)	≤ 45°	≤ 90°	> 90°
– Poor technique:			
• Hip angle	X	X	
• Arch	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
Repulsion Phase			
– Poor technique			
• Staggered hand placement Gr. 1, 2 & 5	X	X	
• Bent arms	X	X	X
• Shoulder angle	X	X	
• Failure to pass through vertical	X		
• Prescribed LA turn begun too early (<i>on the table</i>)	X	X	
Second Flight Phase			
– Excessive snap	≥ 90°	< 90°	
– Height	X	X	X
– Exactness of LA turn (<i>includes Cuervo</i>)	X		
– Body position			
• Exactness of tuck/pike position in salto	X	X	
• Exactness of tuck/pike position in salto with twist	X		
• Body alignment in stretched salto	X		
• Body alignment in stretched salto with twist	X	X	
• Failure to maintain stretched body position (<i>piking too early</i>)	X	X	
• Insufficient and/or late extension (<i>tuck/pike vaults</i>)	X	X	
– Bent knees	X	X	X
– Leg or knee separations	X	X	
– Under-rotation of salto without a fall	X		
• With a fall		X	
– Distance (<i>insufficient length</i>)	X	X	
– Deviation from a straight direction	X		
– Dynamics	X	X	
Landing deductions	See Sec.8		

VAULT – PREPARATION GRADE 1

SET VAULT D SCORE 4.00

Best score of 2 performed vaults. (No deduction if only 1 vault performed)

Run and hurdle step with 2 footed take off from springboard to land in a controlled stationary position on 2 feet on 30cm landing mat.

PHASE	EXECUTION FAULTS	EXECUTION DEDUCTIONS		
		0.10	0.30	0.50
TAKE OFF BOARD	Poor co-ordination of arm swing	X		
	Leaning forwards on the board	X		
	Arms already up on jump onto board		X	
	Rebound from 1 foot			X
FLIGHT PHASE FROM SPRINGBOARD ONTO LANDING MAT	Body alignment in jump	X		
	Lack of height in jump	X	X	
	Bent knees in jump	X	X	X
	Leg or knee separations	X	X	
LANDING ON SAFETY MATS	Lack of control in landing	X	X	
	Landing on mats with legs more than shoulder width apart		X	
	Body posture on landing	X	X	
	Landing in deep squat			X
	Failure to land on feet		1.00 (fall)	
GENERAL	Dynamics	X	X	

VAULT – PREPARATION GRADE 2

SET VAULT D SCORE 4.00

Best score of 2 performed vaults. (No deduction if only 1 vault performed)

Run and hurdle step with 2 footed take off from springboard to land in a controlled stationary position on 2 feet on 60cm foam block – walk to end of block and stretch jump onto landing mat.

PHASE	EXECUTION FAULTS	EXECUTION DEDUCTIONS		
		0.10	0.30	0.50
TAKE OFF BOARD	Poor co-ordination of arm swing Leaning forwards on the board Arms already up on jump onto board Rebound from 1 foot	X X	X	X
JUMP AND LANDING ONTO BLOCK	Body alignment in jump Lack of height in jump Bent knees in jump Leg or knee separations Lack of control in landing Landing in deep squat on block	X X X X X	X X X X	X X
WALK TO END OF BLOCK				
FLIGHT PHASE FROM BLOCK TO SAFETY MATS	Bent knees Failure to maintain straight body position Insufficient Height Distance (Insufficient length) Legs apart in flight phase	X X X X X	X X X X	X
LANDING ON SAFETY MATS	Landing on mats with legs apart Landing in deep squat Lack of control in landing Body posture on landing Failure to land on feet	X X X	X X 1.00 (fall)	X
GENERAL	Dynamics	X	X	

VAULT – PREPARATION GRADE 3

SET VAULT D SCORE 4.00

Best score of 2 performed vaults. (No deduction if only 1 vault performed)

Run and hurdle step with 2 footed take off from springboard to land in a controlled stationary position on 2 feet on 60cm foam block (or 2 x 60cm foam blocks placed in a 'T' shape) – one step into handspring flatback from block to land on level safety mats. Gymnast may walk forwards or backwards into correct starting position for handspring flatback with no deduction OR start from where the jump has landed.

PHASE	EXECUTION FAULTS	EXECUTION DEDUCTIONS		
		0.10	0.30	0.50
TAKE OFF BOARD	Poor co-ordination of arm swing	X		
	Leaning forwards on the board	X		
	Arms already up on jump onto board		X	
	Rebound from 1 foot			X
JUMP AND LANDING ONTO BLOCK	Body alignment in jump	X		
	Lack of height in jump	X	X	
	Bent knees in jump	X	X	X
	Leg or knee separations	X	X	
	Lack of control in landing	X	X	
REPULSION	Shoulder angle on contact with block	X	X	
	Bent arms	X	X	X
	Repulsion with hands on safety mat (not on block)			X
	More than one step into handspring flatback (walk into correct start position allowed)		X (per step)	
FLIGHT PHASE FROM BLOCK TO SAFETY MATS	Run / jump / hurdle step into handspring flatback			X
	Bent knees	X	X	X
	Failure to maintain straight body position	X	X	
	Insufficient Height	X	X	
	Distance (Insufficient length)	X	X	
LANDING ON SAFETY MATS	Legs apart in flight phase	X	X	
	Landing with hands still touching the block (or touching if arms / hands were placed down)			X
	Landing on mats with legs apart	X		
GENERAL	Failure to land on flat back (landing in dish)		X	
	Dynamics	X	X	

VAULT – PREPARATION GRADE 4

SET VAULT D SCORE 4.00

Best score of 2 performed vaults. (No deduction if only 1 vault performed)

Handspring flatback on safety mats & tumbler or firm matting – Total height of matting 90cm

PHASE	EXECUTION FAULTS	EXECUTION DEDUCTIONS		
		0.10	0.30	0.50
TAKE OFF BOARD	Poor co-ordination of arm swing	X		
	Arms already up on jump onto board		X	
FIRST FLIGHT	Hip angle	X	X	
	Arch	X	X	
	Bent knees	X	X	X
	Leg or knee separations	X	X	
REPULSION	Shoulder angle on contact with mat	X	X	
	Bent arms	X	X	X
	Walking on hands	X		
	Double bounce on hands			1.00
SECOND FLIGHT	Bent knees	X	X	X
	Failure to maintain straight body position	X	X	
	Insufficient Height	X	X	X
	Distance (Insufficient length)	X	X	
	Leg or knee separations	X	X	
LANDING ON SAFETY MATS	Landing on mats with legs apart	X		
	Failure to land on flat back (landing in dish)		X	
GENERAL	Body alignment at any phase (taken only once)	X		
	Dynamics	X	X	

Judging finishes when the gymnast has landed on the mats

VAULT – DEVELOPMENT GRADE 1

SET VAULT D SCORE 4.00

Best score of 2 performed vaults. (No deduction if only 1 vault performed)

Handspring flatback on vault – to land on level safety mats behind vault

Height of vault 100cm + 5cm roll mats over vault – total height 105cm

PHASE	EXECUTION FAULTS	EXECUTION DEDUCTIONS		
		0.10	0.30	0.50
TAKE OFF BOARD	Poor co-ordination of arm swing	X		
	Arms already up on jump onto board		X	
FIRST FLIGHT	Hip angle	X	X	
	Arch	X	X	
	Bent knees	X	X	X
	Leg or knee separations	X	X	
	Lack of heel speed	X		
REPULSION	Shoulder angle on contact with mat	X	X	
	Bent arms	X	X	X
	Walking on hands	X		
	Double bounce on hands			1.00
SECOND FLIGHT	Bent knees	X	X	X
	Failure to maintain straight body position	X	X	
	Insufficient Height	X	X	X
	Distance (Insufficient length)	X	X	
	Leg or knee separations	X	X	
LANDING ON SAFETY MATS	Landing with hands still touching the table (or touching if arms / hands were placed down)			X
	Landing on mats with legs apart	X	X	
	Failure to land on flat back (landing in dish)		X	
GENERAL	Body alignment at any phase (taken only once)	X		
	Dynamics	X	X	

Judging finishes when the gymnast has landed on the mats

VAULT – DEVELOPMENT GRADE 2

CHOICE of VAULT - D SCORE 4.00

**Best score of 2 performed vaults. (No deduction if only 1 vault performed)
Performed vaults can be the same or different.**

Choice of the following 2 vaults:

Handspring

Or

½ on repulsion off

Choice of Height of Vault:

110 or 120cm – both vaults must be performed at the same height

Current FIG Code of Point penalties apply (see section 8.3 on page 65 & 10.6 on page 17)

VAULT – DEVELOPMENT GRADE 3

CHOICE of VAULT D SCORE as stated

Best score of 2 performed vaults. (No deduction if only 1 vault performed)

Performed vaults can be the same or different.

Choice of the following 3 vaults:

Handspring D Score 3.00

½ on repulsion off D Score 3.50

½ on ½ off D Score 4.00

If the turn off is not completed, the vault will be judged as a ½ on and will be scored from 3.00.
E Panel will take execution deductions accordingly.

Height of Vault: 120cm

Current FIG Code of Point penalties apply (see section 8.3 on page 65 & 10.6 on page 17)

VAULT – DEVELOPMENT GRADE 4

CHOICE of VAULT D SCORE as stated

Best score of 2 performed vaults. (No deduction if only 1 vault performed)

Performed vaults can be the same or different.

Choice of the following 4 vaults:

Handspring D Score 3.50

½ on ½ off D Score 3.50

½ on 1/1 off D Score 4.00

If the turn off is not completed, the vault will be judged as a ½ on ½ off and will be scored from 3.50.
E Panel will take execution deductions accordingly.

Handspring 1/1 twist D Score 4.00

If the turn off is not completed, the vault will be judged as a handspring and will be scored from 3.50.
E Panel will take execution deductions accordingly.

Height of Vault: 125cm

Current FIG Code of Point penalties apply (see section 8.3 on page 65 & 10.6 on page 17)

UNEVEN BARS

UNEVEN BARS – all Grades: - D Score = 4.00 + Bonus where applicable

EXECUTION DEDUCTIONS

Each grade has specific deductions that are to be applied in conjunction with the Specific Bar apparatus deductions and general table of faults from FIG CoP (tables are included in this document on pages 37 & 89)

CASTS (including casts to handstand)

All casts may be performed with legs together or straddled – angle deductions are taken from when legs are together

DIAGRAMS for Casts and Circle deductions modifications

Penalty diagrams have been included on the appropriate pages for each grade.

ADDITIONAL ELEMENTS

Additional elements may be performed but will incur execution penalties as FIG CoP

NON-ATTEMPT of an element – refer to Page 7

Deduction **2.00** (taken as a **NEUTRAL PENALTY**) + Value of Move [VM] (taken from the **D SCORE**). A non-attempt penalty should only be applied when the element has been COMPLETELY missed

INCOMPLETE / FAILED ATTEMPT of an element

The VM penalty is taken from the **D SCORE**; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM.

INCORRECT ORDER OF ELEMENTS

Elements performed out of order will be subject to a deduction of 0.50 (taken as a **NEUTRAL PENALTY**) once only in routine.

Specific Apparatus Deductions for Bars

Faults	0.10	0.30	0.50
– Hang on HB, put feet on LB, grasp LB			X
– More than 2 of the same elements directly connected to the dismount	X		

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	X	X	
– Adjusted grip position	X		
– Brush on mat		X	
– 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	X		
– Insufficient height of flight elements	X	X	
– Under rotation of flight elements	X		
– Insufficient extension in kips	X		
– Intermediate swing			0.50
– Empty swing			0.50
– Angle of completion of elements	X	X	X
Amplitude of:			
– Swings fwd or bwd under horizontal	X		
– Casts	X	X	
– Excessive flexion of hip joint in the leg tap (<i>DMT</i>)	X	X	

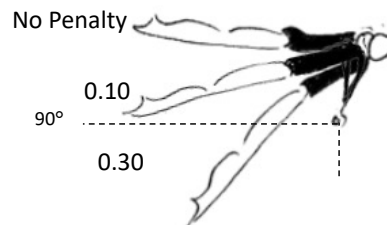
BARS – PREPARATION GRADE 1

Low bar of Uneven Bars – Set routine. Elements to be completed in the order specified – D Score 4.00

These specific deductions are in addition to the bars specific apparatus deductions & general table of faults on pages 28 & 65

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Jump from floor OR springboard OR low block (coach must remove springboard or low block immediately) to catch LB, jump into float upstart swing (swing forward and backward with legs together) At the end of back swing, the feet must land on the floor release of hands from the bar is optional	Insufficient extension in hip angle at end of forward swing Coach not removing spring board Feet not landing on floor/mat	X		
			1.00 Neutral penalty (D Panel)		
				VM	
0.50	Upward circle to front support <i>Gymnast can step forwards if necessary to reach bar. A springboard or low block may be put back in to enable gymnast to reach the bar, but this must be removed immediately after use.</i> (NO composition deduction for empty swing after circle over)	Failure to complete circle to front support Kicking one leg into circle up	X	VM	
0.50	Cast with legs together to come back to bar	Cast deductions Cast with legs apart or straddled Failure to come back to bar	X	X	
				VM	
0.50	Cast to with legs together and	Cast deductions Cast with legs apart or straddled	X	X	
0.50	Dismount – Push backwards to stand	Landing penalties Failure to land on feet	X	X	X
					1.00 (Fall)

Cast penalties



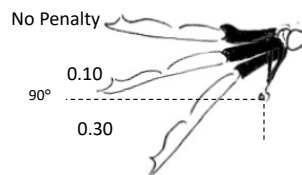
BARS – PREPARATION GRADE 2

Low bar of Uneven Bars – Set routine. Elements to be completed in the order specified – D Score 4.00

These specific deductions are in addition to the bars specific apparatus deductions & general table of faults on pages 28 & 65

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Jump from floor OR springboard OR low block (coach must remove spring board or low block immediately) to catch LB, jump into float upstart swing (swing forward and backward with legs together) At the end of back swing, the feet must land on the floor release of hands from the bar is optional	Insufficient extension in hip angle at end of forward swing Coach not removing spring board Feet not landing on floor/mat	X 1.00 Neutral penalty (D Panel) VM		
0.50	Hold bar and Leg lift with straight legs to show pike shape	Failure to lift legs to horizontal Bent legs in pike shape	X	X As CoP	
0.50	Bend legs to show tuck shape	Lack of tuck shape shown		As CoP	
0.50	Lower legs and release to stand	Failure to land on feet		1.00 (Fall)	
0.50	Upward circle to front support <i>Gymnast can step forwards if necessary to reach bar.</i> (NO composition deduction for empty swing after circle over)	Failure to complete circle to front support Kicking one leg into circle up	X	VM	
0.50	Cast with legs together to come back to bar	Cast deductions Cast with legs apart or straddled Failure to come back to bar	X	See cast diagram X VM	
0.50	Dismount – Cast and Push backwards to stand Or Clear undershoot forwards to stand Or Cast into straddle or stoop on and undershoot (NO height of cast deduction into element)	Landing penalties Failure to land on feet	X	X 1.00 (Fall)	X

Cast penalties



BARS – PREPARATION GRADE 3

Single high bar or high bar of Uneven Bars – Set routine. Elements to be completed in the order specified – D Score 4.00

These specific deductions are in addition to the bars specific apparatus deductions & general table of faults on pages 28 & 65

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Assisted by Coach - Jump to catch the bar in reverse grip Show straight hang position with good body shape	Lack of body extension in jump and hang	X	X	
0.50	Half turn to regular grip by releasing one hand to side of body to execute turn and re-grasp bar	Failure to execute turn and / or re-grasp bar		VM	
0.50	Leg lift with straight legs to show pike shape and lower to straight hang in control*	Failure to lift legs to horizontal Bent legs in pike shape	X	X As CoP	
0.50	Bend legs to show tuck shape	Lack of tuck shape shown		As CoP	
0.50	Dish Hold for 3 seconds	Lack of dish Not Held	X	X 0.30 Neutral penalty (D Panel)	
0.50	Arch hold for 3 seconds	Lack of arch Not Held	X	X 0.30 Neutral penalty (D Panel)	
0.50	2 x Dish/arch (fish) swing in preparation for the tap in the backward giant (not intended to be full swings)	Lack of co-ordination in fish swing Only 1 dish/arch (fish) swing	X	X 0.30 Neutral penalty (D Panel)	
0.50	Dismount – release the bar to land	Stop and hang before releasing to dismount		X	

***Bonus 0.50 Pike leg lift to touch the bar**

BARS – PREPARATION GRADE 4

Low bar of Uneven Bars – Set routine. Elements to be completed in the order specified – D Score 4.00

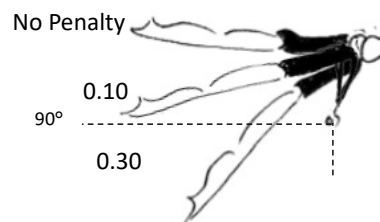
These specific deductions are in addition to the bars specific apparatus deductions & general table of faults on pages 28 & 65

Gymnasts may start either side of the LB

If using the springboard, the coach must remove the springboard immediately (for safety reasons).

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Jump from floor OR springboard (coach must remove spring board immediately) to catch LB, jump into float upstart swing (swing forward and backward with legs together) At the end of back swing, the feet must land on the floor release of hands from the bar is optional	Insufficient extension in hip angle at end of forward swing Coach not removing spring board Feet not landing on floor/mat	X		
			1.00 Neutral penalty (D Panel)		
0.50	Upward circle to front support <i>Gymnast can step forwards if necessary to reach bar.</i> (NO composition deduction for empty swing after circle over)	Failure to complete circle to front support Kicking one leg into circle up	VM		
			X		
0.50	Cast into	Cast deductions	See cast diagram		
1.00	Back hip circle (NO composition deduction for empty swing after back hip circle)	Failure to circle the bar to front support Going round twice	VM X		
0.50	Cast into	Cast deductions	See cast diagram		
0.50	Dismount - Squat on Straight jump forwards	Squat on one foot before the other Failure to jump forwards (do not deduct for no dismount)	X 1.00 (Fall)		
OR					
0.50	Dismount – Cast into straddle or pike on undershoot	Feet not touching bar	0.30 Neutral penalty (D Panel)		

Cast penalties



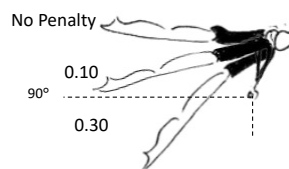
BARS – DEVELOPMENT GRADE 1

Uneven Bars – Set routine. Elements to be completed in the order specified – D Score 4.00

These specific deductions are in addition to the bars specific apparatus deductions & general table of faults on pages 28 & 65

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Mount – Jump from floor OR springboard (coach must remove spring board immediately) to catch LB, jump into float upstart swing (swing forward and backward with legs together) At the end of back swing, the feet must land on the floor release of hands from the bar is optional	Insufficient extension in hip angle at end of forward swing Coach not removing spring board Feet not landing on floor/mat	X		1.00 Neutral penalty (D Panel)
0.50	Upward circle to front support <i>Gymnast can step forwards if necessary to reach bar.</i> (NO composition deduction for empty swing after circle over)	Failure to complete circle to front support Kicking one leg into circle up	X	VM	
	Or				
0.50 + Bonus 0.50	Mount – float upstart (Legs together or straddled)	Failure to complete upstart			1.00 (Fall) + VM
0.50	Cast into	Cast deductions			See cast diagram
0.50	Back hip circle (NO composition deduction for empty swing after back hip circle)	Failure to circle the bar to front support Going round twice		VM	X
0.50	Cast into	Cast deductions			See cast diagram
0.50	Squat, stoop or straddle on	Squat, stoop or straddle on one foot before the other		X	
0.50	Jump to catch HB (NO composition deduction for jump to HB)	Failure to catch HB Lack of control in jump to HB	X	X	1.00 (Fall) + VM
0.50	Swing forwards and $\frac{3}{4}$ giant over bar to front support (NO composition deduction for empty swing after circle over to front support)	Failure to circle over to front support No wrist movement before the hips touch the bar Lack of hang shape in tap swing	X	X	1.00 (Fall) + VM
0.50	Dismount – Cast into straddle or pike on undershoot	Cast deductions Feet not touching bar on dismount			See cast diagram 0.30 Neutral penalty (D Panel)

***Bonus 0.50 Upstart instead of float swing and chin circle over
Cast penalties**



BARS – DEVELOPMENT GRADE 2

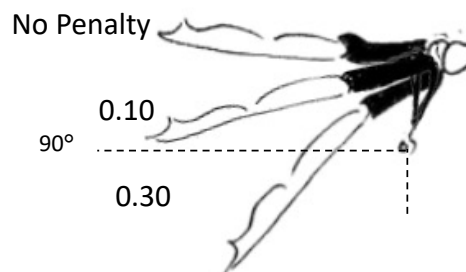
Uneven Bars – Set routine. Elements to be completed in the order specified – D Score 4.00

These specific deductions are in addition to the bars specific apparatus deductions & general table of faults on pages 28 & 65

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Mount – float upstart (Legs together or straddled)	Failure to complete upstart	1.00 (Fall) + VM		
0.00	Cast into	Cast deductions	See cast diagram		
0.50	Back hip circle (NO composition deduction for empty swing after back hip circle)	Failure to circle the bar to front support Going round twice	VM X		
0.00	Cast into	Cast deductions	See cast diagram		
0.50	Squat, stoop or straddle on	Squat, stoop or straddle on one foot before the other	X		
0.50	Jump to catch HB (NO composition deduction for jump to HB)	Failure to catch HB Lack of control in jump to HB	X	X	1.00 (Fall) + VM
0.50	Swing forwards and $\frac{3}{4}$ giant over bar to front support (NO composition deduction for empty swing after circle over to front support)	Failure to circle over to front support No wrist movement before the hips touch the bar Lack of hang shape in tap swing	X	X	1.00 (Fall) + VM X X
	Or				
0.50 + Bonus 0.50	Long upstart*	Failure to complete upstart	1.00 (Fall) + VM		
0.50	Dismount – cast into any ‘A’ coded dismount	Cast deductions Element penalties	See cast diagram As CoP		

***Bonus 0.50 Long Upstart instead of $\frac{3}{4}$ giant**

Cast penalties



BARS – DEVELOPMENT GRADE 3

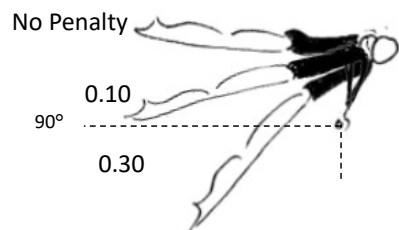
Uneven Bars – Set routine. Elements to be completed in the order specified – D Score 4.00 + bonus

These specific deductions are in addition to the bars specific apparatus deductions & general table of faults on pages 28 & 65

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Mount – float upstart (Legs together or straddled)	Failure to complete upstart	1.00 (Fall) + VM		
0.00	Cast into	Cast deductions	See cast diagram		
0.50	Clear circle to 45° or above*	Performing a back hip circle Clear circle to 45° penalties	VM + empty swing penalty as CoP See clear circle to 45° diagram		
0.50	Upstart (Legs together or straddled)	Failure to complete upstart	1.00 (Fall) + VM		
0.50	Cast into	Cast penalties	See cast diagram		
0.50	Squat / stoop / straddle	Squat, stoop or straddle on one foot before the other	X		
Optional Bonus	Sole circle** (Can come from a step on with no deduction)	Going round twice Going round more than twice Bent leg penalties			X
0.50	Jump to catch HB (NO composition deduction for jump to HB)	Failure to catch HB Lack of control in jump to HB	1.00 (Fall) + VM X	X	
0.50	Long upstart	Failure to complete upstart	1.00 (Fall) + VM		
0.50	Dismount*** – cast into any 'A' coded dismount	Cast penalties Element penalties	See cast diagram As CoP		

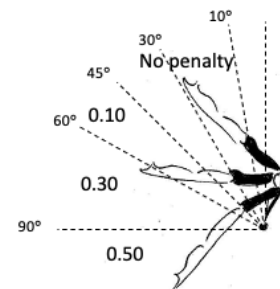
- *Bonus 0.30** Clear circle completed within 30° of handstand
- **Bonus 0.50** Sole circle
- ***Bonus 0.50** Salto dismount

Cast penalties



Clear circle to 45° penalties

0.30 bonus if completed within 30°



BARS – DEVELOPMENT GRADE 4

Uneven Bars – Set routine. Elements to be completed in the order specified – D Score 4.00 + bonus

These specific deductions are in addition to the bars specific apparatus deductions & general table of faults on pages 28 & 65

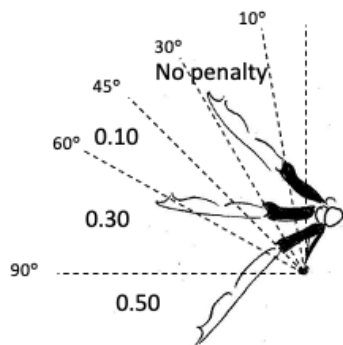
VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Mount – ½ turning float upstart (Legs together or straddled)	Failure to complete upstart	1.00 (Fall) + VM		
0.00	Cast into	Element penalties	As CoP		
0.50	Close bar element to 45° or above**	Performing a back hip or a sole circle	VM + empty swing penalty as CoP		
		Close bar to 45° penalties	See Close bar circle to 45° diagram		
0.00	Optional - Upstart (Legs together or straddled) <i>Gymnast may go straight from close bar into sole circle</i>	Failure to complete upstart	1.00 (Fall) + VM		
0.50	Squat / stoop / straddle / step on and Sole circle	Going round twice Going round more than twice Bent leg penalties	X 1.00 (Fall) As CoP		
0.50	Jump to catch HB (NO composition deduction for jump to HB)	Failure to catch HB Lack of control in jump to HB	1.00 (Fall) + VM X X		
0.50	Long upstart	Failure to complete upstart	1.00 (Fall) + VM		
0.50	Cast to Handstand*	Element penalties	See cast to handstand diagram		
0.50 Bonus	Optional Giant circle backwards	Element penalties	As CoP		
0.50	Dismount – into any 'A' coded dismount	Element penalties	As CoP		

***Bonus 0.30 Cast to handstand completed within 10°**

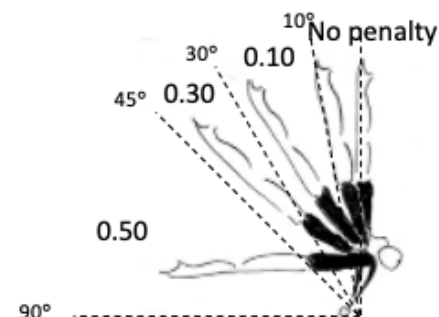
****Bonus 0.30 Clear circle completed within 30° of handstand**

Cast to handstand penalties

0.30 bonus if completed within 30°



Close bar element to 45° penalties



BEAM

BEAM – all Grades: - D Score = 4.00

BEAM HEIGHT 125cm for all grades – maximum length of exercise 1 minute 30 seconds

SET ELEMENTS within a voluntary exercise

Elements may be performed in any order except where stated otherwise

ADDITIONAL ELEMENTS

May be performed but will incur execution penalties as per FIG CoP

NON-ATTEMPT of an element – refer to Page 7

Deduction **2.00** (taken as a **NEUTRAL PENALTY**) + Value of Move [VM] (taken from the **D SCORE**). A non-attempt penalty should only be applied when the element has been COMPLETELY missed.

INCOMPLETE / FAILED ATTEMPT of an element

The VM penalty is taken from the **D SCORE**; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM.

SERIES BREAKS – refer to Page 7

Deduction 0.30 (dance) / 0.50 (mixed & acro) (taken as a NEUTRAL PENALTY) by the D Panel

NO HOLD – refer to Page 7

0.30 Neutral Penalty taken from Final score by the D Panel

INCORRECT ORDER OF ELEMENTS

Elements performed out of order will be subject to a deduction of 0.50 (taken as a NEUTRAL PENALTY) once only in routine.

Specific Apparatus Deductions for Beam

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

BEAM – PREPARATION GRADE 1

BEAM – TO BE PERFORMED ON FLOOR BEAM OR BENCH ONLY - Routine with set elements in set order – D Score 4.00

Maximum of 1 line to be performed. More than 1 lines 0.50 Neutral deduction to be taken.

These specific deductions are in addition to the beam specific apparatus deductions & general table of faults on pages 39 & 65 – 68.

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Mount Step onto beam / bench opposite end to dismount				
0.50	2 x leg kicks 1 on right leg 1 on left leg	Legs not straight Same leg used for both leg kicks Leg kicks below horizontal Only 1 leg kick performed	X	X	0.30 Neutral penalty (D Panel)
0.50	¼ turn to side and 2 x steps sideways in direction or dismount end	Legs not straight	X	X	
0.50	¼ turn to face mount end and 2 x steps backwards	Legs not straight	X	X	
0.50	Turn Spin prep on flat foot, toe to knee, (Hold for 2 seconds), Place foot back in front, Lift to toes and relevé ½ turn	Spin prep not held Lack of full relevé ½ turn not completed			0.30 Neutral penalty (D Panel)
0.50	Walk on toes to dismount end of the beam / bench	Walking not on toes	X	X	
0.50	Dismount From end of beam / bench, take off from two feet into stretched jump to dismount	Take off from 1 foot Insufficient height in jump Body alignment in stretched jump	X	X	VM

At this level, artistry deductions will not be applied.

BEAM – PREPARATION GRADE 2

BEAM – Routine with set elements in set order – D Score 4.00

Maximum of 2 lines to be performed. More than 2 lines 0.50 Neutral deduction to be taken.

These specific deductions are in addition to the beam specific apparatus deductions & general table of faults on pages 39 & 65 – 68.

Additional 20cm safety matting under the whole length of beam

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Mount Jump to front support – lift one leg over to cross sit				
0.50	2 x chassé steps 1 on right leg 1 on left leg	Feet not joined in chassé Same lead leg used for chassé Only 1 chasse performed	X		0.30 Neutral penalty (D Panel) VM
0.50	Dance series – From 2 feet, Stretched jump	Element penalties			As CoP
0.50	Turn to the side and 2 steps sideways Turn to front	Legs not straight	X	X	
0.50	2 steps backwards on toes	Steps not on toes	X	X	
0.50	Turn Spin prep on flat foot, toe to knee, (Hold for 2 seconds), Place foot back in front, Lift to toes and	Spin prep not held Lack of full relevé			0.30 Neutral penalty (D Panel) X
0.50	relevé ½ turn	½ turn not completed			VM
0.50	Balance stand (arabesque) on one flat foot with free leg held behind (minimum horizontal) straight legs throughout. (Hold for 2 seconds)	Arabesque not held Back leg below horizontal Chest not upright	X X	X	0.30 Neutral penalty (D Panel)
0.50	Dismount From end of beam, take off from two feet into stretched jump to dismount	Take off from 1 foot Insufficient height in jump Body alignment in stretched jump	X X		VM X

At this level, artistry deductions will not be applied.

BEAM – PREPARATION GRADE 3

BEAM – Routine with set elements in optional order – D Score 4.00

These specific deductions are in addition to the beam specific apparatus deductions & general table of faults on pages 39 & 65 – 68.

Additional 20cm safety matting under the whole length of beam

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Mount Jump to front support – lift one leg over to cross sit				
0.50 0.50	Dance series – From 2 feet, 2 x Stretched jumps connected to land on two feet (No arm swing during the connection)	Element penalties Series break (elements not connected or arm swing performed) Landing on one foot		As CoP 0.30 Neutral penalty (D Panel)	X each
0.50	Turn Spin prep on flat foot, toe to knee, (Hold for 2 seconds), Place foot back in front, Lift to toes, relevé ½ turn	Spin prep not held Lack of full relevé ½ turn not completed		0.30 Neutral penalty (D Panel) X	VM
0.50	Acro – Kick towards handstand with split legs to finish in brief lunge with arms by ears (may take arms out after this position shown) <i>Handstand position is not required to be fully reached or held</i>	Split penalties Arms not by ears in lunge		As CoP X	
0.50	Balance stand (arabesque) on one flat foot with free leg held behind (minimum horizontal) straight legs throughout. (Hold for 2 seconds)	Arabesque not held Back leg below horizontal Chest not upright		0.30 Neutral penalty (D Panel) X X	
0.50	Dismount From centre of beam, run and hurdle step to take off from two feet into stretched jump to dismount	Take off from 1 foot Insufficient height in jump Not starting in centre of the beam Not running along the beam		VM X X	X

ARTISTRY OF PERFORMANCE						COMPOSITION					
Insufficient artistry of performance throughout the exercise:						Insufficient use of entire apparatus:					
Poor body posture (head, shoulders, trunk)	Insufficient amplitude (maximum elongation of the movements)	Insufficient amplitude of leg swings or kicks	Poor foot work		Insufficient involvement of the body parts	Rhythm & Tempo:		Mount without DV	Lack of movements sideways (no DV)	Missing combination of movements/ elements close to beam	One-sided use of elements: More than one 1/2 turn on 2 feet with straight legs
			Feet not pointed/ relaxed/ turned in	Poor work in relevé		Insufficient variation in rhythm & tempo in movements (no DV)	Exercise as a series of disconnected elements & movements (lack of fluency)				
0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1

BEAM – PREPARATION GRADE 4

BEAM – Routine with set elements in optional order – D Score 3.50 or 4.00 + Bonus

These specific deductions are in addition to the beam specific apparatus deductions & general table of faults on pages 39 & 65 – 68.

Additional 20cm safety matting for the dismount

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Mount Any uncoded mount, or 'A' value mount	Mount more than 'A'	VM		
0.50 0.50	Dance series – (Specified order) From 2 feet, stretched jump to land on two feet connected to Tuck jump (No arm swing during the connection)	Element penalties Series break (elements not connected or arm swing performed) Landing on one foot Elements performed in incorrect order	As CoP 0.30 Neutral penalty (D Panel) X each 0.50 Neutral penalty (D Panel)		
0.50	Turn ½ spin on one foot to finish on toes into immediate relevé ½ turn on 2 feet (arms by ears throughout)	Either turn not complete Relevé ½ not immediate (Series break) Lack of full relevé Arms not by ears	VM 0.30 Neutral penalty (D Panel) X X		
0.50	Acro D Score 3.50 Kick to handstand legs together, split legs to land in lunge with arms by ears (may take arms out after this position shown)	Handstand position not reached within 10° Arms not by ears in lunge	X	VM	
	Or				
1.00	Acro D Score 4.00 Cartwheel ¼ turn inwards	Element penalties No ¼ inwards	As CoP X		
0.50	Split Jump*	Element penalties Landing on one foot	As CoP X		
0.50	Dismount Round-off from end of beam (placing hands on beam and feet on floor) landing on additional 20cm safety matting	Legs not joining in flight phase Lack of flight	X X	X	

***Bonus 0.30 For 180° split with no tolerance**

ARTISTRY OF PERFORMANCE							COMPOSITION				
Insufficient artistry of performance throughout the exercise:							Rhythm & Tempo:				
Poor body posture (head, shoulders, trunk)	Insufficient amplitude (maximum elongation of the movements)	Insufficient amplitude of leg swings or kicks	Poor foot work		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)	Mount without DV	Insufficient use of entire apparatus:		One-sided use of elements: More than one 1/2 turn on 2 feet with straight legs
			Feet not pointed/ relaxed/ turned in	Poor work in relevé					Lack of movements sideways (no DV)	Missing combination of movements/ elements close to beam	
0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1

BEAM – DEVELOPMENT GRADE 1

BEAM – Routine with set elements in optional order – D Score 4.00 + Bonus

These specific deductions are in addition to the beam specific apparatus deductions & general table of faults on pages 39 & 65 – 68.

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.00	Mount Any FIG Coded 'A' Mount – All mounts without DV will be commonly recognised as an 'A' except lift one leg over to sit, simple jump to sit or kneel or to land on 2 feet	Element penalties Mount not coded, or valued higher than 'A'	As CoP 0.30 Neutral Penalty (D Panel)		
0.50 0.50	Dance series – (Any order) Split jump* connected to Stretched jump from two feet to land on two feet (No arm swing during the connection)	Element penalties Series break (elements not connected or arm swing performed) Landing on one foot	As CoP 0.30 Neutral Penalty (D Panel) X each		
0.50	Turn ½ spin on one foot to finish on toes into immediate relevé ½ turn on 2 feet (arms by ears throughout) Or Full spin on one foot (any position or direction)	Either turn not complete Relevé ½ not immediate (Series break) Lack of full relevé Arms not by ears Element penalties	VM 0.30 Neutral penalty (D Panel) X X As CoP		
0.50	Acro Optional coded acro element with or without flight** but must have hand support	Element penalties Acro element performed without hand support If handstand performed and not held	As CoP VM VM		
0.50	Additional leap or jump from the following: Sissone* Split leap* Tuck jump W (wolf) jump	Element penalties	As CoP		
0.50	Dismount Tuck front somersault	Element penalties Take off from 1 foot Salto not tucked	As CoP VM VM		

***Bonus 0.30 For 180° split with no tolerance – Awarded once only**

**can include Handstand hold for 2 secs (4.103) & backward roll (4.105)

ARTISTRY OF PERFORMANCE						COMPOSITION					
Insufficient artistry of performance throughout the exercise:						Insufficient use of entire apparatus:					
Poor body posture (head, shoulders, trunk)	Insufficient amplitude (maximum elongation of the movements)	Insufficient amplitude of leg swings or kicks	Poor foot work		Insufficient involvement of the body parts	Rhythm & Tempo: Insufficient variation in rhythm & tempo in movements (no DV)	Exercise as a series of disconnected elements & movements (lack of fluency)	Mount without DV	Lack of movements sideways (no DV)	Missing combination of movements/ elements close to beam	One-sided use of elements: More than one 1/2 turn on 2 feet with straight legs
			Feet not pointed/ relaxed/ turned in	Poor work in relevé							
0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1

BEAM – DEVELOPMENT GRADE 2

BEAM – Routine with set elements in optional order – D Score 4.00 + Bonus

These specific deductions are in addition to the beam specific apparatus deductions & general table of faults on pages 39 & 65 – 68.

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.00	Mount Any FIG Coded 'A' Mount – All mounts without DV will be commonly recognised as an 'A' except lift one leg over to sit, simple jump to sit or kneel or to land on 2 feet	Element penalties Mount not coded, or valued higher than 'A'	As CoP 0.30 Neutral Penalty (D Panel)		
0.50 0.50	Dance series – (Any order) Split jump* connected to Any 'A' coded or additional** listed uncoded leap, jump or hop (No arm swing during the connection)	Element penalties Series break (elements not connected or arm swing performed) Optional leap, jump or hop not 'A' or listed uncoded	As CoP 0.30 Neutral Penalty (D Panel) VM		
0.50	Acro Cartwheel ¼ turn inwards (may be connected to dismount)	Element penalties No ¼ inwards	As CoP X		
0.50	Turn Full spin on one foot (any position or direction)	Element penalties	As CoP		
0.50 0.50	Mixed Series (Any order - Saltos and aerials not permitted) Any different FIG coded acro element (including fwd/bwd rolls) connected to Any 'A' coded or additional** listed uncoded leap, jump or hop that hasn't been used in dance series	Element penalties Acro element performed without hand support Series break (elements not connected)	As CoP VM 0.50 Neutral Penalty (D Panel)		
0.50	Dismount Tuck Back somersault (may be connected to cartwheel ¼ inwards)	Element penalties Salto not tucked	As CoP VM		

***Bonus 0.30 For 180° split jump with no tolerance**

**Additional dance elements that can be used at this grade:

- Tuck jump
- Changement
- Straight jump

ARTISTRY OF PERFORMANCE							COMPOSITION				
Insufficient artistry of performance throughout the exercise:						Rhythm & Tempo:		Mount without DV	Insufficient use of entire apparatus:		
Poor body posture (head, shoulders, trunk)	Insufficient amplitude (maximum elongation of the movements)	Insufficient amplitude of leg swings or kicks	Poor foot work		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)		Lack of movements sideways (no DV)	Missing combination of movements/ elements close to beam	One-sided use of elements: More than one 1/2 turn on 2 feet with straight legs
			0.1	0.1				0.1			

BEAM – DEVELOPMENT GRADE 3

BEAM – Routine with set elements in optional order – D Score 4.00 + Bonus

These specific deductions are in addition to the beam specific apparatus deductions & general table of faults on pages 39 & 65 – 68.

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Mount Any FIG Coded Mount – All mounts without DV will be commonly recognised as an ‘A’ except lift one leg over to sit, simple jump to sit or kneel or to land on 2 feet	Element penalties Mount not coded	As CoP VM		
0.50 0.50	Dance series – (Any order)** Connection of 2 different FIG coded or listed uncoded dance elements* to include one leap or jump with 180° split (cross or side) or straddle.	Element penalties Series break (elements not connected) Either leap or jump not coded	As CoP 0.30 Neutral Penalty (D Panel) VM each		
0.50	Turn Full spin on one foot (any position or direction)	Element penalties	As CoP		
0.50	Acro Any FIG coded backwards acro element with hand support (Can include a backward roll)	Element penalties Acro element performed without hand support / backward roll performed to knees	As CoP VM		
0.50 0.50	Mixed Series – (Any order) Cartwheel Cat leap	Element penalties Series break (elements not connected)	As CoP 0.50 Neutral Penalty (D Panel)		
0.50	Dismount Tuck or a Pike front somersault	Element penalties Take off from 1 foot	As CoP VM		

****Bonus 0.30 For 180° split with no tolerance – Awarded once only**

*Additional dance elements that can be used at this grade:

Tuck jump

Changement

ARTISTRY OF PERFORMANCE							COMPOSITION				
Insufficient artistry of performance throughout the exercise:						Rhythm & Tempo:		Mount without DV	Insufficient use of entire apparatus:		One-sided use of elements: More than one 1/2 turn on 2 feet with straight legs
Poor body posture (head, shoulders, trunk)	Insufficient amplitude (maximum elongation of the movements)	Insufficient amplitude of leg swings or kicks	Poor foot work		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)		Lack of movements sideways (no DV)	Missing combination of movements/ elements close to beam	
			0.1	0.1				0.1			0.1

BEAM – DEVELOPMENT GRADE 4

BEAM – Routine with set elements in optional order – D Score 4.00 + Bonus

These specific deductions are in addition to the beam specific apparatus deductions & general table of faults on pages 39 & 65 – 68.

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Mount Any FIG Coded Mount – All mounts without DV will be commonly recognised as an ‘A’ except lift one leg over to sit, simple jump to sit or kneel or to land on 2 feet	Element penalties Mount not coded		As CoP VM	
0.50 0.50	Dance series – (Any order)* Connection 2 different ‘A’ or ‘B’ dance elements to include one leap or jump with 180° split (cross or side) or straddle. Must include a minimum 1 ‘B’ element	Element penalties Series break (elements not connected) Leap/jump/hop higher than ‘B’		As CoP 0.30 Neutral Penalty (D Panel) VM (+CoP Penalties)	
0.50	Acro Any minimum ‘B’ acro element	Element penalties		As CoP	
0.50	Turn Full spin on one foot (any position or direction)	Element penalties		As CoP	
0.50	‘B’ (min) coded jump or leap (not mount) in side or cross position* Must NOT be part of dance series	Element penalties Element not coded / used in dance series		As CoP VM	
0.50 0.50	Dismount Any ‘A’ or different ‘B’ coded acro element into any ‘A’ or ‘B’ coded salto	Element penalties Salto more than ‘B’ Series break (elements not connected) Repeated ‘B’ acro element on the beam		As CoP VM 0.50 Neutral Penalty (D Panel) VM	

***Bonus 0.30 For 180° split with no tolerance – Awarded once only**

ARTISTRY OF PERFORMANCE								COMPOSITION			
Insufficient artistry of performance throughout the exercise:						Rhythm & Tempo:		Mount without DV	Insufficient use of entire apparatus:		One-sided use of elements: More than one 1/2 turn on 2 feet with straight legs
Poor body posture (head, shoulders, trunk)	Insufficient amplitude (maximum elongation of the movements)	Insufficient amplitude of leg swings or kicks	Poor foot work		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)		Lack of movements sideways (no DV)	Missing combination of movements/ elements close to beam	
			Feet not pointed/ relaxed/ turned in	Poor work in relevé							
0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	

FLOOR

FLOOR – all Grades: - D Score = 4.00

Maximum length of exercise 1 minute 30 seconds

ADDITIONAL ELEMENTS

Additional elements may be performed but will incur execution penalties as FIG CoP

SET ELEMENTS within a voluntary exercise

Elements may be performed in any order except where stated otherwise

SPINS

All spins may be performed in any position and either direction i.e. forwards or backwards

PASSAGE OF DANCE

A dance passage is composed of 2 leaps / hops (different unless otherwise specified) connected indirectly (with running steps, small leaps, hops, chassé, chaîné turns), one of them with 180° split (cross or side) or straddle position.

ACRO LINES / ACRO ELEMENTS within an exercise

- Acro lines may be performed in any order, but the elements within the series must be performed in the order stated
- Individual saltos may be performed as the last acro line
- Acro elements may be performed after the last acro line
- Landings should be controlled and additional jump / leaps should not be performed out of a salto
- Controlled rebounds are permitted out of handspring and flic to 2

NON-ATTEMPT of an element – refer to Page 7

Deduction **2.00** (taken as a **NEUTRAL PENALTY**) + Value of Move [VM] (taken from the **D SCORE**). A non-attempt penalty should only be applied when the element has been COMPLETELY missed.

INCOMPLETE / FAILED ATTEMPT of an element

The VM penalty is taken from the **D SCORE**; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.

SERIES BREAKS – refer to Page 7

Deduction 0.50 (taken as a NEUTRAL PENALTY) by the D Panel

INCORRECT ORDER OF ELEMENTS

Elements performed out of order will be subject to a deduction of 0.50 (taken as a NEUTRAL PENALTY) once only in routine.

Specific Apparatus Deductions for Floor

Faults	0.10
<p>Excessive preparation</p> <ul style="list-style-type: none"> – Adjustment (<i>steps without choreography</i>) – Excessive arm swing before dance elements – Pause (<i>apply at 2 seconds</i>) 	<p>ea X</p> <p>ea X</p> <p>ea X</p>
<p>Distribution of elements</p> <ul style="list-style-type: none"> – 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) – More than 1 subsequent acro line – Exercise ends with acro element (no choreography after last acro) 	<p>X</p> <p>ea X</p> <p>ea X</p> <p>X</p>

FLOOR – PREPARATION GRADE 1

FLOOR – Routine with set elements in optional order– D Score 4.00

Choreography between elements is not required but can be performed.

These specific deductions are in addition to the floor specific apparatus deductions & general table of faults on pages 50 & 65 – 68.

Music at this level is not required. Routine to be performed on a strip of floor 12m long x 2m wide

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	From flat lie: Log roll	Dish shape not shown Arch shape not shown Legs Apart Arms not by ears throughout		X X	
0.50	From standing: Forward roll to stand	Rolling on top of head Failure to stand		VM 1.00 (Fall) + VM	
0.50	Kick towards handstand, return to stand	Element penalties			As Cop
0.50	2 x chassé steps forwards	Feet not joining in chassé Only 1 chasse performed	X		0.30 Neutral Penalty (D Panel)
0.50	2 x chassé steps sideways	Feet not joining in chassé Only 1 chasse performed	X		0.30 Neutral Penalty (D Panel)
0.50	From standing, crouch down to sit and: Rock backwards and Rock forwards to tuck sit (optional exit)	Element penalties Knees not to chest in rocking position Series break (definitive break only)	X	X	0.50 Neutral Penalty (D Panel)
0.50	Cartwheel (no deduction if this doesn't pass through vertical)	Lack of split Bent legs	X X	X X	
0.50	Straight jump	Element penalties			As CoP
0.50	Arabesque on one flat foot with free leg behind (Hold)	Leg below horizontal Arabesque not held	X	X	0.30 Neutral Penalty (D Panel)

At this level, artistry deductions will not be applied.

FLOOR – PREPARATION GRADE 2

FLOOR – Routine with set elements in optional order – D Score 4.00

These specific deductions are in addition to the floor specific apparatus deductions & general table of faults on pages 50 & 65 – 68.

Music at this level is optional - Recommended maximum length of music – 1 minute

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50 0.50	Dance passage – to include Cat leap Scissor kick	Element penalties Dance elements directly connected without a passage of dance between	As CoP 0.30 Neutral Penalty (D Panel)		
0.50	Backward roll (optional exit)	Element penalties	As CoP		
0.50	Forward roll (optional exit)	Element penalties	As CoP		
0.50	Turn ½ spin on one foot (any position or direction)	Element penalties	As Cop		
0.50	Acro Handstand	Element penalties	As Cop		
0.50 0.50	Acro Line Chassé step Cartwheel Chassé step cartwheel	Element penalties Missing Chassé Feet not joining in chassé	As Cop X X		
0.50	Jump Straight jump ½ turn	Element penalties	As CoP		

At this level, artistry deductions will not be applied.

FLOOR – PREPARATION GRADE 3

FLOOR – Routine with set elements in optional order – D Score 4.00 + Bonus

These specific deductions are in addition to the floor specific apparatus deductions & general table of faults on pages 50 & 65 – 68.

Recommended maximum length of music – 1 minute 10 seconds

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50 0.50	Dance passage – to include Cat leap Scissor kick	Element penalties Dance elements directly connected without a passage of dance between	As CoP 0.30 Neutral Penalty (D Panel)		
0.50	Choice of: Tic-toc, backward walkover, or forward roll to straddle sit	Element penalties Failure to kick back over to stand	As CoP 1.00 (Fall) + VM		
0.50	Turn Full spin on one foot (any position or direction)	Element penalties	As Cop		
0.50	Acro Handstand forward roll with straight arms to stand with feet together	Element penalties	As Cop		
0.50 0.50	Acro Line Cartwheel front to back into immediate backward roll to stand	Element penalties Cartwheel not front to back Series break (definitive break only)	As Cop X 0.50 Neutral Penalty (D Panel)		
0.50	Jump* Star jump or Split jump*	Element penalties	As CoP		

***Bonus 0.30 For split jump**

ARTISTRY OF PERFORMANCE						COMPOSITION			MUSIC AND MUSICALITY		
<i>Insufficient artistry of performance throughout the exercise:</i>						<i>Insufficient complexity or creativity of movements:</i>			<i>Musicality:</i>		
Poor body posture (head, shoulders, trunk)	Insufficient amplitude (maximum elongation of the movements)	<u>Poor foot work</u> 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 / 0.2	0.1	0.1	0.1	0.1	0.1	0.1 / 0.3	

FLOOR – PREPARATION GRADE 4

FLOOR – Routine with set elements in optional order – D Score 3.50 or 4.00 + Bonus

These specific deductions are in addition to the floor specific apparatus deductions & general table of faults on pages 50 & 65 – 68.

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50 0.50	Dance passage – to include Split leap* Catleap	Element penalties Dance elements directly connected without a passage of dance between	As CoP 0.30 Neutral Penalty (D Panel)		
0.50	Acro – choice of Backward walkover <i>or</i> Forward walkover <i>or</i> Tic-Toc	Element penalties	As Cop		
0.50	Turn Full spin on one foot (any position or direction)	Element penalties	As Cop		
0.50	Acro Handstand forward roll with straight arms and straight legs (may use hands at sides of legs to aid stand) – to finish in dish stand with feet together.	Bent arms in handstand forward roll Standing with bent legs	X	X X	X
0.50 0.50	Acro Line round off immediate stretched jump into piked backward roll with straight arms and legs together to front support	Element penalties Bent arms in pike backward roll Bent legs in pike backward roll Series break (definitive break only)	X X	X X	X X 0.50 Neutral Penalty (D Panel)
0.50	Jump Split jump* immediate straight jump (No arm swings)	Element penalties Series break (elements not connected or arm swing performed)	As CoP 0.30 Neutral Penalty (D Panel)		

***Bonus 0.30 For 180° split with no tolerance – Awarded once only**

ARTISTRY OF PERFORMANCE					COMPOSITION			MUSIC AND MUSICALITY			
<i>Insufficient artistry of performance throughout the exercise:</i>					<i>Insufficient complexity or creativity of movements:</i>			<i>Musicality:</i>			
Poor body posture (head, shoulders, trunk)	Insufficient amplitude (maximum elongation of the movements)	<u>Poor foot work</u> 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 / 0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1 / 0.3

FLOOR – DEVELOPMENT GRADE 1

FLOOR – Routine with set elements in optional order – D score 4.00 + Bonus

These specific deductions are in addition to the floor specific apparatus deductions & general table of faults on pages 50 & 65 – 68.

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50 0.50	Acro Line Roundoff Flic to 2 feet (A controlled rebound is allowed with no penalty)	Element penalties Flic to 1 foot Series break (elements not connected)	As CoP X 0.50 Neutral Penalty (D Panel)		
0.50 0.50	Dance passage – to include** Split leap Split leap	Element penalties Dance elements directly connected without a passage of dance between	As CoP 0.30 Neutral Penalty (D Panel)		
0.50	Acro Line Handspring to 1 or 2 feet (A controlled rebound is allowed with no penalty)	Element penalties	As CoP		
0.50	Turn Full spin on one foot (any position or direction)	Element penalties	As Cop		
0.50 0.50	Mixed Series - (Cannot be combined with any acro lines)* Optional elements to include a dance element	Element penalties Series break (elements not connected) Elements not in CoP or a split leap used	As CoP 0.50 Neutral Penalty (D Panel) VM		
0.50	Acro Line Tuck front salto	Element Penalties Landing on 1 foot Salto not tucked	As CoP 0.30 Neutral Penalty (D Score) VM		

* Additional elements that can be used in mixed series:

Acro – Backward walkover, forward walkover, Tic-toc, Cartwheel, forward roll, backward roll

Dance – tuck jump, straight jump

****Bonus 0.30 For 180° split with no tolerance – Awarded once only**

ARTISTRY OF PERFORMANCE						COMPOSITION			MUSIC AND MUSICALITY		
<i>Insufficient artistry of performance throughout the exercise:</i>						<i>Insufficient complexity or creativity of movements:</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	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	0.1	0.1	0.1	0.1	0.1	0.1	0.1 / 0.3

FLOOR – DEVELOPMENT GRADE 2

FLOOR – Routine with set elements in optional order – D score 4.00 + Bonus

These specific deductions are in addition to the floor specific apparatus deductions & general table of faults on pages 50 & 65 – 68.

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Acro Line Roundoff	Element penalties	As CoP		
0.50	2 flics to 2 feet together (A controlled rebound is allowed with no penalty)	Missing flic	VM each		
0.50		Missing both flics	VM + 1 x NA (D Panel)		
0.50		Series break (elements not connected)	0.50 Neutral Penalty (D Panel) ea		
	Dance passage – to include*		As CoP		
0.50	Split leap	Dance elements directly connected without a passage of dance between	0.30 Neutral Penalty (D Panel)		
0.50	A different FIG coded 'A' or 'B' leap or hop	Optional element not coded or higher than 'B'	VM		
	Acro Line Round off	Element penalties	As CoP		
	Optional flic	Salto not tucked	VM		
0.50	Tuck back salto	Series break (elements not connected)	0.50 Neutral Penalty (D Panel)		
	Turn		As Cop		
0.50	Full spin on one foot (any position or direction)	Element penalties	As Cop		
	Mixed Series* - (Cannot be combined with any acro lines)		As CoP		
0.50	Optional elements – dance element must be different to those used in leap series	Series break (elements not connected)	0.50 Neutral Penalty (D Panel)		
0.50		Elements not in CoP and / or not different to leap series	VM		
	Acro Line		As CoP		
0.50	Handspring to 2 feet	Element Penalties	As CoP		
	run	Handspring landing on 1 foot	0.30 Neutral Penalty (D Panel)		
		Salto not tucked	VM		
0.50	tuck front salto	Elements performed in incorrect order	0.50 Neutral Penalty (D Panel)		

* **Additional elements that can be used in mixed series:**

Acro – Backward walkover, forward walkover, Tic-toc, Cartwheel

Dance – tuck jump

***Bonus 0.30 For 180° split with no tolerance – Awarded once only**

ARTISTRY OF PERFORMANCE						COMPOSITION			MUSIC AND MUSICALITY		
<i>Insufficient artistry of performance throughout the exercise:</i>						<i>Insufficient complexity or creativity of movements:</i>			<i>Musicality:</i>		
Poor body posture (head, shoulders, trunk)	Insufficient amplitude (maximum elongation of the movements)	<u>Poor foot work</u> 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	0.1	0.1	0.1	0.1	0.1	0.1	0.1 / 0.3

FLOOR – DEVELOPMENT GRADE 3

FLOOR – Routine with set elements in optional order – D score 4.00 + Bonus

These specific deductions are in addition to the floor specific apparatus deductions & general table of faults on pages 50 & 65 – 68.

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50 0.50	Acro Line Round off Optional flic Tuck back salto*	Element penalties Series break (elements not connected)	As CoP 0.50 Neutral Penalty (D Panel)		
0.50 0.50	Dance passage – to include** Change leg split leap A different FIG coded ‘A’ or ‘B’ leap or hop	Element penalties Dance elements directly connected without a passage of dance between Optional element not coded or higher than ‘B’	As CoP 0.30 Neutral Penalty (D Panel) VM		
0.50	Choice of – Dive cartwheel or Free cartwheel	Element penalties	As CoP		
0.50	Mixed Series* - Optional elements – dance element must be different Can be combined with Dive cartwheel or Free cartwheel	Element penalties Series break (elements not connected) Elements not in CoP and / or repeated dance element	As CoP 0.50 Neutral Penalty (D Panel) VM		
0.50	Turn Minimum ‘B’ coded spin on one foot (any position or direction)	Element penalties Turn not complete or not a ‘B’ or more	As Cop VM		
0.50	Additional leap, jump or hop* - Optional different minimum coded leap, jump or hop	Element penalties Elements not in CoP / or repeated dance element	As CoP VM		
0.50/0.50 0.50/0.50	Acro Line – Choice of: Handspring to 2 feet Immediate tuck front salto or tuck front salto walkout to roundoff	Element Penalties Handspring landing on 1 foot Salto not tucked Series break (elements not connected) Both feet landing simultaneously on tuck front walkout	As CoP X VM 0.50 Neutral Penalty (D Panel) X		

***Bonus 0.30**

For straight back salto

****Bonus 0.30**

For 180° split with no tolerance – Awarded once only

ARTISTRY OF PERFORMANCE						COMPOSITION			MUSIC AND MUSICALITY		
Insufficient artistry of performance throughout the exercise:						Insufficient complexity or creativity of movements:			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 / 0.3	

FLOOR – DEVELOPMENT GRADE 4

FLOOR – Routine with set elements in optional order – D score 4.00 + Bonus

These specific deductions are in addition to the floor specific apparatus deductions & general table of faults on pages 50 & 65 – 68.

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50 0.50	Acro Line Round off Optional flic Straight back salto	Element penalties Series break (elements not connected) Salto not straight	As CoP 0.50 Neutral Penalty (D Panel) VM		
0.50 0.50	Dance passage – to include* Change leg split leap A different FIG coded minimum ‘B’ leap or hop	Element penalties Dance elements directly connected without a passage of dance between Optional element not coded or higher than ‘B’	As CoP 0.30 Neutral Penalty (D Panel) VM		
0.50	Acro Line – Optional acro line of minimum 2 elements to include an ‘A’ coded salto	Element penalties Salto not ‘A’ Series break (elements not connected)	As CoP VM 0.50 Neutral Penalty (D Panel)		
0.50	Turn Minimum ‘B’ coded spin on one foot (any position or direction)	Element penalties Turn not complete or not a ‘B’ or more	As Cop VM		
0.50	Additional leap, jump or hop* - Optional different minimum ‘B’ coded leap, jump or hop	Element penalties Elements not in CoP / or not minimum ‘B’ value / or not different to dance passage	As CoP VM		
0.50	Acro Line Pike front or Straight front salto (optional entry)	Element Penalties Salto not piked or straight	As CoP VM		

***Bonus 0.30 For straight back salto with ½ twist or 1/1 twist**

****Bonus 0.30 For 180° split with no tolerance – Awarded once only**

ARTISTRY OF PERFORMANCE						COMPOSITION			MUSIC AND MUSICALITY		
<i>Insufficient artistry of performance throughout the exercise:</i>						<i>Insufficient complexity or creativity of movements:</i>			<i>Editing of music:</i>	<i>Musicality:</i>	
Poor body posture (head, shoulders, trunk)	Insufficient amplitude (maximum elongation of the movements)	<u>Poor foot work</u> 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
0.1	0.1	0.1	0.1	0.1 / 0.3	0.1	0.1	0.1	0.1	0.1	0.1 / 0.3	

RANGE & CONDITIONING

RANGE & CONDITIONING – all Grades: - D Score = 4.00

Maximum length of exercise 1 minute 30 seconds

SET ELEMENTS

Elements must be performed in the stated order

INCORRECT ORDER OF ELEMENTS

Elements performed out of order will be subject to a deduction of 0.50 (taken as a NEUTRAL PENALTY) once only in routine.

NON-ATTEMPT of an element – refer to Page 7

Deduction **2.00** (taken as a **NEUTRAL PENALTY**) + Value of Move [VM] (taken from the **D SCORE**). A non-attempt penalty should only be applied when the element has been COMPLETELY missed.

INCOMPLETE / FAILED ATTEMPT of an element

The VM penalty is taken from the **D SCORE**; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.

LACK OF FLUENCY

Lack of fluency / pace throughout the exercise (going too slow throughout and or holding the holds for too long) is subject to a **NEUTRAL PENALTY 0.10 or 0.30**. This penalty can be applied in addition to the time penalty.

RANGE & CONDITIONING – PREPARATION GRADE 1 & 2

RANGE & CONDITIONING – Routine with set elements in optional order – D score 4.00

These specific deductions are in addition to the general table of faults & Technical Directives on pages 65 – 68.

Strip of firm matting

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Crouch down and forward roll (bent or straight arms – pause in shoulder stand not necessary) to straddle sit (show position)	Execution Penalties	As CoP		
0.50	Without changing leg position, lift arms above head and keeping back straight, lean forwards to Japana position. HOLD for 2 seconds Sit back up and bring leg together in front of you	Back not straight during lean forwards Widening legs before japana fold Torso not close to floor in hold position Position not held for 2 seconds	X		0.30 Neutral Penalty (D Panel)
0.50	Swing one leg backwards to sit in splits HOLD for 2 seconds	Lack of flexibility in splits Hands on floor in hold position Position not held for 2 seconds		X	0.30 Neutral Penalty (D Panel)
0.50	½ turn to sit in splits on other leg (may use hands in transition without penalty) HOLD for 2 seconds	Lack of flexibility in splits Hands on floor in hold position Position not held for 2 seconds		X	0.30 Neutral Penalty (D Panel)
0.50	<i>Bring back leg forwards to long sit with legs together</i> Lift arms to ears and pike fold placing hands flat on floor beside feet Show position	Insufficient pike Position not shown			0.30 Neutral Penalty (D Panel)
0.50	<i>Lie on back and lift to dish</i> Show position	Insufficient shoulder extension Position not shown	X	X	0.30 Neutral Penalty (D Panel)
0.50	<i>Roll over to front arch</i> Show position	Arms not by ears Lack of dish / arch Bent legs Position not shown	X	X	0.30 Neutral Penalty (D Panel)
0.50	Press to front support	Elements penalties Shoulders not over hands in front support			As CoP
0.50	Squat in and stand	Failure to squat in	X	X	0.30 Neutral Penalty (D Panel)
		Lack of fluency throughout the exercise	X	X	

RANGE & CONDITIONING – PREPARATION GRADE 3 & 4

RANGE & CONDITIONING – Routine with set elements in optional order – D score 4.00

These specific deductions are in addition to the general table of faults & Technical Directives on pages 65 – 68.

Strip of firm matting

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Crouch down and forward roll (bent or straight arms – pause in shoulder stand not necessary) to straddle sit (show position)	Execution Penalties	As CoP		
0.50	Lift to straddle lever hold with feet higher than hips. HOLD for 2 seconds Lower to straddle sit position	Legs held at or below horizontal Position not held for 2 seconds	X	X	0.30 Neutral Penalty (D Panel)
0.50	Without changing leg position, lift arms above head and keeping back straight, lean forwards to Japana position. HOLD for 2 seconds	Back not straight during lean forwards Widening legs before japana fold Torso not close to floor in hold position Position not held for 2 seconds	X X X		0.30 Neutral Penalty (D Panel)
0.50	Take legs backwards (swim through) to join together with arms by ears. Push up to front support with toes pointed. HOLD for 2 seconds	Lack of splits in swim through Position not held for 2 seconds	X	X	0.30 Neutral Penalty (D Panel)
0.50	Swing one leg forwards to sit in splits HOLD for 2 seconds	Lack of flexibility in splits Hands on floor in hold position Position not held for 2 seconds		As CoP X	0.30 Neutral Penalty (D Panel)
0.50	½ turn to sit in splits on other leg (may use hands in transition without penalty) HOLD for 2 seconds	Lack of flexibility in splits Hands on floor in hold position Position not held for 2 seconds		As CoP X	0.30 Neutral Penalty (D Panel)
0.50	<i>Bring back leg forwards to long sit with legs together</i> Lift arms to ears and pike fold placing hands flat on floor beside feet Hold position for 2 seconds	Insufficient pike Position not held for 2 seconds		As CoP	0.30 Neutral Penalty (D Panel)
0.50	<i>Lie on back and</i> push to bridge with feet together. Straighten legs and Hold position for 2 seconds	Insufficient shoulder extension Position not held for 2 seconds	X	X	0.30 Neutral Penalty (D Panel)
0.50	<i>Lie on back and</i> lift to dish Show position	Insufficient shoulder extension Position not shown		As CoP	0.30 Neutral Penalty (D Panel)
0.50	<i>Roll over to front arch</i> Show position	Arms not by ears Lack of dish / arch Bent legs Position not shown	X X	X X	0.30 Neutral Penalty (D Panel)
0.50	Press to front support	Failure to achieve deep squat Free leg touching the floor	X	X X	
0.50	Squat in and stand	Failure to squat in			0.30 Neutral Penalty (D Panel)
		Lack of fluency throughout the exercise	X	X	

RANGE & CONDITIONING – DEVELOPMENT GRADE 1 & 2

RANGE & CONDITIONING – Routine with set elements in optional order – D score 4.00

These specific deductions are in addition to the general table of faults & Technical Directives on pages 65 – 68.

Strip of firm matting

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	Start in straddle stand. Place hands on floor and straddle press to handstand (elephant lift). HOLD handstand for 2 seconds Pike down from handstand with legs together and stand up with straight back and arms by ears.	Jump to handstand instead of lever up Pike down not attempted Position not held for 2 seconds	0.30 Neutral Penalty (D Panel) VM 0.30 Neutral Penalty (D Panel)		
<i>If fall occurs in handstand – gymnast must kick back up to handstand and perform pike down</i>					
0.50	Pike fold with hands flat on the floor HOLD for 2 seconds	Insufficient pike Position not held for 2 seconds	As CoP 0.30 Neutral Penalty (D Panel)		
0.50	From bent or straight legs push back and backward roll with straight arms to front support	Failure to keep tight shape in front support	X		
0.50	Squat feet in and from crouch, forward roll (bent or straight arms – pause in shoulder stand not necessary) to straddle sit and lift to straddle lever hold with feet higher than hips. HOLD for 2 seconds	Legs held at or below horizontal Position not held for 2 seconds	X	X	0.30 Neutral Penalty (D Panel)
0.50	Lower to straddle sit position - Without changing leg position, lift arms above head and keeping back straight, lean forwards to Japana position. HOLD for 2 seconds	Back not straight during lean forwards Torso not close to floor in hold position Position not held for 2 seconds	X	X	0.30 Neutral Penalty (D Panel)
0.50	Take legs backwards (swim through) to join together with arms by ears. Push up to front support with toes pointed HOLD for 2 seconds	Lack of flexibility in swim through Position not held for 2 seconds	As CoP 0.30 Neutral Penalty (D Panel)		
0.50	Swing one leg forwards to sit in splits HOLD for 2 seconds with hands off floor and arms sideways at horizontal	Lack of flexibility in splits Hands touching floor in hold position Position not held for 2 seconds	As CoP X 0.30 Neutral Penalty (D Panel)		
0.50	½ turn to sit in splits on other leg (may use hands in transition) HOLD for 2 seconds with hands off floor and arms sideways at horizontal	Lack of flexibility in splits Hands touching floor in hold position Position not held for 2 seconds	As CoP X 0.30 Neutral Penalty (D Panel)		
0.50	Bring back leg forwards to long sit. Lift arms to ears and pike fold placing hands flat on floor at the sides of feet. HOLD for 2 seconds	Insufficient pike Position not held for 2 seconds	As CoP 0.30 Neutral Penalty (D Panel)		
0.50	Lie on back and push to bridge with feet together. Straighten legs and HOLD for 2 seconds	Insufficient shoulder extension Position not held for 2 seconds	X	X	0.30 Neutral Penalty (D Panel)
0.50	Lift one leg straight to vertical – hold not required - (may move support leg) and kick over through split handstand to stand	Lack of flexibility in split Failure to kick over to stand	As CoP 1.00 (Fall) + VM		
0.50	Split jump (leg of choice)	Element penalties	As CoP		
0.50	Straight jump (jumps to be linked but not rebounding)	Element penalties	As CoP		
		Lack of fluency throughout the exercise	X	X	

RANGE & CONDITIONING – DEVELOPMENT GRADE 3 & 4

RANGE & CONDITIONING – Routine with set elements in optional order – D score 4.00

These specific deductions are in addition to the general table of faults & Technical Directives on pages 65 – 68.

Strip of firm matting

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.10	0.10
0.50	Start in straddle stand. Place hands on floor and straddle press to handstand (elephant lift). HOLD handstand for 2 seconds Pike down from handstand with legs together and stand up with straight back and arms by ears.	Jump to handstand instead of lever up Pike down not attempted Position not held for 2 seconds	0.30 Neutral Penalty (D Panel) VM 0.30 Neutral Penalty (D Panel)		
<i>If fall occurs in handstand – gymnast must kick back up to handstand and perform pike down</i>					
0.50	Pike fold with hands flat on the floor HOLD for 2 seconds	Insufficient pike Position not held for 2 seconds	As CoP 0.30 Neutral Penalty (D Panel)		
0.50	From bent or straight legs push back and backward roll with straight arms through handstand to front support	Failure to pass through handstand Failure to keep tight shape in front support	X	X	X
0.50	Squat feet in and from crouch, forward roll (bent or straight arms – pause in shoulder stand not necessary) to straddle sit and lift to straddle lever hold with feet higher than hips. HOLD for 2 seconds	Legs held at or below horizontal Position not held for 2 seconds	X	X	0.30 Neutral Penalty (D Panel)
0.50	Lower to straddle sit position - Without changing leg position, lift arms above head and keeping back straight, lean forwards to Japana position. HOLD for 2 seconds	Back not straight during lean forwards Torso not close to floor in hold position Position not held for 2 seconds	X	X	0.30 Neutral Penalty (D Panel)
0.50	Take legs backwards (swim through) to join together with arms by ears. Push up to front support with toes pointed. HOLD for 2 seconds	Lack of flexibility in swim through Position not held for 2 seconds	As CoP 0.30 Neutral Penalty (D Panel)		
0.50	Swing one leg forwards to sit in splits HOLD for 2 seconds with hands off floor and arms sideways at horizontal	Lack of flexibility in splits Hands touching floor in hold position Position not held for 2 seconds	As CoP X 0.30 Neutral Penalty (D Panel)		
0.50	½ turn to sit in splits on other leg (may use hands in transition) HOLD for 2 seconds with hands off floor and arms sideways at horizontal	Lack of flexibility in splits Hands touching floor in hold position Position not held for 2 seconds	As CoP X 0.30 Neutral Penalty (D Panel)		
0.50	Bring back leg forwards to long sit. Lift arms to ears and pike fold placing hands flat on floor at the sides of feet. HOLD for 2 seconds	Insufficient pike Position not held for 2 seconds	As CoP 0.30 Neutral Penalty (D Panel)		
0.50	Lie on back and push to bridge with feet together. Straighten legs and HOLD for 2 seconds	Insufficient shoulder extension Position not held for 2 seconds	X	X	0.30 Neutral Penalty (D Panel)
0.50	Lift one leg straight to vertical – hold not required - (may move support leg) and kick over through split handstand to stand	Lack of flexibility in split Failure to kick over to stand	As CoP 1.00 (Fall) + VM		
0.50	Split jump (leg of choice)	Element penalties	As CoP		
0.50	Straight jump full turn (jumps to be linked but not rebounding)	Element penalties	As CoP		
		Lack of fluency throughout the exercise	X	X	

Section 8.3 – Table of General Faults and Penalties

Faults		Small	Med.	Large	Very Large
		0.10	0.30	0.50	1.00 or more
By E-Panel Judges					
Execution Faults					
– Bent arms or bent knees	each time	X	X	X	
– Leg or knee separations	each time	X	X shoulder width or more		
– Legs crossed during elements with twist	each time	X			
– Insufficient height of elements (<i>external amplitude</i>)	each time	X	X		
– Insufficient exactness of tuck or pike position in single salto, without twist	each time	X 90° Hip/knee angle	X >90° Hip/knee angle		
– Insufficient exactness of tuck or pike position in double salto, without twist	each time	X >90° Hip angle			
– Failure to maintain stretched body posture (<i>piking too early</i>)	each time	X	X		
– Hesitation during performance of elements	each time	X			
– Attempt without performance of an element (<i>empty run</i>)	each time		X		
– Deviation from straight direction	each time	X			
Body and/or leg position in elements (<i>non-dance</i>)					
– Body alignment	each time	X			
– Feet not pointed/relaxed	each time	X			
– Insufficient split in acro elements (<i>non-flight</i>)	each time	X	X		
– Failure to fulfil technical requirements in dance elements (<i>body shape</i>) (<i>as per Sec. 9 for list of errors in dance elements</i>)	each time	X	X	X	
– Precision	each time	X			
– Performance of DMT too close to the apparatus (<i>UB & BB</i>)			X		
Landing Faults (all elements including dismounts)		If there is no fall the maximum landing deduction may not exceed 0.80			
– Legs apart on landing	each time	X			
– Extra arm swings		X			
– Lack of balance	each time	X	X		
– Extra steps, slight hop	each time	X			
– Very large step or jump (<i>guideline – more than shoulder width</i>)	each time		X		
– Body posture fault	each time	X	X		
– Deep squat	each time			X	
– Brushing/touching apparatus/mats with hands, but not falling	each time		X		
– 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 element	each time				1.00

Excerpts from Section 9 – 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.

9.1 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



9.1.1 Element Recognition

Stretch

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

9.1.2 Landing from Single Saltos with Twists

- 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

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

9.1.3 Falls on Landing

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

9.2 BALANCE BEAM AND FLOOR EXERCISE

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.

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

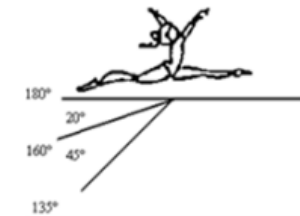
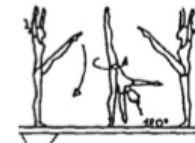
- 180° for BB & FX (split, straddle and ring elements)
- 360° for FX

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**.

9.2.3 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

9.3 REQUIREMENTS FOR SELECTED DANCE ELEMENTS

Tuck Jump with/without turn



Requirements:

- Hip angle - less than 90°
- Knees above horizontal

D-Panel

- > 135° hip/knee angle – No, or other DV

E-Panel

- Knees at horizontal – small fault
- Knees below horizontal – medium fault

Cat Leap with/without turn



Requirements:

- Legs alternation
- Knees above horizontal
- Evaluate the lowest knee position

D-Panel

- > 135° hip/knee angle – No, or other DV
- Lack of alternation – Tuck jump

E-Panel

- One/both legs at horizontal – small fault
- One/both legs below horizontal – medium fault

Wolf Jump with/without turn



Requirements:

- Hip angle - less than 90°
- Extended leg above horizontal

D-Panel

- > 135° hip angle – No, or other DV

E-Panel

- Extended leg at horizontal – small fault
- Extended leg below horizontal – medium fault

Straddle Pike Jump with/without turn



Requirement:

- Both legs must be above horizontal

D-Panel

- > 135° hip angle – No, or other DV

E-Panel

- Incorrect (uneven) leg position – small fault
- Legs at horizontal – small fault
- Legs below horizontal – medium fault

Split Leap with leg change



Requirements:

- Free leg swing minimum 45°
- Swing with straight free leg

E-Panel

- Free leg swings less than 45° – small fault
- Free leg bent – small/medium fault

Split Leap to Ring / Split Leap with leg change to Ring / Split Jump to Ring (with/without turn)



Requirements:

- Upper back arch & head release
- 180° split of legs
- Front leg at horizontal, back leg bent (135°), and back foot to the crown of head
- The turn should be performed after ring position is shown


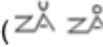
E-Panel

- Insufficient arch position – small fault
- Front leg below horizontal – small fault
- Front leg below horizontal (approx. 45°) – medium fault
- Rear foot at head height – small fault

Deviation from the ideal technical performance will incur a small, medium or large deduction (body shape).

Body Shape Deduction includes:

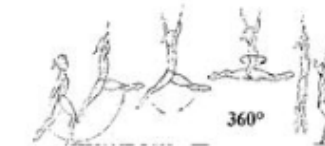
- Insufficient split
- Bent legs
- Toes not pointed
- Legs separated
- Specific element body shape deductions (listed in 9.3)
- Unaesthetic body position or technical deviation from the perfect execution of elements

Split Leap with leg change with turn () and “Johnson” with turn ()



Requirements:

- Free leg swing minimum 45°
- Swing with straight free leg
- Must show clear cross split OR
- Clear side split/straddle pike



E-Panel

- Free leg swing less than 45° – small fault
- Free leg bent – small/medium fault

NOTE:

A small deviation from the ideal execution will be deducted 0.10
 A medium deviation from ideal execution will be deducted 0.30
 Large deviation from the ideal execution will be deducted 0.50
 (as per Section 8.3)