

British  
Gymnastics

**Women's Artistic Gymnastics  
National Development Plan  
2024 – 2027**

*Updated 03/02/24 – Updates in **Highlight***

This guide supersedes and replaces anything that was presented at the consultation day on September 24th and/or that has been circulated by British Gymnastics with regards to the former NDP Grades.

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

## **Philosophy**

The new NDP Grades pathway has been devised to align closely with the Classic Challenge pathway that was devised in 2019 and introduced in 2021. The aim is to offer a fully competitive pathway for all levels and abilities and to bridge the gap between FIG and Regional level gymnasts.

The underlying principle of the Classic Challenge Pathway is for competition based on ABILITY rather than AGE, where every child matters. The Classic Challenge Pathway is about inclusion, a level playing field, fair play philosophies, and is pro-choice. This is not a 'lesser' or 'lower-class' competition category, and coaches, judges, gymnasts and parents are discouraged from framing it that way.

The overriding aim is to allow the vast majority of WAG Gymnasts a meaningful competition structure that is ACHIEVABLE FOR ALL, and results in an exciting national final. The new structure will allow gymnasts who train less hours per week to fulfil the rules within their ability level and receive a score which promotes self-value, self-worth and pride in their achievement, whilst giving an additional opportunity for these gymnasts to represent their region at National Finals for both NDP Performance grades and Classic Challenge levels bronze and above.

*Gymnasts will be able to compete in both grades and voluntary Classic Challenge pathways if they have not competed at a British Championships or a compulsory level competition in that year. Competing in Home Nations Championships & Club Team Championships does NOT exclude a gymnast from also competing in Classic Challenge Pathway competitions.*

## **Introduction**

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

The National Development Plan has been an integral part of the competition programme for many years, and serves the largest cohort of gymnasts, but it was recognised that the previous grades no longer met the requirements both from the changes to the FIG code and following the introduction of the Classic Challenge Championships.

These new NDP grades aim to keep these gymnasts in the sport, have a Regional Team National Final Championships at the upper levels that they can strive for outside of the British Championships, and that values them in such a way that they consider their long-term involvement in the sport. These aims can be met through increased variety for a more personal and suitable choice of elements to fulfil the set requirements, thereby reducing potential stress and injury. 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 provide alignment to the Classic Challenge Championships whilst also ensuring the content gives gymnasts with potential at the highest level additional competitive opportunities.

As both the NDP and S.T.E.P. program can lead to FIG and Home Nation Championship, this allows coaches and gymnasts to make the best choices possible for their aspirational goals & competitions.

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 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 Classic Challenge Levels as listed below:

<b>Minimum Age</b>	<b>New Grade Pathway</b>	<b>Old Grade Pathway</b>	<b>Expected Classic Challenge Level</b>
	<b>Preparation Pathway</b>	<b>Club Grades</b>	
8 years	Preparation Grade 1	Club Grade 6	Tin or Zinc - Min 8yrs (Zinc 8yrs+)
9 years	Preparation Grade 2	Club Grade 5	Tin or Zinc – Min 9yrs (Zinc 8yrs+)
9 years	Preparation Grade 3	<b>New Grade to bridge gap to Performance Grades</b>	Tin, Zinc or Copper – Min 9yrs (Copper 9yrs+)
	<b>Development Pathway</b>	<b>Regional Grades</b>	
10 years	Development Grade 1	Regional Grade 4	Zinc or Copper – Min 10yrs (Copper 9yrs+)
11 years	Development Grade 2	Regional Grade 3	Copper – Min 11yrs (Copper 9yrs+)
12 years	Development Grade 3	Regional Grade 2	Copper – Min 12yrs (Bronze 10yrs+)
13 years	Development Grade 4	Regional Grade 1	Copper or Bronze – Min 13yrs (Bronze 10yrs+)
	<b>Performance Pathway</b>	<b>National Grades</b>	
10 years	Performance Grade 1	National Grade 4	Copper or Bronze – Min 10yrs (Bronze 10yrs+)
11 years	Performance Grade 2	National Grade 3	Bronze – Min 11yrs (Bronze 10yrs+)
12 years	Performance Grade 3	National Grade 2	Bronze or Silver – Min 12yrs (Silver 12yrs+)
13 years	Performance Grade 4	National Grade 1	Silver or Gold – Min 13yrs (Gold 14yrs+)

### **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)**

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

***Preparation & Development Grades are County & Regional Competitions only.***

***Performance Grades are Regional qualifying events leading to a Regional Team National Final in a 5 – 4 – 3 team format***

- A gymnast is not eligible to enter NDP Grades if she has qualified for British Championships.
- Only one NDP Grade may be taken per year.
- A Grade may only be repeated if they received a ‘working towards’ score in the previous year or if the gymnast was ‘working at’ and has not achieved the skills to progress to the next level.
- Gymnasts who achieve ‘working at’ in Performance grades and attend national finals but choose to repeat the grade will not be able to attend national finals again at the same grade.
- Progression should be forward and developmental.
- All Grades will have a D Score & an E score. Bonus’, where applicable will be added to the D score.
- To qualify for the National Grades Final, a gymnast must have received a working at, working above or working beyond in the Grade.
- There is NO minimum score on any apparatus.
- 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:	49.99 & Below
WORKING AT:	50.00
WORKING ABOVE:	55.00
WORKING BEYOND:	60.00

## **DEVELOPMENT GRADES**

WORKING TOWARDS:	49.99 & Below
WORKING AT:	50.00
WORKING ABOVE:	55.00
WORKING BEYOND:	60.00

## **PERFORMANCE GRADES**

WORKING TOWARDS:	49.99 & Below
WORKING AT:	50.00
WORKING ABOVE:	55.00
WORKING BEYOND:	60.00

**GENERAL NOTES ON PREPARATION, DEVELOPMENT & PERFORMANCE 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**

<b><i>Penalty</i></b>	<b><i>Taken by:</i></b>	<b><i>Taken From:</i></b>
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.***

# WOMEN'S ARTISTIC GYMNASTICS NATIONAL DEVELOPMENT PLAN

## PREPARATION 1 – Minimum Age 8 in year

<p><b>Set elements within a voluntary exercise. Elements on beam &amp; floor may be performed in any order except where stated.</b></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><b>Additional elements</b> - May be performed but will incur execution penalties as FIG CoP  <b>Non-Attempt of an Element</b> - Deduction <b>2.00</b> (taken as a <b>NEUTRAL PENALTY</b>) + Value of Move [VM] (taken from the <b>D SCORE</b>)  <b>Incomplete / Failed attempt of an element</b> - The VM penalty is taken from the <b>D SCORE</b>; 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.  <b>No Hold (H)</b> – Penalty 0.3 taken as neutral deduction  <b>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</b></p>				
<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>	<b>Range &amp; Conditioning</b>
<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;"><b>High Bar only routine</b></p> <p style="text-align: center;"><b>SINGLE HIGH BAR OR TOP BAR OF UNEVEN BARS SET ROUTINE</b></p> <ul style="list-style-type: none"> <li>• <b>Assisted by Coach</b> - Jump to catch the bar in reverse grip</li> <li>• Show straight hang position with good body shape</li> <li>• Reverse chin up (chin over the bar)</li> <li>• Lower to straight hang in control</li> <li>• Half turn to regular grip by releasing one hand to side of body to execute turn and re-grasp bar</li> <li>• 2 x Leg lift with straight legs (feet to touch bar). Lower to straight hang in control</li> <li>• Chin up and circle over the bar to finish in front support</li> <li>• Roll forward to chin up position, lower to straight hang</li> <li>• Dish (H) Arch (H) then 2 dish, arch (fish) swing release bar to land</li> </ul>	<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;"><b>OPTIONAL ORDER WITH SET ELEMENTS</b></p> <ul style="list-style-type: none"> <li>• <b>Mount</b> - Jump to front support, lift one leg over to cross sit</li> <li>• <b>Dance series</b> – From 2 feet, 2 x Stretched jumps <b>connected</b> to land on two feet (<b>No arm swings</b>)</li> <li>• <b>Turn</b> – Spin prep on flat foot toe to knee (H) place foot in front and relevé ½ turn</li> <li>• <b>Acro</b> – Kick towards handstand</li> <li>• Arabesque (H)</li> <li>• <b>Dismount</b> – from middle of beam, run and hurdle step to take off from two feet into stretched jump to dismount</li> </ul>	<p style="text-align: center;">Recommend Music length 1 min 10 seconds</p> <p style="text-align: center;"><b>OPTIONAL ORDER WITH SET ELEMENTS</b></p> <ul style="list-style-type: none"> <li>• <b>Dance passage</b> – Composed of cat leap through to scissor kick (Passage of dance required)</li> <li>• Tic-toc</li> <li>• Full spin (any direction)</li> <li>• Handstand forward roll with straight arms to stand feet together</li> <li>• <b>Acro Line</b> – Cartwheel front to back into pike backwards roll with straight arms and legs to pike stand</li> <li>• Split jump</li> </ul>	<p style="text-align: center;"><b>SET ROUTINE</b></p> <p style="text-align: center;">Strip of firm matting</p> <ul style="list-style-type: none"> <li>• From standing, crouch and forward roll to straddle sit</li> <li>• Lift to straddle ½ lever (H)</li> <li>• Lower to sit &amp; Japana (H)</li> <li>• Swim through then push to front support (H)</li> <li>• Swing one leg forwards to splits (H)</li> <li>• ½ to other leg split (H)</li> <li>• Bring back leg forwards to long sit &amp; Pike fold (H)</li> <li>• Lie back and push to bridge (H)</li> <li>• Lift one leg to vertical and kickover through split handstand to stand.</li> <li>• Lift one leg to horizontal arms to side and leg dip</li> <li>• Step forward and lift other leg to horizontal with arms to side and leg dip</li> </ul>



# WOMEN'S ARTISTIC GYMNASTICS NATIONAL DEVELOPMENT PLAN

## PREPARATION 2 – Minimum Age 9 in year

<p><b>Set elements within a voluntary exercise. Elements on beam &amp; floor may be performed in any order except where stated.</b></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><b>Additional elements</b> - May be performed but will incur execution penalties as FIG CoP  <b>Non-Attempt of an Element</b> - Deduction <b>2.00</b> (taken as a <b>NEUTRAL PENALTY</b>) + Value of Move [VM] (taken from the <b>D SCORE</b>)  <b>Incomplete / Failed attempt of an element</b> - The VM penalty is taken from the <b>D SCORE</b>; 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.  <b>No Hold (H)</b> – Penalty 0.3 taken as neutral deduction  <b>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</b></p>			
<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>	<b>Range &amp; Conditioning</b>
<p>90cm safety mattresses + tumbler or firm matting</p> <p>1 x springboard</p> <p style="text-align: center; margin-top: 20px;"><b>Handspring flat back</b></p>	<p style="text-align: center;">Low Bar only routine</p> <p style="text-align: center;"><b>LOW BAR OF UNEVEN BARS SET ROUTINE</b></p> <ul style="list-style-type: none"> <li>Float swing</li> <li>Circle over to front support</li> <li>Back hip circle</li> <li><b>Dismount</b> – Squat, stoop or straddle on straight jump forwards to land</li> </ul> <p style="text-align: center;"><b>Or</b></p> <ul style="list-style-type: none"> <li><b>Dismount</b> – Straddle or pike undershoot</li> </ul>	<p>FIG Beam Regulations with: Additional 20cm safety mat for dismount</p> <p style="text-align: center;"><b>OPTIONAL ORDER WITH SET ELEMENTS</b></p> <p style="text-align: center; margin-top: 10px;"><b>D SCORE 3.50 or 4.00</b></p> <ul style="list-style-type: none"> <li><b>Mount</b> - Any mount</li> <li><b>Dance series</b> - Straight jump immediate tuck jump (<b>No arm swings</b>)</li> <li><b>Turn</b> – ½ spin immediate relevé ½ turn</li> <li><b>Acro</b> – <b>DV 3.50</b> Kick to handstand with legs together, split legs to land in lunge</li> </ul> <p style="text-align: center;"><b>Or</b></p> <ul style="list-style-type: none"> <li><b>Acro</b> – <b>DV 4.00</b> Cartwheel</li> <li><b>Additional jump</b> – Split jump</li> <li><b>Dismount</b> – Round off Dismount – hands at end of beam</li> </ul>	<p style="text-align: center;"><b>OPTIONAL ORDER WITH SET ELEMENTS</b></p> <p style="text-align: center; margin-top: 10px;"><b>D SCORE 3.50 or 4.00</b></p> <ul style="list-style-type: none"> <li><b>Dance passage</b> – composed of split leap &amp; cat leap</li> <li><b>Acro</b> – Backward walkover</li> </ul> <p style="text-align: center;"><b>Or</b></p> <ul style="list-style-type: none"> <li>Forward walkover</li> <li>Full spin (any direction)</li> <li>Handstand immediate rebound bounce into forward roll with straight arms and straight legs to dish stand feet together</li> </ul> <p style="text-align: center;"><b>Or</b></p> <ul style="list-style-type: none"> <li><b>Acro Line</b> – <b>DV 3.50</b> Round off rebound backward roll to front support</li> </ul> <p style="text-align: center;"><b>Or</b></p> <ul style="list-style-type: none"> <li><b>Acro Line</b> – <b>DV 4.00</b> Round off flic to 2 feet</li> <li>Split jump immediate Straight jump</li> </ul>	<p style="text-align: center;"><b>SET ROUTINE</b></p> <p style="text-align: center; margin-top: 10px;">Strip of firm matting</p> <ul style="list-style-type: none"> <li>From standing, crouch and forward roll to straddle sit</li> <li>Lift to straddle ½ lever (H)</li> <li>Lower to sit &amp; Japana (H)</li> <li>Swim through then push to front support (H)</li> <li>Swing one leg forwards to splits (H)</li> <li>½ to other leg split (H)</li> <li>Bring back leg forwards to long sit &amp; Pike fold (H)</li> <li>Lie back and push to bridge (H)</li> <li>Lift one leg to vertical and kickover through split handstand to stand.</li> <li>Lift one leg to horizontal arms to side and leg dip</li> <li>Step forward and lift other leg to horizontal with arms to side and leg dip</li> </ul>

# WOMEN'S ARTISTIC GYMNASTICS NATIONAL DEVELOPMENT PLAN

## PREPARATION 3 – Minimum Age 9 in year

Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.	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			
	<b>Additional elements</b> - May be performed but will incur execution penalties as FIG CoP <b>Non-Attempt of an Element</b> - Deduction <b>2.00</b> (taken as a <b>NEUTRAL PENALTY</b> ) + Value of Move [VM] (taken from the <b>D SCORE</b> ) <b>Incomplete / Failed attempt of an element</b> - The VM penalty is taken from the <b>D SCORE</b> ; 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. <b>No Hold (H)</b> – Penalty 0.3 taken as neutral deduction <b>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</b>			
<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>	<b>Range &amp; Conditioning</b>
<p style="text-align: center;">Vault Table</p> <p>Height 100cm + 5cm roll mat with level safety mattresses at back of vault</p> <p style="text-align: center;">1 x springboard</p> <p style="text-align: center; font-size: 1.2em;"><b>Handspring flat back</b></p> <p style="text-align: center; font-style: italic;">Emphasis on heel drive &amp; repulsion</p>	<p style="text-align: center;">High Bar only routine</p> <p style="text-align: center;"><b>SINGLE HIGH BAR OR TOP BAR OF UNEVEN BARS AS STRAP BAR SET ROUTINE</b></p> <ul style="list-style-type: none"> <li>• From long hang</li> <li>• Chin circle over to front support</li> <li>• Cast to handstand</li> <li>• Swing forwards towards handstand</li> <li>• Swing backwards towards handstand</li> <li>• 3 x giants</li> </ul>	<p style="text-align: center;">OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> <li>• <b>Mount</b> – Japana Mount (H)</li> <li>• <b>Dance series</b> - Split jump immediate Straight jump (<b>No arm swings</b>)</li> <li>• <b>Turn</b> – ½ spin immediate relevé ½ turn</li> <li>• <b>Acro</b> – Cartwheel</li> <li>• <b>Additional leap or jump</b> – Choice of sissonne, straddle jump or split leap</li> <li>• <b>Acro</b> – Backward walkover</li> <li>• <b>Dismount</b> – tuck front somersault</li> </ul>	<p style="text-align: center;">OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> <li>• <b>Acro Line</b> – Round off 2 flics to 2 feet</li> <li>• <b>Dance passage</b> – composed of 2 Split leaps</li> <li>• <b>Acro Line*</b> – Handspring to 2 feet</li> <li>• Full spin</li> <li>• <b>Choice of</b> – free cartwheel or cat leap cartwheel</li> <li>• <b>Acro Line*</b> – Tuck front salto</li> </ul> <p style="font-size: 0.8em;">*Acro lines can be combined with a run between the handspring to 2 and the tuck front salto (in this order only)</p>	<p style="text-align: center;">SET ROUTINE</p> <p style="text-align: center;">Strip of firm carpet matting</p> <ul style="list-style-type: none"> <li>• Elephant lift to handstand (H)</li> <li>• ½ in handstand, split legs to stand</li> <li>• Pike fold (H)</li> <li>• From bent or straight legs push back and backward roll with straight arms to front support</li> <li>• Drag feet in and lift straddle ½ lever (H)</li> <li>• Lower to straddle sit</li> <li>• Japana (H)</li> <li>• Swim through &amp; Push to front support</li> <li>• Swing one leg forwards to sit in splits (H)</li> <li>• ½ turn to other leg split (H)</li> <li>• Bring back leg forwards to long sit</li> <li>• Pike fold (H)</li> <li>• Lie back and push to bridge (H)</li> <li>• Lift one leg to vertical (H)</li> <li>• Kick through split handstand to stand</li> <li>• Split jump</li> <li>• Split jump other leg</li> <li>• Straight jump</li> </ul>

# WOMEN'S ARTISTIC 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				
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 100cm + 5cm roll mat with level safety mattresses at back of vault  1 x springboard  Handspring flat back  <i>Emphasis on heel drive &amp; repulsion</i>	UNEVEN BARS SET ROUTINE <ul style="list-style-type: none"> <li>Upstart</li> <li>Back hip circle</li> <li>Squat or stoop on</li> <li>Jump to catch high bar</li> <li>¾ giant</li> <li><b>Dismount</b> – Straddle or pike on undershoot</li> </ul>	OPTIONAL ORDER WITH SET ELEMENTS <ul style="list-style-type: none"> <li><b>Mount</b> – Any FIG 'A' coded Mount</li> <li><b>Dance series</b> – To include Split jump &amp; Straight jump (<i>No arm swings</i>)</li> <li><b>Turn</b> – Full spin (any position or direction)</li> <li><b>Acro*</b> – Optional coded acro element without flight</li> <li><b>Additional leap or jump</b> - Choice of sissonne, split leap, tuck jump or W Jump</li> <li><b>Dismount</b> – tuck front somersault</li> </ul> <p>*Can include:                      4.103 - Handstand (Hold for 2 seconds) &amp;                      4.105 - Backward roll</p>	OPTIONAL ORDER WITH SET ELEMENTS <ul style="list-style-type: none"> <li><b>Acro Line</b> – Round off 2 flics to 2 feet</li> <li><b>Dance passage</b> – composed of 2 Split leaps</li> <li><b>Acro Line*</b> – Handspring to 2 feet</li> <li>Full spin</li> <li><b>Mixed series</b> – Optional elements** to include a dance element with 180° split (not a split leap)</li> <li><b>Acro Line*</b> – Tuck Front somersault</li> </ul> <p>*Acro lines can be combined with a run between the handspring to 2 and the tuck front salto (in any order)</p> <p>**Additional acro elements that can be used at this level:                      Backward walkover                      Forward walkover                      Tic-Toc                      Cartwheel</p>	SET ROUTINE Strip of firm carpet matting <ul style="list-style-type: none"> <li>Elephant lift to handstand (H)</li> <li>Pike down to stand</li> <li>Pike fold (H)</li> <li>From bent legs or straight legs push back and backward roll with straight arms to front support</li> <li>Squat feet in and from crouch, forward roll to straddle ½ lever (show)</li> <li>Lower to straddle sit</li> <li>Japana (H)</li> <li>Swim through &amp; Push to front support</li> <li>Swing one leg forwards to sit in splits (H)</li> <li>½ turn to other leg split (H)</li> <li>Bring back leg forwards to long sit</li> <li>Pike fold (H)</li> <li>Lie back and push to bridge (H)</li> <li>Lift one leg to vertical</li> <li>Kick through split handstand to stand</li> <li>Split jump (leg of choice)</li> <li>Straight jump</li> </ul>

# WOMEN'S ARTISTIC 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.	<b>Additional elements</b> - May be performed but will incur execution penalties as FIG CoP <b>Non-Attempt of an Element</b> - Deduction <b>2.00</b> (taken as a <b>NEUTRAL PENALTY</b> ) + Value of Move [VM] (taken from the <b>D SCORE</b> ) <b>Incomplete / Failed attempt of an element</b> - The VM penalty is taken from the <b>D SCORE</b> ; 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. <b>No Hold (H)</b> – Penalty 0.3 taken as neutral deduction <b>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</b>			
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 <ul style="list-style-type: none"> <li>Upstart</li> <li>Upstart</li> <li>Back hip circle</li> <li>Squat or stoop on</li> <li>Jump to catch high bar</li> <li>Long upstart</li> <li><b>Dismount</b> – Any 'A' coded dismount</li> </ul>	OPTIONAL ORDER WITH SET ELEMENTS <ul style="list-style-type: none"> <li><b>Mount</b> – Any FIG 'A' coded Mount</li> <li><b>Dance series</b> – To include Split jump into or out of any 'A' coded or listed uncoded* leap, jump or hop</li> <li><b>Acro</b> – Cartwheel (may be connected to dismount)</li> <li><b>Turn</b> – Full spin (any position or direction)</li> <li><b>Mixed series</b> – (Any order – saltos &amp; 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</li> <li><b>Dismount</b> – tuck back somersault (Can be connected to cartwheel)</li> </ul> <p style="font-size: small;">*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"> <li><b>Acro Line</b> – Round off 3 flics to 2 feet</li> <li><b>Dance passage</b> – composed of Split leap &amp; a different FIG coded 'A' or 'B' leap or hop</li> <li><b>Acro Line</b> – Round off <i>Optional flic</i> tuck back salto</li> <li>Full spin (any position or direction)</li> <li><b>Mixed series*</b> – (Cannot be combined with any acro lines) Optional coded elements (dance element must be different to those used in dance passage)</li> <li><b>Acro Line</b> – Handspring to 2 feet run tuck front salto</li> </ul> <p style="font-size: small; background-color: #e0ffff; padding: 2px;">*The round off and flic can be repeated to fulfil the mixed series.</p>	SET ROUTINE Strip of firm carpet matting <ul style="list-style-type: none"> <li>Elephant lift to handstand (H)</li> <li>Pike down to stand</li> <li>Pike fold (H)</li> <li>From bent legs or straight legs push back and backward roll with straight arms to front support</li> <li>Squat feet in and from crouch, forward roll to straddle ½ lever (show)</li> <li>Lower to straddle sit</li> <li>Japana (H)</li> <li>Swim through &amp; Push to front support</li> <li>Swing one leg forwards to sit in splits (H)</li> <li>½ turn to other leg split (H)</li> <li>Bring back leg forwards to long sit</li> <li>Pike fold (H)</li> <li>Lie back and push to bridge (H)</li> <li>Lift one leg to vertical</li> <li>Kick through split handstand to stand</li> <li>Split jump (leg of choice)</li> <li>Straight jump</li> </ul>

# WOMEN'S ARTISTIC 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				
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 120cm  1 x springboard  Choice of: <b>D SCORE 3.00</b>  Handspring Or ½ on repulsion off  <b>D SCORE 3.50</b>  ½ on ½ off  <b>D SCORE 4.00</b>  Handspring on 1/1 off	UNEVEN BARS SET ROUTINE  <b>D SCORE 4.00 &amp; Bonus</b> <ul style="list-style-type: none"> <li>Upstart</li> <li>Short clear circle to 45° or above</li> <li>Upstart</li> <li>Sole circle</li> <li>Jump to catch high bar</li> <li>Long upstart</li> <li><b>Dismount</b> – Any 'A' coded dismount - <b>Bonus 0.50</b> for a salto dismount</li> </ul>	OPTIONAL ORDER WITH SET ELEMENTS <ul style="list-style-type: none"> <li><b>Mount</b> – Any FIG coded mount</li> <li><b>Dance series</b> – One connection of at least 2 different dance coded or listed uncoded* elements, one being a leap or jump with 180° split (cross or side), or straddle, cannot include <b>sissonne</b></li> <li><b>Turn</b> – Full spin (any position or direction)</li> <li><b>Acro</b> – Any FIG coded backwards element with hand support (rolls are not a permitted FIG acro element)</li> <li><b>Mixed series</b> – Cartwheel into or out of <b>sissonne</b></li> <li><b>Dismount</b> – pike front somersault</li> </ul> <p style="font-size: small;">*Additional Uncoded jumps that can be used in this grade: Tuck jump Changement</p>	OPTIONAL ORDER WITH SET ELEMENTS <ul style="list-style-type: none"> <li><b>Acro Line</b> – Round off <i>Optional flic</i> straight back salto</li> <li><b>Dance passage</b> – composed of Change leg split leap &amp; any different FIG coded 'A' or 'B' leap or hop</li> <li><b>Option of</b> – Free walkover or free cartwheel</li> <li><b>Mixed series*</b> – Optional elements (dance element must be different) Can be combined with Free cartwheel or free walkover but cannot be combined with any acro lines</li> <li>Any minimum 'B' coded spin (any position or direction)</li> <li>Additional different FIG 'B' coded leap, jump or hop</li> <li><b>Acro Line</b> – Handspring tuck front salto Or Front salto walkout to roundoff</li> </ul> <p style="font-size: small; background-color: yellow;">*The round off and flic can be repeated to fulfil the mixed series.</p>	SET ROUTINE Strip of firm carpet matting <ul style="list-style-type: none"> <li>Elephant lift to handstand (H)</li> <li>Pike down to stand</li> <li>Pike fold (H)</li> <li>From bent legs or straight legs push back and backward roll through handstand to front support</li> <li>Squat feet in and from crouch, forward roll to straddle ½ lever (H)</li> <li>Lower to straddle sit</li> <li>Japana (H)</li> <li>Swim through &amp; Push to front support</li> <li>Swing one leg forwards to sit in splits (H)</li> <li>½ turn to other leg split (H)</li> <li>Bring back leg forwards to long sit</li> <li>Pike fold (H)</li> <li>Lie back and push to bridge (H)</li> <li>Lift one leg to vertical</li> <li>Kick through split handstand to stand</li> <li>Split jump (leg of choice)</li> <li>Straight jump 1/1</li> </ul>

# WOMEN'S ARTISTIC GYMNASTICS NATIONAL DEVELOPMENT PLAN

## DEVELOPMENT 4 – Minimum Age 13 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.	<b>Additional elements</b> - May be performed but will incur execution penalties as FIG CoP <b>Non-Attempt of an Element</b> - Deduction <b>2.00</b> (taken as a <b>NEUTRAL PENALTY</b> ) + Value of Move [VM] (taken from the <b>D SCORE</b> ) <b>Incomplete / Failed attempt of an element</b> - The VM penalty is taken from the <b>D SCORE</b> ; 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. <b>No Hold (H)</b> – Penalty 0.3 taken as neutral deduction <b>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</b>			
Vault	Bars	Beam	Floor	Range & Conditioning
Vault Table  Height 125cm  1 x springboard  Choice of:  <div style="background-color: #00b050; color: white; padding: 2px; text-align: center; font-weight: bold;">D SCORE 3.00</div>  <div style="background-color: #00b050; color: white; padding: 2px; text-align: center; font-weight: bold;">Handspring</div>  <div style="background-color: #00b050; color: white; padding: 2px; text-align: center; font-weight: bold;">D SCORE 3.50</div>  ½ on ½ off   <div style="background-color: #00b050; color: white; padding: 2px; text-align: center; font-weight: bold;">D SCORE 4.00</div>  Handspring on 1/1 off Or ½ on 1/1 off	<b>UNEVEN BARS</b> <b>SET ROUTINE</b>  <div style="background-color: #00b050; color: white; padding: 2px; text-align: center; font-weight: bold;">D SCORE 4.00 &amp; Bonus</div> <ul style="list-style-type: none"> <li>½ turning Upstart</li> <li>Short clear Clear circle to minimum 45°</li> <li><b>Optional</b> Upstart</li> <li>Sole circle</li> <li>Jump to catch high bar</li> <li>Long upstart</li> <li>Cast to handstand</li> <li><b>Optional Bonus 0.50</b> – Giant circle backwards</li> <li><b>Dismount</b> – Any 'A' coded dismount</li> </ul>	<b>OPTIONAL ORDER WITH SET ELEMENTS</b> <ul style="list-style-type: none"> <li><b>Mount</b> – Any FIG coded mount</li> <li><b>Dance series</b> – 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</li> <li><b>Acro</b> – Any min 'B' flighted acro element or salto</li> <li><b>Turn</b> – Full spin (any position or direction)</li> <li><b>Additional leap</b> – Change leg split leap</li> <li><b>Dismount</b> – Any different 'A' or 'B' coded acro element into any 'A' or 'B' salto</li> </ul>	<b>OPTIONAL ORDER WITH SET ELEMENTS</b> <ul style="list-style-type: none"> <li><b>Acro Line</b> – Round off <i>Optional flic</i> straight back salto with a ½ or 1/1 twist</li> <li><b>Dance passage</b> – composed of Change leg split leap &amp; any different minimum 'B' leap or hop</li> <li><b>Acro line</b> – Acro line of minimum 2 elements to include an 'A' coded salto</li> <li>Any minimum 'B' coded spin (any position or direction)</li> <li>Additional different 'B' coded leap, jump or hop</li> <li><b>Acro Line</b> – Straight front salto (optional entry)</li> </ul>	<b>SET ROUTINE</b> Strip of firm carpet matting <ul style="list-style-type: none"> <li>Elephant lift to handstand (H)</li> <li>Pike down to stand</li> <li>Pike fold (H)</li> <li>From bent legs or straight legs push back and backward roll through handstand to front support</li> <li>Squat feet in and from crouch, forward roll to straddle ½ lever (H)</li> <li>Lower to straddle sit</li> <li>Japana (H)</li> <li>Swim through &amp; Push to front support</li> <li>Swing one leg forwards to sit in splits (H)</li> <li>½ turn to other leg split (H)</li> <li>Bring back leg forwards to long sit</li> <li>Pike fold (H)</li> <li>Lie back and push to bridge (H)</li> <li>Lift one leg to vertical</li> <li>Kick through split handstand to stand</li> <li>Split jump (leg of choice)</li> <li>Straight jump 1/1</li> </ul>

# WOMEN'S ARTISTIC GYMNASTICS NATIONAL DEVELOPMENT PLAN

## PERFORMANCE 1 – Minimum Age 10 in year

<p><b>Set elements within a voluntary exercise. Elements on beam &amp; floor may be performed in any order except where stated.</b></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><b>Additional elements</b> - May be performed but will incur execution penalties as FIG CoP  <b>Non-Attempt of an Element</b> - Deduction <b>2.00</b> (taken as a <b>NEUTRAL PENALTY</b>) + Value of Move [VM] (taken from the <b>D SCORE</b>)  <b>Incomplete / Failed attempt of an element</b> - The VM penalty is taken from the <b>D SCORE</b>; 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.  <b>No Hold (H)</b> – Penalty 0.3 taken as neutral deduction  <b>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</b></p>				
<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>	<b>Range &amp; Conditioning</b>
<p>Vault Table</p> <p>Height 110cm or 120cm</p> <p>1 x springboard</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">D SCORE 4.00</p> <p>Handspring</p>	<p style="text-align: center;">High Bar only routine</p> <p style="text-align: center; font-weight: bold;">UNEVEN BARS WITH HIGH BAR AS STRAP BAR AND LOW BAR AS WOODEN BARS</p> <p style="text-align: center;">SET ROUTINE</p> <ul style="list-style-type: none"> <li>From long hang</li> <li>Trolley swing into</li> <li>Upstart</li> <li>Cast to handstand</li> <li>Close bar element to handstand</li> <li>3 x giants</li> </ul>	<p style="text-align: center;">OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> <li><b>Mount</b> – Japana Mount (H)</li> <li><b>Dance series</b> – To include Split jump &amp; Sissone (<i>No arm swings</i>)</li> <li><b>Acro</b> – Cartwheel ¼ turn inwards</li> <li><b>Turn</b> – Full spin (any position or direction)</li> <li><b>Side jump*</b> – Any additional different coded or listed uncoded jump (not split jump)</li> <li><b>Acro</b> – Backward walkover</li> <li><b>Dismount</b> – tuck front somersault</li> </ul> <p style="font-size: 0.8em;">*Additional Uncoded side jumps that can be used in this grade: Straight jump Tuck jump</p>	<p style="text-align: center;">OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> <li><b>Acro Line</b> – Round off 3 flics to 2 feet</li> <li><b>Dance passage</b> – composed of Split leap &amp; a side split leap</li> <li><b>Acro Line</b> – Round off flic tuck back salto</li> <li>Full spin (any position or direction)</li> <li><b>Choice of</b> – Free walkover or free cartwheel</li> <li><b>Acro Line</b> –handspring to 2 feet run tuck front salto</li> </ul>	<p style="text-align: center;">SET ROUTINE</p> <p style="text-align: center;">Strip of firm carpet matting</p> <ul style="list-style-type: none"> <li>Pike lift to handstand (H)</li> <li>½ in handstand, split legs to stand</li> <li>Pike fold (H)</li> <li>From bent or straight legs push back and backward roll through handstand to front support</li> <li>Drag feet in and straddle ½ lever (H)</li> <li>Lower to straddle sit</li> <li>Japana (H)</li> <li>Swim through and push to Front support</li> <li>Swing on leg forwards to sit in splits (H)</li> <li>½ turn to other leg split (H)</li> <li>Bring back leg forwards to long sit</li> <li>Pike fold (H)</li> <li>Lie back and push to bridge (H)</li> <li>Lift one leg to vertical (H)</li> <li>Kick through split handstand to stand</li> <li>Split jump</li> <li>Split jump other leg</li> <li>Straight jump full turn</li> </ul>

# WOMEN'S ARTISTIC GYMNASTICS NATIONAL DEVELOPMENT PLAN

## PERFORMANCE 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			
<p><b>Set elements within a voluntary exercise. Elements on beam &amp; floor may be performed in any order except where stated.</b></p>	<p><b>Additional elements</b> - May be performed but will incur execution penalties as FIG CoP  <b>Non-Attempt of an Element</b> - Deduction <b>2.00</b> (taken as a <b>NEUTRAL PENALTY</b>) + Value of Move [VM] (taken from the <b>D SCORE</b>)  <b>Incomplete / Failed attempt of an element</b> - The VM penalty is taken from the <b>D SCORE</b>; 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.  <b>No Hold (H)</b> – Penalty 0.3 taken as neutral deduction  <b>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</b></p>			
<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>	<b>Range &amp; Conditioning</b>
<p style="text-align: center;">Vault Table</p> <p>Height 120cm + with level safety mattresses at back of vault</p> <p style="text-align: center;">1 x springboard</p> <p style="text-align: center;">Choice of:</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">D SCORE 4.00</p> <p>Handspring to stand – fall forwards to lie face down</p> <p style="text-align: center;"><i>Or</i></p> <p style="text-align: center;">¼ - ½ on to stand (Tsukahara prep) – fall backwards to lie on back</p> <p style="text-align: center;"><i>Or</i></p> <p>Yurchenko prep to stand – fall backwards to lie on back</p>	<p style="text-align: center; font-weight: bold;">UNEVEN BARS SET ROUTINE</p> <ul style="list-style-type: none"> <li>Upstart</li> <li>Straddle on, grip change to reverse grip and ¾ sole circle forwards regrasp to regular grip and</li> <li>Upstart</li> <li>squat, stoop or step on and sole circle</li> <li>Jump to catch high bar</li> <li>Long upstart</li> <li>Cast to handstand</li> <li>2 x Giant circle backwards</li> <li><b>Dismount</b> – Any 'A' coded dismount</li> </ul>	<p style="text-align: center; font-weight: bold;">OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> <li><b>Mount</b> – Any FIG 'A' coded Mount</li> <li><b>Dance series</b> – To include Split leap &amp; sissone</li> <li><b>Acro</b> – Any 'B' coded flighted acro element</li> <li><b>Turn</b> – Full spin (any position or direction)</li> <li><b>Mixed series</b> – Forward walkover directly connected to a straight jump or changement (<b>No arm swing</b>)</li> <li><b>Additional leap or jump</b> – Any additional different coded leap or jump minimum 'B' – can be cross or side on</li> <li><b>Dismount</b> – Any different FIG coded Acro element (flight not necessary) into a Tuck back somersault</li> </ul>	<p style="text-align: center; font-weight: bold;">OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> <li><b>Acro Line</b> – Round off 3 flics tuck back</li> <li><b>Dance passage</b> – composed of Split leap &amp; any different 'A' or 'B' coded leap or hop</li> <li><b>Acro Line</b> – Round off flic straight back salto</li> <li>Any 'B' coded spin (any position or direction)</li> <li><b>Mixed Series to include</b> - Free walkover or free cartwheel into or out of any different FIG coded dance element</li> <li><b>Acro Line</b> – Handspring Tuck front salto</li> </ul>	<p style="text-align: center; font-weight: bold;">SET ROUTINE</p> <p style="text-align: center;">Strip of firm carpet matting</p> <ul style="list-style-type: none"> <li>Pike lift to handstand (H)</li> <li>½ in handstand, split legs to stand</li> <li>Pike fold (H)</li> <li>From bent or straight legs push back and backward roll through handstand to front support</li> <li>Drag feet in and straddle ½ lever (H)</li> <li>Lower to straddle sit</li> <li>Japana (H)</li> <li>Swim through and push to Front support</li> <li>Swing on leg forwards to sit in splits (H)</li> <li>½ turn to other leg split (H)</li> <li>Bring back leg forwards to long sit</li> <li>Pike fold (H)</li> <li>Lie back and push to bridge (H)</li> <li>Lift one leg to vertical (H)</li> <li>Kick through split handstand to stand</li> <li>Split jump</li> <li>Split jump other leg</li> <li>Straight jump full turn</li> </ul>



# WOMEN'S ARTISTIC GYMNASTICS NATIONAL DEVELOPMENT PLAN

## PERFORMANCE 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			
<p><b>Set elements within a voluntary exercise. Elements on beam &amp; floor may be performed in any order except where stated.</b></p>	<p><b>Additional elements</b> - May be performed but will incur execution penalties as FIG CoP  <b>Non-Attempt of an Element</b> - Deduction <b>2.00</b> (taken as a <b>NEUTRAL PENALTY</b>) + Value of Move [VM] (taken from the <b>D SCORE</b>)  <b>Incomplete / Failed attempt of an element</b> - The VM penalty is taken from the <b>D SCORE</b>; 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.  <b>No Hold (H)</b> – Penalty 0.3 taken as neutral deduction  <b>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</b></p>			
<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>	<b>Range &amp; Conditioning</b>
<p>Vault Table</p> <p>Height 125cm + with level safety mattresses at back of vault (exception for handspring option)</p> <p>1 x springboard</p> <p>Choice of:</p> <p style="text-align: center;"><b>D SCORE 4.00</b></p> <p>Handspring to stand on additional 20cm safety mat – fall forwards to lie face down</p> <p style="text-align: center;"><i>Or</i></p> <p>¼ - ½ on (Tsukahara prep) – to upper back</p> <p style="text-align: center;"><i>Or</i></p> <p>Yurchenko prep– to upper back</p>	<p style="text-align: center;"><b>UNEVEN BARS SET ROUTINE</b></p> <ul style="list-style-type: none"> <li>Upstart</li> <li>Cast to handstand</li> <li>Close bar element to handstand</li> <li><b>Optional</b> Upstart</li> <li>Sole circle</li> <li>Jump to catch high bar</li> <li>Long upstart</li> <li>Cast to handstand</li> <li>2 x Giant circle backwards</li> <li><b>Dismount</b> – Any ‘A’ or ‘B’ coded dismount</li> </ul>	<p style="text-align: center;"><b>OPTIONAL ORDER WITH SET ELEMENTS</b></p> <ul style="list-style-type: none"> <li><b>Mount</b> – Any minimum ‘A’ coded Mount</li> <li><b>Dance series</b> – To include Change leg split leap into or out of any other FIG coded leap, jump or hop</li> <li><b>Acro Series</b> – Split handstand connected to flic step out</li> <li><b>Turn</b> – Full spin (any position or direction)</li> <li><b>Acro element</b> – Any different minimum ‘B’ coded acro element – can be combined with dismount</li> <li><b>Additional jump</b> – Any additional different coded jump minimum ‘B’ – can be cross or side on</li> <li><b>Dismount</b> – An FIG coded Acro element into an ‘A’ coded salto</li> </ul>	<p style="text-align: center;"><b>OPTIONAL ORDER WITH SET ELEMENTS</b></p> <ul style="list-style-type: none"> <li><b>Acro Line</b> – Round off Straight back 1/1 twist (optional flic)</li> <li><b>Dance passage</b> – composed of Change leg split leap &amp; any different FIG coded ‘B’ leap or hop</li> <li><b>Acro Line</b> – Optional acro line to include a minimum 2 ‘A’ coded saltos (saltos can be same or different)</li> <li>Any ‘B’ coded spin (any position or direction)</li> <li>Optional different leap or jump – minimum value ‘B’</li> <li><b>Acro Line</b> – Straight front salto (optional handspring entry)</li> </ul>	<p style="text-align: center;"><b>SET ROUTINE</b></p> <p style="text-align: center;">Strip of firm carpet matting</p> <ul style="list-style-type: none"> <li>From bent or straight legs push back and backward roll to handstand ½ turn to pike forward roll out</li> <li>Pike fold (H)</li> <li>Pike lift to handstand (H)</li> <li>½ in handstand, split legs to stand</li> <li>Crouch and forward roll to straddle lever (H)</li> <li>Lower to straddle sit</li> <li>Japana (H)</li> <li>Swim through and push to Front support</li> <li>Swing on leg forwards to sit in splits (H)</li> <li>½ turn to other leg split (H)</li> <li>Bring back leg forwards to long sit</li> <li>Pike fold (H)</li> <li>Lie back and push to bridge (H)</li> <li>Lift one leg to vertical (H)</li> <li>Kick through split handstand to stand</li> <li>Split jump</li> <li>Split jump other leg or straddle jump</li> <li>Tuck Back salto</li> </ul>

# WOMEN'S ARTISTIC GYMNASTICS NATIONAL DEVELOPMENT PLAN

## PERFORMANCE 4 – Minimum Age 13 in year

<p><b>Set elements within a voluntary exercise. Elements on beam &amp; floor may be performed in any order except where stated.</b></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><b>Additional elements</b> - May be performed but will incur execution penalties as FIG CoP  <b>Non-Attempt of an Element</b> - Deduction <b>2.00</b> (taken as a <b>NEUTRAL PENALTY</b>) + Value of Move [VM] (taken from the <b>D SCORE</b>)  <b>Incomplete / Failed attempt of an element</b> - The VM penalty is taken from the <b>D SCORE</b>; 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.  <b>No Hold (H)</b> – Penalty 0.3 taken as neutral deduction  <b>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</b></p>				
<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>	<b>Range &amp; Conditioning</b>
<p>Vault Table</p> <p>Height 125cm</p> <p>1 x springboard</p> <p>Choice of:</p> <p style="text-align: center;"><b>D SCORE 3.00</b></p> <p>Round off flic on repulsion off Or ½ on ½ off Or Handspring on ½ off</p> <p style="text-align: center;"><b>D SCORE 3.50</b></p> <p>½ on 1/1 off Or Handspring 1/1 twist off Or Round off flic on with repulsion ½ or 1/1 off</p> <p style="text-align: center;"><b>D SCORE 4.00</b></p> <p>Handspring tuck front Or Tsukahara tucked or piked Or Yurchenko Tucked or piked</p>	<p style="text-align: center;">UNEVEN BARS</p> <p style="text-align: center;">OPTIONAL ORDER WITH SET ELEMENTS</p> <p style="text-align: center;"><b>D SCORE 4.00 &amp; Bonus</b></p> <ul style="list-style-type: none"> <li>• <b>On LB</b> - Upstart</li> <li>• <b>LB</b> - Cast to handstand and top turn</li> <li>• <b>LB or HB</b> - Close bar element to handstand</li> <li>• <b>LB</b> - Sole circle and jump to catch HB</li> <li>• <b>HB</b> - Long upstart</li> <li>• <b>HB</b> - Cast to handstand</li> <li>• <b>HB</b> – 2 x Giant circle backwards</li> <li>• <b>Dismount</b> – Any ‘A’ or ‘B’ coded dismount</li> </ul>	<p style="text-align: center;">OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> <li>• <b>Mount</b> – Any <b>minimum</b> ‘B’ coded Mount</li> <li>• <b>Dance series</b> – Connection 2 different dance elements to include one leap or jump with 180° split (cross or side) or straddle. One element must be minimum ‘C’</li> <li>• <b>Acro Series</b> – Minimum 2 FIG coded acro elements. 1 must have flight. Elements can be the same or different</li> <li>• <b>Turn</b> - Full spin (any position or direction)</li> <li>• <b>Acro element</b> – Any coded salto or aerial (can be part of acro series)</li> <li>• <b>Additional jump</b> – Any additional different coded leap or jump minimum ‘B’</li> <li>• <b>Dismount</b> – Any ‘B’ coded salto (may be on its own or connected to another acro element) Or</li> <li>• An ‘A’ salto directly connected to a different flighted acro skill</li> </ul> <p style="text-align: center;"><i>Routine must contain acro elements forwards or sideways and backwards on the beam or apply Neutral Penalty 1.00 from final score</i></p>	<p style="text-align: center;">OPTIONAL ORDER WITH SET ELEMENTS</p> <p style="text-align: center;"><i>Routine must contain a minimum of 2 FIG acro lines</i></p> <ul style="list-style-type: none"> <li>• <b>Acro Line</b> – Straight front salto immediate tuck front salto</li> <li>• <b>Dance passage</b> – composed of Change leg split leap &amp; any ‘C’ leap or hop</li> <li>• <b>Acro Line</b> – Optional acro line with minimum 1/1 twist tucked or straight</li> <li>• Any ‘B’ coded spin (any position or direction)</li> <li>• Additional different leap/jump/hop – minimum value ‘C’</li> <li>• <b>Acro Line</b> – To contain a ‘C’ salto (this can be on its own or connected to other acro elements)</li> </ul> <p style="text-align: center;"><i>Routine must contain saltos forwards and backwards or apply Neutral Penalty 1.00 from final score</i></p>	<p style="text-align: center;">SET ROUTINE</p> <p style="text-align: center;">Strip of firm carpet matting</p> <ul style="list-style-type: none"> <li>• From bent or straight legs push back and backward roll to handstand ½ turn to pike forward roll out</li> <li>• Pike fold (H)</li> <li>• Pike lift to handstand (H)</li> <li>• ½ in handstand, split legs to stand</li> <li>• Crouch and forward roll to straddle lever (H)</li> <li>• Lower to straddle sit</li> <li>• Japana (H)</li> <li>• Swim through and push to Front support</li> <li>• Swing on leg forwards to sit in splits (H)</li> <li>• ½ turn to other leg split (H)</li> <li>• Bring back leg forwards to long sit</li> <li>• Pike fold (H)</li> <li>• Lie back and push to bridge (H)</li> <li>• Lift one leg to vertical (H)</li> <li>• Kick through split handstand to stand</li> <li>• Split jump</li> <li>• Split jump other leg or straddle jump</li> <li>• Tuck Back salto</li> </ul>

**VAULT**

# Specific Apparatus deductions for Vault

Faults	0.10	0.30	0.50
<b>First Flight Phase</b>			
– 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	
<b>Repulsion Phase</b>			
– 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	
<b>Second Flight Phase</b>			
– 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	
<b>Landing deductions</b>	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 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
<b>TAKE OFF BOARD</b>	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
<b>JUMP AND LANDING ONTO BLOCK</b>	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	
<b>REPULSION</b>	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)	
<b>FLIGHT PHASE FROM BLOCK TO SAFETY MATS</b>	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	
<b>LANDING ON SAFETY MATS</b>	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		
<b>GENERAL</b>	Failure to land on flat back (landing in dish)		X	
	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)**

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
<b>TAKE OFF BOARD</b>	Poor co-ordination of arm swing	X		
	Arms already up on jump onto board		X	
<b>FIRST FLIGHT</b>	Hip angle	X	X	
	Arch	X	X	
	Bent knees	X	X	X
	Leg or knee separations	X	X	
<b>REPULSION</b>	Shoulder angle on contact with mat	X	X	
	Bent arms	X	X	X
	Walking on hands	X		
	Double bounce on hands			1.00
<b>SECOND FLIGHT</b>	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	
<b>LANDING ON SAFETY MATS</b>	Landing on mats with legs apart	X		
	Failure to land on flat back (landing in dish)		X	
<b>GENERAL</b>	Body alignment at any phase (taken only once)	X		
	Dynamics	X	X	

*Judging finishes when the gymnast has landed on the mats*

## VAULT – PREPARATION GRADE 3

### 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
<b>TAKE OFF BOARD</b>	Poor co-ordination of arm swing	X		
	Arms already up on jump onto board		X	
<b>FIRST FLIGHT</b>	Hip angle	X	X	
	Arch	X	X	
	Bent knees	X	X	X
	Leg or knee separations	X	X	
	Lack of heel speed	X		
<b>REPULSION</b>	Shoulder angle on contact with mat	X	X	
	Bent arms	X	X	X
	Walking on hands	X		
	Double bounce on hands			1.00
<b>SECOND FLIGHT</b>	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	
<b>LANDING ON SAFETY MATS</b>	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	
<b>GENERAL</b>	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
<b>TAKE OFF BOARD</b>	Poor co-ordination of arm swing	X		
	Arms already up on jump onto board		X	
<b>FIRST FLIGHT</b>	Hip angle	X	X	
	Arch	X	X	
	Bent knees	X	X	X
	Leg or knee separations	X	X	
	Lack of heel speed	X		
<b>REPULSION</b>	Shoulder angle on contact with mat	X	X	
	Bent arms	X	X	X
	Walking on hands	X per step		
	Double bounce on hands			1.00
<b>SECOND FLIGHT</b>	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	
<b>LANDING ON SAFETY MATS</b>	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	
<b>GENERAL</b>	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 84 & 10.6 on page 20)

## 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 4 vaults:

Handspring                      D Score 3.00

½ on repulsion off              D Score 3.00

½ on ½ off                      D Score 3.50

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.

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 3.00.  
E Panel will take execution deductions accordingly.

Height of Vault:                  120cm

Current FIG Code of Point penalties apply (see section 8.3 on page 84 & 10.6 on page 20)

## 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 3.00**

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 84 & 10.6 on page 20)

## **VAULT – PERFORMANCE GRADE 1**

### **SET VAULT D SCORE 4.00**

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

Handspring

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 84 & 10.6 on page 20)

## VAULT – PERFORMANCE 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.**

Vault 1 - Handspring to stand – and fall forwards to lie face down

Vault 2 - ¼ - ½ on to stand (Tsukahara prep) – and fall backwards to lie on back

Vault 3 - Yurchenko prep to stand – and fall backwards to lie on back

Height of vault 120cm - to land on level safety mats behind vault

**VAULT 1** - Handspring to stand – and fall forwards to lie face down

PHASE	EXECUTION FAULTS	EXECUTION DEDUCTIONS		
		0.10	0.30	0.50
<b>FIRST FLIGHT</b>	Hip angle	X	X	
	Arch	X	X	
	Bent knees	X	X	X
	Leg or knee separations	X	X	
<b>REPULSION</b>	Staggered / alternate hand placement on vault	X		
	Shoulder angle on contact with vault	X	X	
	Bent arms	X	X	X
<b>SECOND FLIGHT AND LANDING</b>	Height	X	X	X
	Failure to maintain straight body position	X	X	
	Bent knees	X	X	X
	Leg or knee separations	X	X	
	Steps backwards on landing (under rotation) – without a fall	X		
	Under rotation – with a fall		X	
			(+1.00 fall)	
	Distance (Insufficient length)	X	X	
Deviation from a straight direction	X			
Dynamics	X	X		
<b>GENERAL</b>	Landing on the table (before falling forwards)			X
	Landing in deep squat			X

*Judging finishes when the gymnast has landed on the mats*

## VAULT – PERFORMANCE GRADE 2 continued

### CHOICE OF VAULT - D SCORE 4.00

Height of vault 120cm - to land on level safety mats behind vault

**VAULT 2** - ¼ - ½ on to stand (Tsukahara prep) – and fall backwards to lie on back

**VAULT 3** - Yurchenko prep to stand – and fall backwards to lie on back

PHASE	EXECUTION FAULTS	EXECUTION DEDUCTIONS		
		0.10	0.30	0.50
<b>FIRST FLIGHT</b>	Missing degrees of LA turn during flight phase ( <b>Vault 2 only</b> )		≤ 45°	
	Hip angle	X	X	
	Arch	X	X	
	Bent knees	X	X	X
	Leg or knee separations	X	X	
<b>REPULSION</b>	Failure to pass through the vertical	X		
	Shoulder angle on contact with vault	X	X	
	Bent arms	X	X	X
<b>SECOND FLIGHT AND LANDING</b>	Excessive snap	≥ 90°	< 90°	
	Height	X	X	X
	Failure to maintain straight body position	X	X	
	Bent knees	X	X	X
	Leg or knee separations	X	X	
	Steps forwards on landing (under rotation) – without a fall	X		
	Under rotation – with a fall		X (+1.00 fall)	
	Distance (Insufficient length)	X	X	
	Deviation from a straight direction	X		
Dynamics	X	X		
<b>GENERAL LANDING FAULTS</b>	Landing on the table (before falling backwards)			X
	Landing in deep squat			X
	Feet not touching the mat before landing back			X

*Judging finishes when the gymnast has landed on the mats*

## VAULT – PERFORMANCE GRADE 3

### CHOICE OF VAULT - D SCORE 4.00

Vault 1 - Handspring to stand on additional 20cm landing mat - and fall forwards to lie face down

Vault 2 - ¼ - ½ on (Tsukahara prep) to upper back

Vault 3 - Yurchenko prep to upper back

Height of vault 125cm - to land on level safety mats behind vault (+additional 20cm safety mat for Vault option 1)

**VAULT 1** - Handspring to stand on additional 20cm landing mat - and fall forwards to lie face down

PHASE	EXECUTION FAULTS	EXECUTION DEDUCTIONS		
		0.10	0.30	0.50
<b>FIRST FLIGHT</b>	Hip angle	X	X	
	Arch	X	X	
	Bent knees	X	X	X
	Leg or knee separations	X	X	
<b>REPULSION</b>	Staggered / alternate hand placement on vault	X		
	Shoulder angle on contact with vault	X	X	
	Bent arms	X	X	X
<b>SECOND FLIGHT AND LANDING</b>	Height	X	X	X
	Failure to maintain straight body position	X	X	
	Bent knees	X	X	X
	Leg or knee separations	X	X	
	Steps backwards on landing (under rotation) – without a fall	X		
	Under rotation – with a fall		X	
			(+1.00 fall)	
	Distance (Insufficient length)	X	X	
Deviation from a straight direction	X			
Dynamics	X	X		
<b>GENERAL</b>	Landing on the table (before falling forwards)			X
	Landing in deep squat			X

*Judging finishes when the gymnast has landed on the mats*

## VAULT – PERFORMANCE GRADE 3 continued

### CHOICE OF VAULT - D SCORE 4.00

Height of vault 125cm - to land on level safety mats behind vault

**VAULT 2** - ¼ - ½ on (Tsukahara prep) – to upper back

**VAULT 3** - Yurchenko prep – to upper back

PHASE	EXECUTION FAULTS	EXECUTION DEDUCTIONS		
		0.10	0.30	0.50
<b>FIRST FLIGHT</b>	Missing degrees of LA turn during flight phase ( <b>Vault 2 only</b> )		≤ 45°	
	Hip angle	X	X	
	Arch	X	X	
	Bent knees	X	X	X
	Leg or knee separations	X	X	
<b>REPULSION</b>	Failure to pass through the vertical	X		
	Shoulder angle on contact with vault	X	X	
	Bent arms	X	X	X
<b>SECOND FLIGHT AND LANDING</b>	Excessive snap	≥ 90°	< 90°	
	Height	X	X	X
	Failure to maintain straight body position	X	X	
	Bent knees	X	X	X
	Leg or knee separations	X	X	
	Brushing the mat with feet		X	
	Steps forwards on landing (under rotation) – without a fall	X		
	Under rotation – with a fall		X	
	Distance (Insufficient length)	X	X	
	Deviation from a straight direction	X		
Dynamics	X	X		
<b>GENERAL LANDING FAULTS</b>	Landing with any part of the body on the table			X
	Failure to land on upper back		X	

*Judging finishes when the gymnast has landed on the mats*



## VAULT – PERFORMANCE 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.**

Height of Vault: 125cm

Choice of the following 10 vaults:

Round off flic on with repulsion off D Score 3.00

½ on ½ off D Score 3.00

Handspring on ½ twist off D Score 3.00

½ on 1/1 off D Score 3.50

If the turn off is not completed, the vault will be judged as a ½ on ½ on and will be scored from 3.00.

Handspring 1/1 twist D Score 3.50

E Panel will take execution deductions accordingly.

If the turn off is not completed, the vault will be judged as a handspring ½ off and will be and scored from 3.00.

Round off flic on with ½ off D Score 3.50

E Panel will take execution deductions accordingly.

If the turn off is not completed, the vault will be judged as a round off flic on repulsion off and will be scored from 3.00.

Round off flic on with 1/1 off D Score 3.50

E Panel will take execution deductions accordingly.

If less than a ½ turn off is completed, the vault will be judged as a round off flic on repulsion off and will be scored from 3.00.

E Panel will take execution deductions accordingly.

Handspring tuck front somersault D Score 4.00

Tsukahara tucked or piked D Score 4.00

Yurchenko tucked or piked D Score 4.00

Current FIG Code of Point penalties apply (see section 8.3 on page 89 & 10.6 on page 20)

**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
<b>Amplitude of:</b>			
– 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

**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 36 & 84*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.00	<b>Assisted by Coach</b> - 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	Reverse chin up (chin over the bar) and lower to straight hang in control	Forehead not at the height of bar Chin resting on bar Poor technique (initiation of a swing)		VM 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 (feet to touch bar or pass through bar at vertical) and lower to straight hang in control	Failure to lift legs to horizontal Failure to lift feet to 45° from vertical Failure to touch or pass through bar with feet		VM Each time X each	
0.50	Leg lift with straight legs (feet to touch bar or pass through bar at vertical) and lower to straight hang in control	Shoulder angle Failure to finish in straight hang (finishing in dish)	X each X each X each		
0.50	Chin up and circle over the bar to finish in front support (No deduction for pausing / stopping in front support)	Failure to circle over to front support Chin not level with or above bar before circle over Chin resting on bar before circle over Poor technique in circle over (initiation of a swing)	X	VM  X X	
0.50	Roll forward to chin up position, lower to straight hang	Chin resting on bar before lowering		X	
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	<b>Dismount</b> – release the bar to land	Stop and hang before releasing to dismount		X	

## BARS – PREPARATION GRADE 2

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

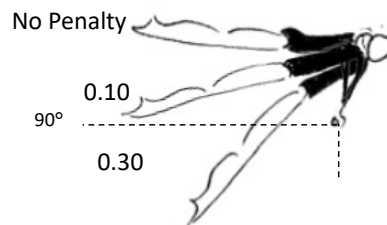
*These specific deductions are in addition to the bars specific apparatus deductions & general table of faults on pages 36 & 84*

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)  VM		
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 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	<b>Dismount</b> - 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)
	<b>OR</b>				
0.50	<b>Dismount</b> – Cast into straddle or pike on undershoot	Feet not touching bar	0.30 Neutral penalty (D Panel)		

### Cast penalties



## BARS – PREPARATION GRADE 3

**Single strap bar on high bar of 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 36 & 84*

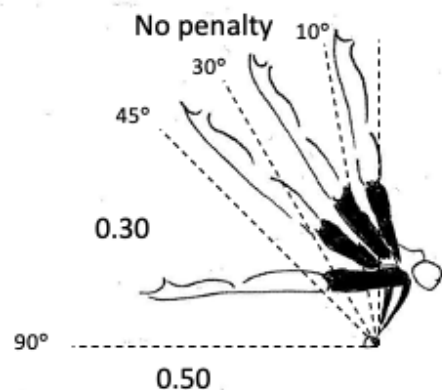
VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	From long hang, in regular grip, circle up to front support	Failure to complete circle to front support	VM		
0.50	Cast to Handstand*	Cast deductions	See cast to handstand diagram		
0.50	Into Forwards swing to minimum 45° from handstand	Height of swing deductions	See swing penalties diagram		
0.50	Swing back to minimum 45° from handstand	Height of swing deductions Extra swing before giant	See swing penalties diagram X each		
0.50	Backward giant	Failure to complete backward giant	0.50 each time (*see below) X each		
0.50	Backward giant	Completed forward giant			
0.50	Backward giant	Lack of hang shape in tap swing			
			X each	X each	

**\*Bonus 0.30 Cast to handstand completed within 30°**

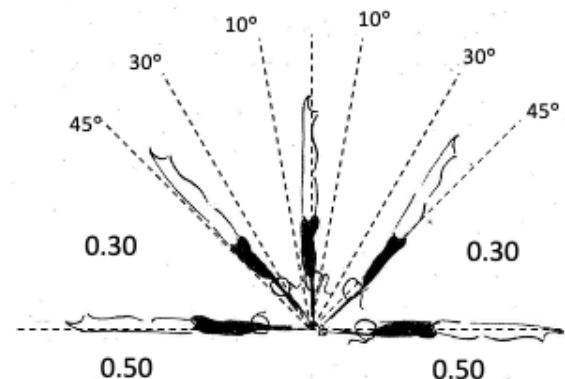
NOTE: Failure to complete backward giant: - an intermediate swing (fwd then bwd) occurring before a backward giant gets over the bar will incur a penalty of 0.50. The maximum number of intermediate swings permitted per occasion will be THREE (total intermediate swing penalty on any one occasion = 1.00). If the gymnast has still not completed the giant circle by this time the coach must stop the gymnast and she must return to front support to attempt the next giant circle. The penalty for this occurring would be 1.00 + 1 x VM.

### Cast to handstand penalties

**0.30 bonus if completed above 30°**



### Swing Penalties



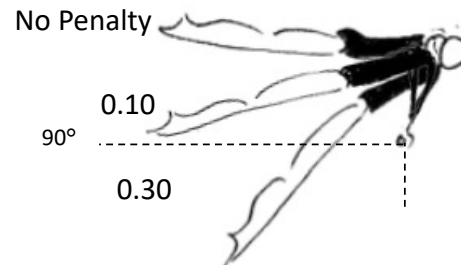
## BARS – DEVELOPMENT GRADE 1

### 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 36 & 84*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	<b>Mount</b> – 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	<b>Dismount</b> – Cast into straddle or pike on undershoot	Cast deductions Feet not touching bar on dismount	See cast diagram 0.30 Neutral penalty (D Panel)		

### Cast penalties





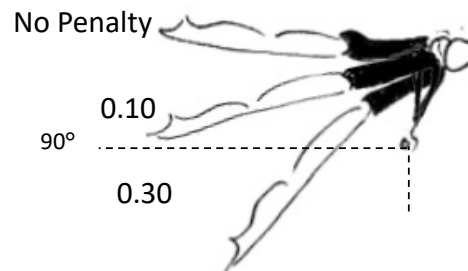
## BARS – DEVELOPMENT GRADE 2

### 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 36 & 84*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	<b>Mount</b> – 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	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	Long upstart	Failure to complete upstart	1.00 (Fall) + VM		
0.50	<b>Dismount</b> – cast into any ‘A’ coded dismount	Cast deductions Element penalties	See cast diagram As CoP		

### Cast penalties



## BARS – DEVELOPMENT GRADE 3

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

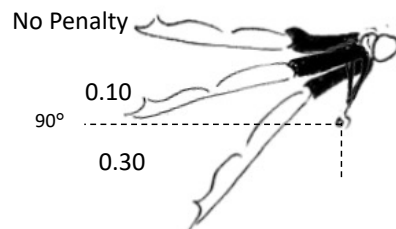
*These specific deductions are in addition to the bars specific apparatus deductions & general table of faults on pages 36 & 84*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	<b>Mount</b> – 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 / 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	X	X	1.00 (Fall) + VM
0.50	Long upstart	Failure to complete upstart	1.00 (Fall) + VM		
0.50	<b>Dismount**</b> – 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**

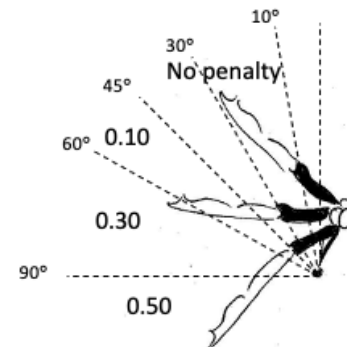
**\*\*Bonus 0.50 Salto dismount**

### 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 36 & 84*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	<b>Mount</b> – 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 Close bar to 45° penalties	VM + empty swing penalty as CoP See Close bar circle to 45° diagram		
0.00	<b>Optional</b> - 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	X	X	1.00 (Fall) + VM
0.50	Long upstart	Failure to complete upstart	1.00 (Fall) + VM		
0.50	Cast to Handstand*	Element penalties	See cast to handstand diagram		
<b>0.50 Bonus</b>	<b>Optional</b> Giant circle backwards	Element penalties	As CoP		
0.50	<b>Dismount</b> – into any 'A' coded dismount	Element penalties	As CoP		

**\*Bonus 0.30**

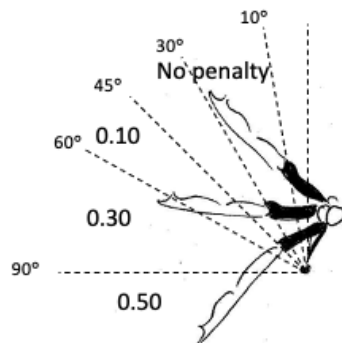
**Cast to handstand completed within 10°**

**\*\*Bonus 0.30**

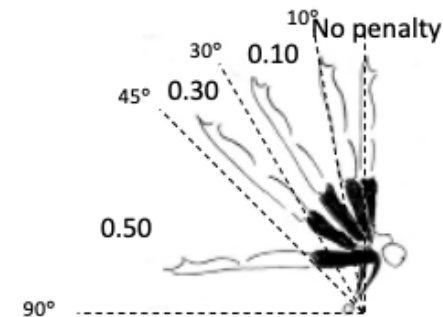
**Close bar completed within 30° of handstand**

### Cast to handstand penalties

0.30 bonus if completed within 30°



### Close bar element to 45° penalties



## BARS – PERFORMANCE GRADE 1

**Uneven bars with high bar as strap bar and low bar as wooden bar - 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 36 & 84*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	From long hang, in regular grip, trolley swing (may be initiated by one dish and / or arch)	More than one dish and / or arch			X
0.50	Long upstart	Failure to complete element	VM + 1.00 (fall)		
0.50	Cast to Handstand*	Element penalties Cast over the top of the bar and stop Cast over the top of the bar but can continue into the next element without stopping the flow of the routine	See cast to handstand diagram 1.00 (fall)  X		
0.50	Close bar element to handstand**	Element penalties Failure to complete close bar element and stop Coming out early on close bar element but can continue into the next element without stopping the flow of the routine	See close bar circle diagram 1.00 (fall)  X		
0.50	Backward giant	Failure to complete giant circle	0.50 each time (**see below) As CoP  X each		
0.50	Backward giant	Element penalties (Backward giant)			
0.50	Backward giant	Completed forward giant			

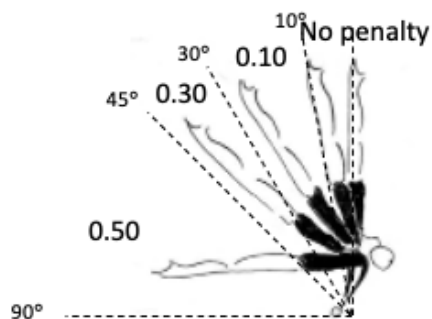
**\*Bonus 0.30 Cast to handstand completed within 10°**

**\*\*Bonus 0.30 Close Bar completed within 10° of handstand**

NOTE: \*\*\*Failure in completing giant circles: - an intermediate swing (fwd then bwd) occurring before a backward giant gets over the bar will incur a penalty of 0.50. The maximum number of intermediate swings permitted per occasion will be THREE (total intermediate swing penalty on any one occasion = 1.00). If the gymnast has still not completed the giant circle by this time the coach must stop the gymnast and she must return to front support to attempt the next giant circle. The penalty for this occurring would be 1.00 + 1xVM.

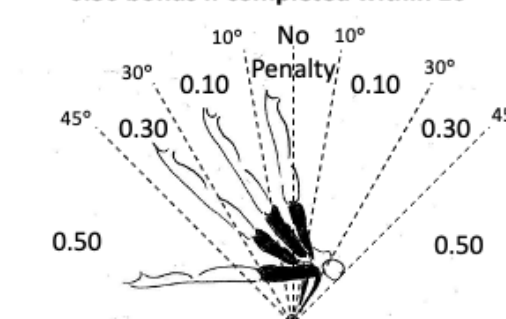
### Cast to handstand penalties

**0.30 bonus if completed within 10°**



### Close Bar circle to handstand penalties either side of bar

**0.30 bonus if completed within 10°**



## BARS – PERFORMANCE GRADE 2

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

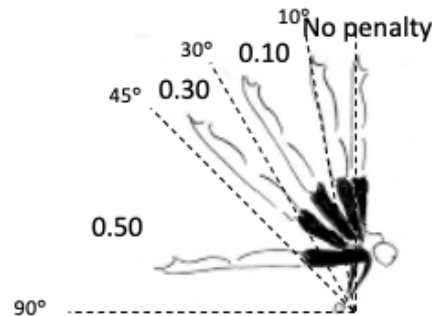
*These specific deductions are in addition to the bars specific apparatus deductions & general table of faults on pages 36 & 84*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	<b>Mount</b> – float upstart (Legs together or straddled)	Failure to complete upstart	1.00 (Fall) + VM		
0.50	Straddle on and grip change to reverse grip ¾ sole circle forwards and grip change back into regular grip	Failure to feet to remain on the bar past 180° Failure to regrasp in regular grip	1.00 (Fall) + VM 1.00 (Fall) + 0.30		
0.50	Upstart	Failure to complete upstart	1.00 (Fall) + VM		
0.00	Cast in	Element penalties	As CoP		
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	X	X	1.00 (Fall) + VM
0.50	Long upstart	Failure to complete upstart	1.00 (Fall) + VM		
0.50	Cast to handstand*	Element penalties	See cast to handstand (HB) diagram		
0.50	Giant circle backwards to handstand	Element penalties	As CoP		
0.50	Giant circle backwards to handstand	Element penalties	As CoP		
0.50	<b>Dismount</b> – into any 'A' coded dismount	Element penalties	As CoP		

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

### Cast to handstand penalties (HB)

**0.30 bonus if completed within 10°**



## BARS – PERFORMANCE 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 36 & 84*

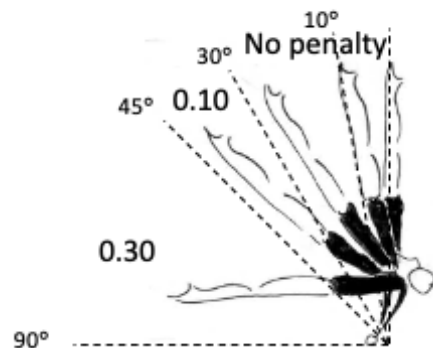
VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	<b>Mount</b> – float upstart (Legs together or straddled)	Failure to complete upstart	1.00 (Fall) + VM		
0.50	Cast to handstand*	Element penalties	See cast to handstand diagram		
0.50	Close bar element to handstand**	Element penalties Close bar completed below horizontal	As CoP Element penalties + VM		
0.50	Squat / stoop / straddle / step on and Sole circle <i>If performed from an upstart, cast to handstand penalties will be applied</i>	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	X	X	1.00 (Fall) + VM
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	Giant circle backwards to handstand	Element penalties	As CoP		
0.50	Giant circle backwards to handstand	Element penalties	As CoP		
0.50	<b>Dismount</b> – into any 'A' or 'B' coded dismount	Element penalties	As CoP		

**\*Bonus 0.30 Cast to handstand completed within 10° Awarded once only**

**\*\*Bonus 0.30 Close bar element completed within 10° of handstand**

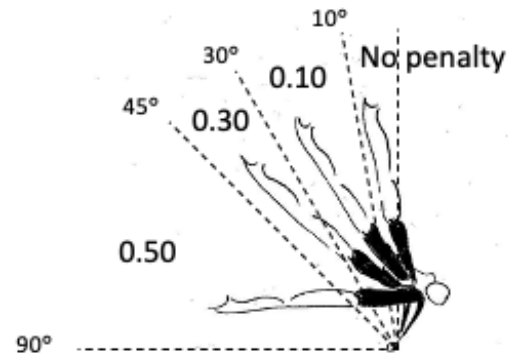
### Cast to handstand penalties

**0.30 bonus if completed within 10°**



### Close Bar penalties

**0.30 bonus if completed within 10°**



## BARS – PERFORMANCE GRADE 4

### Uneven Bars – Routine with set elements – D Score 4.00 + bonus

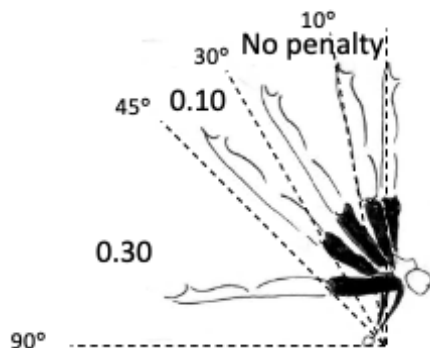
*These specific deductions are in addition to the bars specific apparatus deductions & general table of faults on pages 36 & 84*

*Close bar element can be performed on either LB or HB & elements on HB can be in any order*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	<b>Mount LB</b> – float upstart (Legs together or straddled)	Failure to complete upstart	1.00 (Fall) + VM		
0.50	<b>LB</b> - Cast to handstand top / reverse turn ( <b>must be performed on LB</b> )*	Element penalties	As CoP		
0.50	<b>Can be performed on LB or HB</b> Close bar element to handstand If an upstart, is performed before the close bar cast penalties will be applied	Element Penalties Close bar completed below horizontal	As CoP As CoP + VM		
0.50	<b>LB</b> - Squat / stoop / straddle / step on and Sole circle <i>If performed from an upstart, cast to handstand penalties will be applied</i>	Going round twice Going round more than twice Bent leg penalties	X 1.00 (Fall) As CoP		
0.00	<b>LB</b> - 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	<b>HB</b> - Long upstart	Failure to complete upstart	1.00 (Fall) + VM		
0.50	<b>HB</b> - Cast to handstand	Element penalties	See cast to handstand diagram		
0.50	<b>HB</b> - Giant circle backwards to handstand	Element penalties	As CoP		
0.50	<b>HB</b> - Giant circle backwards to handstand	Element penalties	As CoP		
0.50	<b>Dismount HB</b> – into any 'A' or 'B' coded dismount	Element penalties	As CoP		

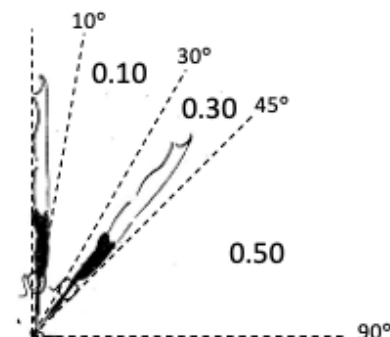
**\*Bonus 0.30 Cast to handstand top / reverse turn completed within 10°**

**Cast to handstand penalties**



**Cast to Handstand Top turn Penalties**

**0.30 bonus if completed within 10°**



**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		
<b>Excessive preparation</b>			
– Adjustment ( <i>steps without choreography &amp; 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 – 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 50 & 84 – 87.

**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	<b>Mount</b> Jump to front support – lift one leg over to cross sit				
0.50 0.50	<b>Dance series –</b> From 2 feet, 2 x Stretched jumps <b>connected</b> to land on two feet ( <b>No arm swing during the connection</b> )	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	<b>Turn</b> 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	<b>Acro –</b> 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	<b>Dismount</b> 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:						Rhythm & Tempo:		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)	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 – PREPARATION GRADE 2

### 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 50 & 84 – 87.*

#### Additional 20cm safety matting for the dismount

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	<b>Mount</b> Any uncoded mount, or 'A' value mount	Mount more than 'A'	VM		
0.50 0.50	<b>Dance series – (Specified order)</b> From 2 feet, stretched jump to land on two feet <b>connected</b> to Tuck jump ( <b>No arm swing during the connection</b> )	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	<b>Turn</b> 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	<b>Acro D Score 3.50</b> 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	<b>Acro D Score 4.00</b> 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	<b>Dismount</b> 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					
<i>Insufficient artistry of performance throughout the exercise:</i>						<i>Insufficient use of entire apparatus:</i>					
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)	<del>Mount without DV</del>	Lack of movements sideways (no DV)	Missing combination of movements/ elements close to beam	<del>One-sided use of elements: More than one 1/2 turn on 2 feet with straight legs</del>
			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	

## BEAM – PREPARATION 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 50 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	<b>Mount</b> Jump to japana (Hold for 2 seconds)	Element penalties Not held for 2 seconds	As CoP 0.30 Neutral Penalty (D Panel)		
0.50 0.50	<b>Dance series – (Specified order)</b> Split jump* <b>connected</b> to Stretched jump from two feet to land on two feet <b>(No arm swing during the connection)</b>	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	<b>Turn</b> 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	<b>Acro</b> Cartwheel ¼ turn inwards	Element penalties No ¼ inwards	As CoP X		
0.50	<b>Additional leap or jump from the following*:</b> Sissone Split leap Straddle jump	Element penalties	As CoP		
0.50	<b>Acro</b> Backwards walkover	Element penalties	As CoP		
0.50	<b>Dismount</b> 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**

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)		Lack of movements sideways (no DV)	Missing combination of movements/ elements close to beam	0.1	
			0.1	0.1			0.1				Feet not pointed/ relaxed/ turned in

## 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 50 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.00	<b>Mount</b> 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	<b>Dance series – (Any order)</b> Split jump* <b>connected</b> to Stretched jump from two feet to land on two feet ( <b>No arm swing during the connection</b> )	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	<b>Turn</b> Full spin on one foot (any position or direction)	Element penalties	As CoP		
0.50	<b>Acro</b> 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	<b>Additional leap or jump from the following:</b> Sissone* Split leap* Tuck jump W (wolf) jump	Element penalties	As CoP		
0.50	<b>Dismount</b> 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					
<i>Insufficient artistry of performance throughout the exercise:</i>						<i>Insufficient use of entire apparatus:</i>					
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:	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 50 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.00	<b>Mount</b> 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	<b>Dance series – (Any order)</b> Split jump* <b>connected</b> to Any 'A' coded or additional** listed uncoded leap, jump or hop ( <b>No arm swing during the connection</b> )	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	<b>Acro</b> Cartwheel ¼ turn inwards (may be connected to dismount)	Element penalties No ¼ inwards	As CoP X		
0.50	<b>Turn</b> Full spin on one foot (any position or direction)	Element penalties	As CoP		
0.50 0.50	<b>Mixed Series (Any order - Saltos and aerials not permitted)</b> Any different FIG coded acro element (included 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	<b>Dismount</b> 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 50 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	<b>Mount</b> 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	<b>Dance series – (Any order)**</b> 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. <i>Cannot include Sissone</i>	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	<b>Turn</b> Full spin on one foot (any position or direction)	Element penalties	As CoP		
0.50	<b>Acro</b> Any FIG coded backwards acro element with hand support (rolls are not a permitted FIG acro element)	Element penalties Acro element performed without hand support	As CoP VM		
0.50 0.50	<b>Mixed Series – (Any order)</b> Cartwheel Sissone**	Element penalties Series break (elements not connected)	As CoP 0.50 Neutral Penalty (D Panel)		
0.50	<b>Dismount</b> Pike front somersault	Element penalties Take off from 1 foot Salto not piked	As CoP VM 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:						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)	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 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 50 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	<b>Mount</b> 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	<b>Dance series – (Any order)*</b> 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	<b>Acro</b> Any minimum ‘B’ acro element must have flight or salto	Element penalties		As CoP	
0.50	<b>Turn</b> Full spin on one foot (any position or direction)	Element penalties		As CoP	
0.50	Change leg split leap*	Element penalties		As CoP	
0.50 0.50	<b>Dismount</b> 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					
<i>Insufficient artistry of performance throughout the exercise:</i>						<i>Insufficient use of entire apparatus:</i>					
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:	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 – PERFORMANCE 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 50 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	<b>Mount</b> Jump to japana (Hold for 2 seconds)	Element penalties Not held for 2 seconds	As CoP 0.30 Neutral Penalty (D Panel)		
0.50 0.50	<b>Dance series – (Any order)*</b> Split jump <b>connected</b> to Sissone ( <b>No arm swing during the connection</b> )	Element penalties Series break (elements not connected or arm swing performed)	As CoP 0.30 Neutral Penalty (D Panel)		
0.50	<b>Acro</b> Cartwheel ¼ turn inwards	Element penalties No ¼ inwards	As CoP X		
0.50	<b>Turn</b> Full spin on one foot (any position or direction)	Element penalties	As CoP		
0.50	<b>Additional Side Jump*</b> Any FIG coded or additional listed uncoded** jump side on (Excluding split jump)	Element penalties Jump used in dance series	As CoP VM		
0.50	<b>Acro</b> Backwards walkover	Element penalties	As CoP		
0.50	<b>Dismount</b> 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**

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

Straight jump

Tuck jump

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 – PERFORMANCE 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 50 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.00	<b>Mount</b> 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	<b>Dance series – (Any order)*</b> Split leap <b>connected</b> to Sissone ( <b>No arm swing during the connection</b> )	Element penalties Series break (elements not connected or arm swing performed)	As CoP 0.30 Neutral Penalty (D Panel)		
0.50	<b>Acro</b> Any ‘B’ flighted acro element	Element penalties	As CoP		
0.50	<b>Turn</b> Full spin on one foot (any position or direction)	Element penalties	As CoP		
0.50 0.50	<b>Mixed Series</b> Forward walkover directly connected to straight jump or changement	Element penalties Elements performed out of order Series break (elements not connected)	As CoP 0.50 Neutral Penalty (D Panel) 0.50 Neutral Penalty (D Panel)		
0.50	<b>Additional leap or Jump*</b> (Jump can be cross or side on) Any minimum ‘B’ FIG coded leap or jump	Element penalties	As CoP		
0.50 0.50	<b>Dismount</b> Any different coded Acro element (flight not necessary) on the beam into a tuck back somersault	Element penalties Repeated acro element Series break (elements not connected) Salto not tucked	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					
<i>Insufficient artistry of performance throughout the exercise:</i>						<i>Insufficient use of entire apparatus:</i>					
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	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 – PERFORMANCE 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 50 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.00	<b>Mount</b> Any FIG Coded <b>minimum</b> '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	As CoP 0.30 Neutral Penalty (D Panel)		
0.50 0.50	<b>Dance series – (Any order)*</b> Change leg split leap <b>connected</b> to Any FIG coded leap/jump/hop	Element penalties Series break (elements not connected)	As CoP 0.30 Neutral Penalty (D Panel)		
0.50 0.50	<b>Acro Series 2 elements</b> Split handstand (show position) Directly connected to Flic to one	Element penalties Series break (elements not connected)	As CoP 0.50 Neutral Penalty (D Panel)		
0.50	<b>Turn</b> Full spin on one foot (any position or direction)	Element penalties	As CoP		
0.50	<b>Acro</b> Any different minimum 'B' flighted acro element (can be part of dismount)	Element penalties	As CoP		
0.50	<b>Additional 'B' Jump*</b> (can be cross or side on) Any 'B' FIG coded jump (must be different to dance series)	Element penalties 'B' Jump used in dance series	As CoP VM		
0.50 0.50	<b>Dismount</b> Any Acro element (not flic to one) into 'A' coded somersault	Element penalties Repeated acro element Series break (elements not connected) Salto not 'A'	As CoP VM 0.50 Neutral Penalty (D Panel) VM		
Missing forwards/sideways acro element on beam			0.50 Neutral Penalty (D Panel)		

**\*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		
			0.1	0.1				0.1			Feet not pointed/ relaxed/ turned in	Poor work in relevé

## BEAM – PERFORMANCE 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 50 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	<b>Mount</b> Any FIG Coded min 'B' Mount	Element penalties Mount not coded or 'A' value	As CoP VM		
0.50 0.50	<b>Dance series – (Any order)*</b> Connection 2 different dance elements to include one leap or jump with 180° split (cross or side) or straddle. One element must be minimum 'C'	Element penalties Series break (elements not connected) No 'C' element	As CoP 0.30 Neutral Penalty (D Panel) VM		
0.50 0.50	<b>Acro Series 2 elements</b> With minimum 1 flighted element Elements can be the same or different	Element penalties Series break (elements not connected)	As CoP 0.50 Neutral Penalty (D Panel)		
0.50	<b>Turn</b> Any spin on one foot (any position or direction)	Element penalties	As Cop		
0.50	<b>Acro</b> Any salto or aerial (can be part of acro series)	Element penalties	As CoP		
0.50	<b>Additional Leap or Jump *</b> Minimum value 'B' (must be different to dance series)	Element penalties Jump used in dance series	As CoP VM		
0.50	<b>Dismount</b> Dismount minimum 'B' or a minimum 'A' salto directly connected to a different flighted acro element	Element penalties Salto not 'B', Acro before salto is not flighted or Flighted acro element not different	As CoP VM VM VM		
Missing acro elements forwards/sideways & backwards on beam			1.00 Neutral Penalty (D Panel)		

**\*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)	
			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, chainé 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><b>Excessive preparation</b></p> <ul style="list-style-type: none"> <li>– Adjustment (<i>steps without choreography</i>)</li> <li>– Excessive arm swing before dance elements</li> <li>– Pause (<i>apply at 2 seconds</i>)</li> </ul>	<p>ea X</p> <p>ea X</p> <p>ea X</p>
<p><b>Distribution of elements</b></p> <ul style="list-style-type: none"> <li>– Exercise starts immediately with an acro line/acro element</li> <li>– Subsequent acro line performed after previous line along the same diagonal without choreography in between (long acro line allowed)</li> <li>– More than 1 subsequent acro line</li> <li>– Exercise ends with acro element (no choreography after last acro)</li> </ul>	<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 + Bonus

*These specific deductions are in addition to the floor specific apparatus deductions & general table of faults on pages 64 & 84 – 87.*

**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	<b>Dance passage – to include</b> 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	Tic-toc	Element penalties Failure to kick back over to stand	As CoP 1.00 (Fall) + VM		
0.50	<b>Turn</b> Full spin on one foot (any position or direction)	Element penalties	As Cop		
0.50	<b>Acro</b> Handstand forward roll with straight arms to stand with feet together	Element penalties	As Cop		
0.50 0.50	<b>Acro Line</b> Cartwheel front to back into immediate piked backward roll with straight arms and legs to pike stand	Element penalties Cartwheel not front to back Series break (definitive break only)	As Cop X 0.50 Neutral Penalty (D Panel)		
0.50	<b>Jump*</b> Split jump	Element penalties	As CoP		

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

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>		
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	<del>Exercise as a series of disconnected elements &amp; movements (lack of fluency)</del>	Throughout the exercise	<del>Poor choreography in the corner/ lack of variety</del>	Missing movement touching floor	<del>No structure to the music</del>	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 / <del>X</del>	<del>0.1</del>	0.1	<del>0.1</del>	0.1	<del>0.1</del>	0.1	0.1 / 0.3

## FLOOR – PREPARATION GRADE 2

### 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 64 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50 0.50	<b>Dance passage – to include</b> 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	<b>Acro – choice of</b> Backward walkover <i>or</i> Forward walkover	Element penalties	As Cop		
0.50	<b>Turn</b> Full spin on one foot (any position or direction)	Element penalties	As Cop		
0.50	<b>Acro</b> Arm swing from behind into Handstand immediate rebound bounce forwards onto hands into handstand forward roll with straight arms and <b>straight legs</b> (may use hands at sides of legs to aid stand) – to finish in dish stand with feet together.	Arms not swinging from behind Lack of flight in rebound Bent arms in handstand forward roll Standing with bent legs	X X X	X X X	X  X
0.50 0.50	<b>Acro Line - DV 3.50</b> 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)
<b>Or</b>					
0.50 1.00	<b>DV 4.00</b> <b>(from 2 feet together) jump into</b> Roundoff Flic to 2 feet together (A controlled rebound is allowed with no penalty)	Round off not from 2 footed jump Element penalties Series break (definitive break only)	0.30 Neutral Penalty (D Panel) As CoP 0.50 Neutral Penalty (D Panel)		
0.50	<b>Jump</b> Split jump* immediate straight jump ( <b>No arm swings</b> )	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)	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	<del>Exercise as a series of disconnected elements &amp; movements (lack of fluency)</del>	Throughout the exercise	<del>Poor choreography in the corner/ lack of variety</del>	Missing movement touching floor	<del>Editing of music: No structure to the music</del>	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	<del>0.1</del>	0.1	<del>0.1</del>	0.1	<del>0.1</del>	0.1	0.1 / 0.3

## 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 64 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50 0.50	<b>Acro Line (from 2 feet together) jump into</b> Roundoff 2 flics to 2 feet together (A controlled rebound is allowed with no penalty)	Round off not from 2 footed jump Element penalties Missing flic Missing both flics  Series break (elements not connected)	0.30 Neutral Penalty (D Panel) As CoP VM VM + 1 x NA Neutral Penalty (D Panel) 0.50 Neutral Penalty (D Panel) ea.		
0.50 0.50	<b>Dance passage – to include**</b> 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	<b>Acro Line*</b> Handspring to 2 feet (A controlled rebound is allowed with no penalty)	Element penalties Handspring to 2 landing on 1 foot	As CoP 0.30 Neutral Penalty (D Score)		
0.50	<b>Turn</b> Full spin on one foot (any position or direction)	Element penalties	As Cop		
0.50 (either option)	<b>Choice of -</b> Free cartwheel Or Cat leap directly connected to cartwheel	Element penalties	As CoP		
		Element penalties Series break (elements not connected)	As CoP 0.50 Neutral Penalty (D Panel)		
0.50	<b>Acro Line *</b> Tuck front salto	Element Penalties Landing on one foot Salto not tucked	As CoP 0.30 Neutral Penalty (D Score) VM		
Acro lines combined but elements performed in incorrect order			0.50 Neutral Penalty (D Panel)		

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

*\*Can be combined within one acro line by having a run between handspring and front salto (in this order 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	<del>Poor choreography in the corner/ lack of variety</del>	Missing movement touching floor	<del>Editing of music:</del> 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 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 64 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	<b>Acro Line</b> Roundoff	Element penalties	As CoP		
0.50	2 Flics to 2 feet together (A controlled rebound is allowed with no penalty)	Missing flic Missing both flics Series break (elements not connected)	VM VM + 1 x NA Neutral Penalty (D Panel) 0.50 Neutral Penalty (D Panel) ea		
0.50	<b>Dance passage – to include**</b> Split leap	Element penalties	As CoP		
0.50	Split leap	Dance elements directly connected without a passage of dance between	0.30 Neutral Penalty (D Panel)		
0.50	<b>Acro Line*</b> Handspring to 2 feet (A controlled rebound is allowed with no penalty)	Element penalties Handspring to 2 landing on 1 foot	As CoP 0.30 Neutral Penalty (D Score)		
0.50	<b>Turn</b> Full spin on one foot (any position or direction)	Element penalties	As Cop		
0.50	<b>Mixed Series - (Cannot be combined with any acro lines)</b> Optional elements*** to include a dance element with 180° split (not a split leap)**	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	<b>Acro Line*</b> Tuck front salto	Element Penalties Landing on 1 foot Salto not tucked	As CoP 0.30 Neutral Penalty (D Score) VM		

*\*Can be combined within one acro line by having a run between handspring and front salto (in any order)*

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

**\*\*\* Additional uncoded acro elements that can be used at this level. The round off, flic or handspring cannot be repeated.**

Backward walkover, forward walkover, tic-toc, cartwheel

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)	<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	<del>Poor choreography in the corner/ lack of variety</del>	Missing movement touching floor	<del>Editing of music: No structure to the music</del>	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. This routines contains 3 acro lines**

*These specific deductions are in addition to the floor specific apparatus deductions & general table of faults on pages 64 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50 0.50	<b>Acro Line</b> Roundoff 3 flics to 2 feet together (A controlled rebound is allowed with no penalty)	Element penalties Missing flic Missing all 3 flics  Series break (elements not connected)	As CoP VM each VM each + 1 x NA Neutral Penalty (D Panel) 0.50 Neutral Penalty (D Panel) ea		
0.50 0.50	<b>Dance passage – to include*</b> 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	<b>Acro Line</b> Round off <b>Optional flic</b> Tuck back salto	Element penalties Salto not tucked Series break (elements not connected)	As CoP VM 0.50 Neutral Penalty (D Panel)		
0.50	<b>Turn</b> Full spin on one foot (any position or direction)	Element penalties	As Cop		
0.50 0.50	<b>Mixed Series* - (Cannot be combined with any acro lines)</b> Optional elements – dance element must be different to those used in leap series <i>The round off, flic or handspring can be repeated to fulfil this requirement.</i>	Element penalties Series break (elements not connected) Elements not listed uncoded or in CoP and / or not different to leap series	As CoP 0.50 Neutral Penalty (D Panel) VM		
0.50 0.50	<b>Acro Line</b> Handspring to 2 feet run tuck front salto	Element Penalties Handspring landing on 1 foot Salto not tucked Elements performed in incorrect order	As CoP 0.30 Neutral Penalty (D Panel) VM 0.50 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)	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 3

**FLOOR – Routine with set elements in optional order – D score 4.00 + Bonus. This routines contains 3 acro lines**

*These specific deductions are in addition to the floor specific apparatus deductions & general table of faults on pages 64 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50 0.50	<b>Acro Line</b> Round off <b>Optional flic</b> Straight back salto	Element penalties Salto not straight Series break (elements not connected)		As CoP VM 0.50 Neutral Penalty (D Panel)	
0.50 0.50	<b>Dance passage – to include*</b> 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	<b>Choice of –</b> Free cartwheel or Free walkover	Element penalties		As CoP	
0.50	<b>Mixed Series* -</b> Optional elements – dance element must be different Can be combined with Free cartwheel or free walkover <i>The round off or flic can be repeated to fulfil this series.</i>	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	<b>Turn</b> 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	<b>Additional leap, jump or hop* -</b> Optional different minimum ‘B’ coded leap, jump or hop	Element penalties Elements not in CoP / or not minimum ‘B’ value / or repeated dance element		As CoP VM	
0.50/0.50 0.50/0.50	<b>Acro Line – Choice of:</b> 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 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	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. This routines contains 3 acro lines**

*These specific deductions are in addition to the floor specific apparatus deductions & general table of faults on pages 64 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50 0.50	<b>Acro Line</b> Round off <b>Optional flic</b> Straight back salto with ½ twist or 1/1 twist	Element penalties Salto tucked / twist incomplete Series break (elements not connected) Salto more than 1/1 twist	As CoP VM 0.50 Neutral Penalty (D Panel) VM		
0.50 0.50	<b>Dance passage – to include*</b> 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	<b>Acro Line –</b> 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	<b>Turn</b> 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	<b>Additional leap, jump or hop* -</b> 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	<b>Acro Line</b> Straight front salto (optional entry)	Element Penalties Salto not straight	As CoP VM		

**\*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> No structure to the music	<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		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 – PERFORMANCE GRADE 1

**FLOOR – Routine with set elements in optional order – D score 4.00 + Bonus. This routines contains 3 acro lines**

*These specific deductions are in addition to the floor specific apparatus deductions & general table of faults on pages 64 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50 0.50	<b>Acro Line (from 2 feet together) jump into</b> Roundoff 3 flics to 2 feet together into rebound jump (A controlled rebound is allowed with no penalty)	Round off not from 2 footed jump Element penalties Missing flic Missing all 3 flics  Series break (elements not connected)		X As CoP VM ea VM + 1 x NA Neutral Penalty (D Panel)	0.50 Neutral Penalty (D Panel) ea
0.50 0.50	<b>Dance passage – In this order*</b> Split leap Side split leap	Element penalties Dance elements directly connected without a passage of dance between Elements performed in incorrect order		As CoP 0.30 Neutral Penalty (D Panel)	0.50 Neutral Penalty (D Panel)
0.50 0.50 0.50	<b>Acro Line</b> Round off flic Tuck back salto	Element penalties Salto not tucked Series break (elements not connected)		As CoP VM	0.50 Neutral Penalty (D Panel)
0.50	<b>Turn</b> Full spin on one foot (any position or direction)	Element penalties		As Cop	
0.50	<b>Choice of -</b> Free walkover Or Free cartwheel	Element penalties		As CoP	
0.50 0.50	<b>Acro Line</b> Handspring to 2 feet Run tuck front salto	Element Penalties Handspring landing on 1 foot Salto not tucked Elements performed in incorrect order		As CoP 0.30 Neutral Penalty (D Panel) VM	0.50 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>			Missing movement touching floor	<i>Editing of music:</i> No structure to the music	<i>Musicality:</i>	
											Lack of synchronisation between movement and musical beat at the end of exercise	Background music
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					
0.1	0.1	0.1	0.1	0.1 / 0.3	0.1	0.1	0.1	0.1	0.1	0.1	0.1 / 0.3	



## FLOOR – PERFORMANCE GRADE 2

**FLOOR – Routine with set elements in optional order – D score 4.00 + Bonus. This routines contains 3 acro lines**

*These specific deductions are in addition to the floor specific apparatus deductions & general table of faults on pages 64 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	<b>Acro Line (from 2 feet together) jump into</b> Roundoff 3 flics Tuck back salto	Round off not from 2 footed jump	X		
0.50		Element penalties	As CoP		
0.50		Missing flic	VM ea		
0.50	Tuck back salto	Missing all 3 flics	VM + 1 x NA		
		Series break (elements not connected)	Neutral Penalty (D Panel)		
		Salto not tucked	0.50 Neutral Penalty (D Panel) ea VM		
0.50	<b>Dance passage – to include*</b> Split leap	Element penalties	As CoP		
0.50		Any different FIG coded 'A' or 'B' leap or hop	0.30 Neutral Penalty (D Panel)		
		Optional element not different or more than 'B'	VM		
0.50	<b>Acro Line</b> Round off	Element penalties	As CoP		
0.50		flic	VM		
0.50		Straight back salto	0.50 Neutral Penalty (D Panel)		
0.50	<b>Turn</b> Any minimum 'B' coded spin (any position or direction)	Element penalties	As Cop		
		Turn not complete or not a 'B' or more	VM		
0.50	<b>Mixed series to include* -</b> Free walkover	Element penalties	As CoP		
0.50		Or	VM		
		Free cartwheel dance element must be different to those used in leap series	0.50 Neutral Penalty (D Panel)		
0.50	<b>Acro Line</b> Handspring to 2 immediate	Element Penalties	As CoP		
0.50		Tuck front salto	VM		
		Series break (elements not connected)	0.50 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	<i>Editing of music:</i> No structure to the music	Lack of synchronisation between movement and musical beat at the end of exercise	Background music
0.1	0.1	0.1	0.1	0.1 / 0.3	0.1	0.1	0.1	0.1	0.1	0.1	0.1 / 0.3

## FLOOR – PERFORMANCE GRADE 3

**FLOOR – Routine with set elements in optional order – D score 4.00 + Bonus. This routines contains 3 acro lines**

*These specific deductions are in addition to the floor specific apparatus deductions & general table of faults on pages 64 & 84 – 87.*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	<b>Acro Line –</b> Roundoff <i>Optional flic</i>	Element penalties Salto tucked in full twist Series break (elements not connected)	As CoP VM 0.50 Neutral Penalty (D Panel)		
0.50	1/1 straight back salto				
0.50	<b>Dance passage – to include*</b> Change leg split leap	Element penalties Dance elements directly connected without a passage of dance between Optional element not different or not 'B'	As CoP 0.30 Neutral Penalty (D Panel) VM		
0.50	Any different FIG coded 'B' leap or hop				
0.50	<b>Acro Line</b> Optional acro line with minimum 2 'A' coded saltos (Saltos can be the same or different)	Element penalties Series break (elements not connected)	As CoP 0.50 Neutral Penalty (D Panel)		
0.50	<b>Turn</b> Any minimum 'B' coded spin (any position or direction)	Element penalties Turn not complete or not a 'B' or more	As Cop VM		
0.50	<b>Jump*</b> Optional jump – minimum value 'B'	Element penalties Jump not minimum 'B'	As CoP VM		
0.50	<b>Acro Line</b> Straight front salto (optional handspring entry)	Element Penalties Salto not Straight	As CoP VM		

**\*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	

## FLOOR – PERFORMANCE GRADE 4

**FLOOR – Routine with set elements in optional order – D score 4.00 + Bonus.** This routines contains 3 acro lines, 1 of which can be a single salto

*These specific deductions are in addition to the floor specific apparatus deductions & general table of faults on pages 64 & 84 – 87.*

*Routine must contain saltos forwards and backwards or apply Neutral Penalty 1.00*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50 0.50	<b>Acro Line</b> Straight front salto (optional handspring entry) immediate Tuck front salto Saltos must be performed in this order.	Element Penalties 1 <sup>st</sup> Salto not Straight 2 <sup>nd</sup> Salto not tucked Elements performed in the incorrect order Series break (elements not connected)		As CoP VM VM 0.50 Neutral Penalty (D Panel) 0.50 Neutral Penalty (D Panel)	
0.50 0.50	<b>Dance passage - to include*</b> Change leg split leap Any different FIG coded 'C' leap or hop	Element penalties Dance elements directly connected without a passage of dance between Optional element not minimum 'C'		As CoP 0.30 Neutral Penalty (D Panel)  VM	
0.50	<b>Acro Line</b> To include a full twisting salto (in or out of an acro line) <i>Salto may be backwards or forwards and tucked or straight</i>	Element penalties		As CoP	
0.50	<b>Turn</b> Any minimum 'B' coded spin (any position or direction)	Element penalties Turn not complete or not a 'B' or more		As Cop VM	
0.50	<b>Additional different Leap / Jump / Hop*</b> Optional different leap / jump / hop – minimum value 'C'	Element penalties Element not minimum 'C' or different to dance passage		As CoP VM	
0.50	<b>Acro Line</b> Optional acro line to include a 'C' salto (this can be on its own or connected to other acro elements)	Element Penalties Salto performed is not a 'C'		As CoP Non-attempt & VM	
		Missing saltos forwards & backwards within routine <b>3 acro lines required, 2 of which must meet FIG acro line requirements.</b> Only 1 FIG acro line performed		1.00 Neutral Penalty (D Panel) 0.50 VM taken from D Score	

**\*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> No structure to the music	<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		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	

# 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 84 – 87.*

#### 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	<b>Lift</b> to straddle ½ lever hold with feet higher than hips. <b>HOLD for 2 seconds</b> 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. <b>HOLD for 2 seconds</b>	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. <b>HOLD for 2 seconds</b>	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 <b>HOLD for 2 seconds</b>	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) <b>HOLD for 2 seconds</b>	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 <b>Hold position for 2 seconds</b>	Insufficient pike Position not held for 2 seconds			As CoP 0.30 Neutral Penalty (D Panel)
0.50	<i>Lie on back and push to bridge with feet together. Straighten legs and</i> <b>Hold position for 2 seconds</b>	Insufficient shoulder extension Position not held for 2 seconds	X	X	0.30 Neutral Penalty (D Panel)
0.50	<i>Lift one leg straight to vertical (may move support leg if needed) and Kick over through split handstand to stand</i>	Lack of flexibility in splits Failure to kick over to stand			As CoP 1.00 (Fall) + VM
0.50	Lift one leg to horizontal arms pressed out to side and perform a leg dip <i>Step forward and</i>	Failure to achieve deep squat Free leg touching the floor	X	X X	
0.50	Lift other leg to horizontal arms to side and perform a leg dip on the other leg	Failure to achieve deep squat Free leg touching the floor	X	X X	
		Lack of fluency throughout the exercise	X	X	

## RANGE & CONDITIONING – PREPARATION GRADE 3

### 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 84 – 87.*

*Strip of firm matting. Gymnast may start off mat then step onto mat for backward roll with no penalty*

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). <b>HOLD handstand for 2 seconds</b>	Jump to handstand instead of lever up Handstand position not held	0.30 Neutral Penalty (D Panel) 0.30 Neutral Penalty (D Panel)		
0.50	½ turn in handstand, split legs and step down. Join feet together with arms by ears.	Late turn / lack of control in turn ½ turn not complete	X	X	VM
<i>If fall occurs in handstand – gymnast must kick back up to handstand and perform ½ turn and step down</i>					
0.50	Pike fold with hands flat on the floor <b>HOLD for 2 seconds</b>	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	Drag feet in and lift to straddle ½ lever hold with feet higher than hips. <b>HOLD for 2 seconds.</b> 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. <b>HOLD for 2 seconds</b>	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	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. <b>HOLD for 2 seconds</b>	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 <b>HOLD for 2 seconds</b>	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) <b>HOLD for 2 seconds</b>	Lack of flexibility in splits Hands on floor in hold position Position not held for 2 seconds	X	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. <b>HOLD position for 2 seconds</b>	Insufficient pike position 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 <b>HOLD position for 2 seconds</b>	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 (may move support leg) and <b>HOLD position for 2 seconds.</b> Kick over through split handstand to stand	Lack of flexibility in splits Position not held for 2 seconds Failure to kick over to stand	As CoP 0.30 Neutral Penalty (D Panel) 1.00 (Fall) + VM		
0.50	Split jump	Element penalties	As CoP		
0.50	Split jump other leg	Element penalties Jump not performed on other leg	As CoP VM		
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 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 84 – 87.*

*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). <b>HOLD handstand for 2 seconds</b> 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 <b>HOLD for 2 seconds</b>	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 ½ lever hold with feet higher than hips. (Show position only)	Legs held at or below horizontal	X	X	
0.50	Lower to straddle sit position - Without changing leg position, lift arms above head and keeping back straight, lean forwards to Japana position. <b>HOLD for 2 seconds</b>	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 <b>HOLD for 2 seconds</b>	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 <b>HOLD for 2 seconds</b> 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) <b>HOLD for 2 seconds</b> 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. <b>HOLD for 2 seconds</b>	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 <b>HOLD for 2 seconds</b>	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 84 – 87.*

*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). <b>HOLD handstand for 2 seconds</b> 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 <b>HOLD for 2 seconds</b>	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 ½ lever hold with feet higher than hips. <b>HOLD for 2 seconds</b>	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. <b>HOLD for 2 seconds</b>	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. <b>HOLD for 2 seconds</b>	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 <b>HOLD for 2 seconds</b> 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) <b>HOLD for 2 seconds</b> 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. <b>HOLD for 2 seconds</b>	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 <b>HOLD for 2 seconds</b>	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	

## RANGE & CONDITIONING – PERFORMANCE 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 84 – 87.*

*Strip of firm matting. Gymnast may start off mat then step onto mat for backward roll with no penalty*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.10	0.10
0.50	Start in pike stand with feet together. Place hands on floor and pike press to handstand. <b>HOLD handstand for 2 seconds</b>	Jump to handstand instead of lever up Handstand position not held	0.30 Neutral Penalty (D Panel) 0.30 Neutral Penalty (D Panel)		
0.50	½ turn in handstand, split legs and step down. Join feet together with arms by ears.	Late turn / lack of control in turn ½ turn not complete	X	X	VM
<i>If fall occurs in handstand – gymnast must kick back up to handstand and perform ½ turn and step down</i>					
0.50	Pike fold with hands flat on the floor <b>HOLD for 2 seconds</b>	Lack of flexibility in 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		
0.50	Drag feet in and lift to straddle ½ lever hold with feet higher than hips. <b>HOLD for 2 seconds</b>	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. <b>HOLD for 2 seconds</b>	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. <b>Show position</b>	Lack of flexibility in swim through	As CoP		
0.50	Swing one leg forwards to sit in splits. <b>HOLD for 2 seconds</b> 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) <b>HOLD for 2 seconds</b> 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. <b>HOLD for 2 seconds</b>	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 <b>HOLD for 2 seconds</b>	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 (may move support leg) and <b>HOLD position for 2 seconds</b> . Kick over through split handstand to stand	Lack of flexibility in splits Position not held for 2 seconds Failure to kick over to stand	As CoP 0.30 Neutral Penalty (D Panel) 1.00 (Fall) + VM		
0.50	Split jump	Element penalties	As CoP		
0.50	Split jump other leg	Element penalties Jump not performed on other leg	As CoP VM		
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	

## RANGE & CONDITIONING – PERFORMANCE 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 84 – 87.*

*Strip of firm matting. Gymnast may start off mat then step onto mat for backward roll with no penalty*

VALUE	DESCRIPTION	ADDITIONAL EXECUTION FAULTS	EXECUTION DEDUCTIONS		
			0.10	0.30	0.50
0.50	From standing, bent or straight legs push back and backward roll with straight arms to handstand ½ turn (blind or top) and forward roll to pike stand	Execution penalties Late turn ½ turn not complete	X	As CoP X VM	X
0.50	Pike fold with hands flat on the floor. <b>HOLD for 2 seconds</b>	Lack of pike Position not held for 2 seconds		As CoP 0.30 Neutral Penalty (D Panel)	
0.50	Place hands on floor and pike press to handstand. <b>HOLD for 2 seconds</b>	Jump to handstand instead of lever up Handstand position not held		0.30 Neutral Penalty (D Panel) 0.30 Neutral Penalty (D Panel)	
0.50	½ turn in handstand, split legs and step down. Join feet together with arms by ears.	Late turn / lack of control in turn ½ turn not complete	X	X VM	
<i>If fall occurs in handstand – gymnast must kick back up to handstand and perform ½ turn and step down</i>					
0.50	Crouch down and forward roll (bent or straight arms – pause in shoulder stand not necessary) to straddle ½ lever hold with feet higher than hips. <b>HOLD for 2 seconds</b>	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. <b>HOLD for 2 seconds</b>	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	Lack of flexibility in swim through		As CoP	
0.50	Swing one leg forwards to sit in splits <b>HOLD for 2 seconds</b> 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) <b>HOLD for 2 seconds</b> 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. <b>HOLD for 2 seconds</b>	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 <b>HOLD for 2 seconds</b>	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 (may move support leg) and <b>HOLD position for 2 seconds</b> . Kick over through split handstand to stand	Lack of flexibility split Position not held for 2 seconds Failure to kick over to stand		As CoP 0.30 Neutral Penalty (D Panel) 1.00 (Fall) + VM	
0.50	Split jump	Element penalties		As CoP	
0.50	Split jump other leg <b>Or</b> Straddle jump	Element penalties If split Jump not performed on other leg		As CoP VM	
0.50	Tuck back salto (jumps and salto 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
<b>By E-Panel Judges</b>					
<b>Execution Faults</b>					
– 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 &amp; BB</i> )			X		
<b>Landing Faults</b> <b>(all elements including dismounts)</b>		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

- a) Elements with twists performed
- as mounts and dismounts from **UB** and **BB**
  - during the exercise on **BB** and **FX**
  - all landings on **VT**
- must be completed exactly

**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:

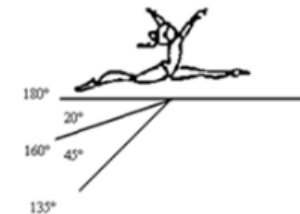
- 180° for BB & FX (split, straddle and ring elements)
- 360° for FX

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

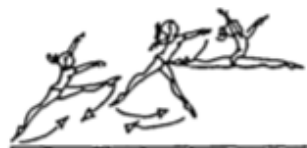
#### D-Panel

- > 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

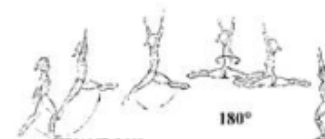
- Insufficient arch position – small fault
- Front leg below horizontal – small fault
- Front leg below horizontal (approx. 45°) – medium fault
- Rear foot at head height – small fault
- Rear foot at shoulder height – medium fault

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

### Body Shape Deduction includes:

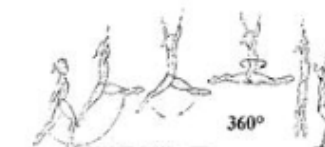
- Insufficient split
- Bent legs
- Toes not pointed
- Legs separated
- Specific element body shape deductions (listed in 9.3)
- Unaesthetic body position or technical deviation from the perfect execution of elements

### Split Leap with leg change with turn ( $\frac{\text{Z}}{\text{Z}}$ ) and “Johnson” with turn ( $\frac{\text{Z}}{\text{Z}}$ )



#### 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)