



GYMNASTICS FEDERATION OF INDIA

NATIONAL COMPETITION PROGRAM

**MEN'S
ARTISTIC
GYMNASTICS**

Edition 3- May 2026



ACKNOWLEDGEMENTS

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Reference Documents

FIG Men's Code of Points (2025 – 2028)
USA Gymnastics – Men's Development Program
Gymnastics Australia – MAG ALP Program
British Gymnastics – Aspire and Classic Program



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Introduction

The **Gymnastics Federation of India**, in strategic collaboration with **JSW** is proud to introduce a comprehensive Competitive Framework for Men's Artistic Gymnastics.

This visionary framework is designed to significantly enhance participation in gymnastics across the nation, while establishing a strong technical foundation and fostering the development of future champions. With a clearly defined National Pathway, gymnasts of all Grades can now dream bigger, train smarter, and reach higher.

The framework comprises:

- Comprehensive progressive pathway structure
- Clearly established judging guidelines
- Standardized competition regulations
- High-quality instructional videos for all compulsory routines

Note: This manual is to be used in conjunction with the FIG MAG Code of Points and MTC Newsletters of the cycle 2025–2028. If there are any differences between the documents, the GFI Manual takes precedence.

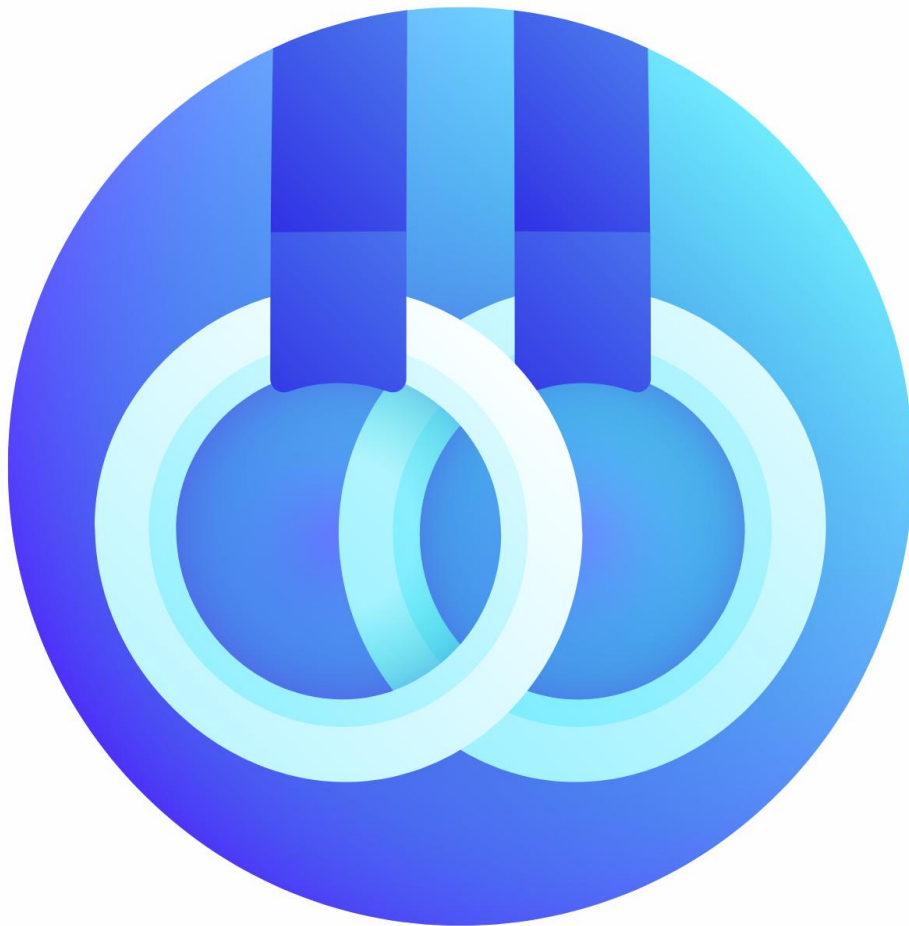


Goals

- Boost participation in Men's and Women's Artistic Gymnastics across all clubs and programs nationwide
- Establish a unified national competitive framework for clubs, districts, states, and the country
- Provide a progressive, structured pathway that nurtures gymnasts' potential
- Create a clear route to National and High-Performance excellence, paving the way to international representation
- Build a sustainable, future-proof system, adaptable with minimal updates aligned with the FIG Code of Points after each Olympic cycle
- Inspire growth in the gymnastics community by increasing the number of coaches, judges, administrators, and clubs engaged in competitive gymnastics



COMPETITION FRAMEWORK



SECTION 1



Grade	Rules & Ages	Competitions
FIG Senior	Optional Exercises - FIG rules - Minimum age 18 Competition Age Divisions: Ages 18 & up	District, State & National Championships
Grade 10 FIG Junior	Optional Exercises - FIG Jr rules - Minimum age 15 Competition Age Divisions: Ages 15-18 (U18)	District, State & National Championships
Grade 9	Optional Exercises - Modified FIG Jr rules - Minimum age 13 Competition Age Divisions: Ages 13-14 (U14) & 15-16 (U16)	District, State & National Championships
Grade 8	Optional Exercises - Modified FIG Jr rules - Minimum age 11 Competition Age Divisions: Ages 11-12 (U12) & 13-14 (U14)	District, State & National Championships
Grade 7	Compulsory Exercises Minimum age 10 Competition Age Divisions: Ages 10-11 (U11) & 12-14 (U14)	District, State & National Championships
Grade 6	Compulsory Exercises Minimum age 9 Competition Age Divisions: Ages 9-10 (U10) & 11-13 (U13)	District & State Championships
Grade 5	Compulsory Exercises Minimum age 8 Competition Age Divisions: Ages 8-9 (U9) & 10-12 (U12)	District & State Championships
Grade 4	Compulsory Exercises Minimum age 7 Competition Age Divisions: Ages 7-8 (U8) & 9-11 (U11)	District & State Championships
Grade 3	Foundations - Skills on all apparatus - All ages	Club
Grade 2	Foundations - Skills on all apparatus - All ages	Club
Grade 1	Foundations - Skills on all apparatus - All ages	Club

Note: Age determination is the age of the gymnast on December 31 on the competition year.



FOUNDATIONS – Skill Requirements

Gymnast is assessed as “Excelled, Performed, Approaching, and Non-Attempt” at each skill in the Foundations Routines. Gymnasts need to be able to perform each skill safely before moving up to the next Grade.

FLOOR EXERCISE

FX: Foundation 1

	Description	Skill requirements
Skill 1	Cartwheel to side position	Lunge entry into cartwheel. Sequence must be hand, hand foot, foot with legs passing through the vertical. The body line should be with the chest in throughout. Finish cartwheel in side position. ¼ turn out.
Skill 2	Forward Roll to Squat, jump to front support	Squat and place hands flat on the floor shoulder width apart. Tuck head under and roll forward in a tuck position. At completion of roll, jump feet out to front support
Skill 3	Rear support, Bridge with Straight Arms	Turn to rear support and lower to seated L-sit. Lift hands above head and lie down backwards. Bend arms and legs to push into bridge
Skill 4	Candle Stand	Roll backwards to candle stand. Arms remain straight along the floor. Hold for 3 secs.
Skill 5	Straight Jump ×2	Roll forwards to stand without the aid of the hands pushing off the floor. Step forward joining feet, dynamically extended the ankle, knees and hips to jump upwards arms moving from backwards to forward upwards. Land in a controlled position.



Skill 6	Jump to Tuck Handstand ×3	Start with feet together, jump to tuck handstand. Momentary hold in support Wrist, shoulders and hips in a straight line. Land back with feet together.
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FX: Foundation 2

	Description	Skill requirements
Skill 1	Forward roll to squat, Forward roll to straddle	Squat and place hands flat on the floor shoulder width apart. Tuck head under and roll forward. At completion of roll, stand without the aid of the hands pushing off the floor. Tuck head under and perform second forward roll. Straighten legs to straddle position. Complete roll in straddle stand with hands on floor.
Skill 2	Backward Roll to Squat	From stand squat down and commence roll backwards. Hands contact floor and push against the ground. Finish roll to tuck squat position. Knees should not touch the ground. Stand
Skill 3	Cartwheel Sideways	Lunge entry into cartwheel. Sequence must be hand, hand foot, foot with legs passing through the vertical. The body line should be with the chest in throughout. Finish cartwheel in side position. ¼ turn out
Skill 4	Handstand to Lunge x 3	Kick to handstand one leg at horizontal, other leg at vertical. There should be momentary hold in support. Step down to lunge
Skill 5	Tuck press to Headstand	From squat tuck press to headstand, land back to squat



FX: Foundation 3

	Description	Skill requirements
Skill 1	Cartwheel series x 2	Lunge entry into cartwheel. Sequence must be hand, hand, foot, foot with legs passing through the vertical. The body line should be with the chest in throughout. Immediately perform second cartwheel to finish in a step-out position. There should be a gaining of momentum in the series.
Skill 2	Handstand to Lunge	Kick to handstand joining legs at vertical. There should be momentary hold in support. Step down in lunge or Forward roll to squat, jump feet out to front support.
Skill 3	Bridge and Kick-Over to Stand	Turn to rear support and lower to seated L-sit. Lift hands above head and lie down backwards. Bend arms and legs to push into bridge. Immediately kick over passing through split handstand with straight legs. Finish in lunge or step-in.
Skill 4	Backward Roll to Front Support	From squat sit commence roll backwards with bent arms (through 45° above horizontal) to front support.
Skill 5	Straddle Press to Headstand	From pike stand straddle press to headstand, roll forward to stand.



POMMEL HORSE

PH: Foundation 1

	Description	Skill requirements
Skill 1	Circle Walk (stop at each 1/4 position for 2 seconds)	From stand, squat down and jump legs outwards to a front support position (hold 2 secs). Walk legs in a circular motion from front support to side support position on one arm (2 secs). Continue to walk in a circular motion from side support to a rear support position (2 secs). Continue to walk in a circular motion from rear support to a side support position on one arm (2 secs). Continue to walk in a circular motion from side support to front support position (2 secs). Jump to squat and stand.
Skill 2	Front Support to Rear Support on PH Handles for 5 seconds	Jump to front support with straight body and hold for 5 secs. Tuck legs through handles to rear support position, hold 5 secs. Push off handles and land beside the pommel

PH: Foundation 2

	Description	Skill requirements
Skill 1	Circle Hop (stop at each 1/4 position for 2 seconds) x5	From stand, squat down and jump legs outwards to a front support position (2 secs). Jump with legs together in a circular motion from front supp to side supp position on one arm (2 secs). Jump with legs together circular motion from side supp to rear supp position (2 secs). Jump with legs together in a circular motion from rear support to a side support position on one arm (hold 2 secs). Jump with legs together in a circular motion from side support to front support position (2 secs). Repeat circle x 5. Jump to squat and stand.
Skill 2	Front Support Swings on PH Handles x5	Jump up to front support on two pommels and swing both legs to the side, transferring weight on the other side.



PH: Foundation 3

	Description	Skill requirements
Skill 1	x1 Double Leg Circle on a Mushroom Trainer finishing in front support	From a standing position jump or swing with legs together into a Double Leg circle x1
Skill 2	x5 Pendulum Swings (each side) PH	Jump to front support with straight body and swing legs with a 90-degree split in a pendulum swing., swinging the foremost legs forwards to stride support. Pendulum swing x 5. Repeat with other leg.

STILL RINGS EXERCISE

SR: Foundation 1

	Description	Skill requirements
Skill 1	Straight Body Hang (5 seconds)	Coach to lift gymnast with straight body and legs together to a still hang with straight arms (hold for 5 secs)
Skill 2	Chin-Up and Hold (5 seconds)	Lift to chin up position with chin at ring height and straight body (hold for 5 secs)
Skill 3	Tuck Hang (10 seconds)	From a hanging position, lift legs to tuck position, min 90o bend at hips and knees. (hold for 10 secs). Dropoff to stand.



SR: Foundation 2

	Description	Skill requirements
Skill 1	x5 Swings	Coach to lift gymnast with straight body and legs together to a still hang with straight arms. Gymnast to initiate swings forward and backward x 5.
Skill 2	L – hang 5 secs	From hang, Gymnast to lift legs to L-sit (hold for 5 secs) with straight arms in hold then lower legs to still hang.
Skill 3	Support Hold (5 seconds)	From a still hang with straight arms, coach lifts gymnasts through muscle-up action to support (hold for 5 secs).
Skill 4	Basket (hold for 5 secs)	Lower down to hang, lift with bent body to basket position (hold for 5 secs)

SR: Foundation 3

	Description	Skill requirements
Skill 1	X5 Long Swing	Coach to lift gymnast with straight body and legs together to a still hang with straight arms. Gymnast to initiate long swings forward and backward x 5
Skill 2	Lower legs through to Muscle-Up Negative (controlled)	Lower legs to support and slowly lower through a muscle-up (negative muscle-up) to momentary hang
Skill 3	Piked Basket – skin-the cat – Pike basket sequence	From hang, lift with straight arms and piked body to basket, lower to dorsal hang with body fully extended, back to pike basket



VAULT

VT: Foundation 1

	Description	Skill requirements
Skill 1	Short run and hurdle to straight body jump from spring-board onto 30cm mat	The hurdle should be fast and flat to join feet together on the springboard. Strong rebound from springboard with arms moving past hips to overhead at the peak of jump. Body should be tight in the air. Land in a controlled position on the 30cm box.
Skill 2	Jump to landing from 30cm box	Strong jump from the box with arms moving past hips to overhead at the peak of jump. Body should be tight in the air. Land in a controlled position.

VT: Foundation 2

	Description	Skill requirements
Skill 1	Short run and hurdle to straight body jump from spring-board onto 50cm mat/box	The hurdle should be fast and flat to join feet together on the springboard. Strong rebound from springboard with arms moving past hips to overhead at the peak of jump. Body should be tight in the air. Land in a controlled position on the 50cm mat/box.
Skill 2	Kick to handstand on board and fall flat on back on 30cm mat	Step to lunge and kick to handstand, arms move in an underarm motion to the springboard. Legs join at vertical. Maintain an open shoulders and hips to fall to flat back. All body parts touch mat at the same time.



VT: Foundation 3

	Description	Skill requirements
Skill 1	Short run and hurdle to spring-board or Tramp board – handstand to land flat on back on 50cm mat	The hurdle should be fast and flat to join feet together on the spring board or tramp-board. Flight to handstand on 50cm mat. Repulsion from hands to land flat back on mats. Shoulders and hips open throughout. All body parts touch mat at the same time.

PARALLEL BARS

PB: Foundation 1

	Description	Skill requirements
Skill 1	Jump to Support on Bar from a Box, cast and jump back on box (Dismount)	Stand on box with shoulders no higher than the height of bars. With hands on the bars jump to front support with straight arms. Hold support position for 3 secs Jump back to stand
Skill 2	Tucked L-Sit in Support (5 seconds)	Lift legs to Tuck L-sit (hold 5 secs)
Skill 3	Support walks x 8 steps	From hang position (legs bent or straight) walk with hands on the bars between uprights. At end of walks release and land in control position on mat.



PB: Foundation 2

	Description	Skill requirements
Skill 1	L-Sit in Support (5 seconds)	From a still stand, jump OR coach lift to support, lift legs to L-sit in support (hold for 5 secs)
Skill 2	Pike Basket (5 secs)	Lift legs straight, to pike basket with shoulders and hips in a straight line and head touching the knees
Skill 3	x5 Support Swings to	Push hips forwards to swing backwards and forwards x 5
Skill 4	Dismount at Rear of Swing	On the 5th backwards swing, jump to land back on the box

PB: Foundation 3

	Description	Skill requirements
Skill 1	From a Box, Jump to Glide Swing FWD & BWD to land back on the Box	From a Box, Jump to Glide Swing FWD & BWD to land back on the Box
Skill 2	From L-Sit, Lift / Press to Straddle Sit	From a still stand, jump to support, lift legs to L-sit. Press backwards through support with straight arms and straight legs to straddle Sit.
Skill 3	Press off the Bars & return to L-Sit	Press feet of backwards through support and return to L-sit.
Skill 4	x5 Long Swings (with legs tucked or straight)	From a box, (legs bent or straight) swing forward and backward below the bars x 5 landing back on the box each time. At end of swings release and land in control position on mat.
Skill 5	x5 Support Swings to	Push hips forwards to swing backwards and forwards x 5
Skill 6	Dismount over the Bar at Rear of Swing	On the 5th backwards swing, step hand over to dismount over the side to stand



HORIZONTAL BAR

HB: Foundation 1

	Description	Skill requirements
Skill 1	Stand on Box, Jump to Front Support	Stand on box with shoulders no higher than the height of bars. With hands on the bars jump to front support with straight arms.
Skill 2	Small casts x 3 (hips on bar) and Lower to Hang	From front support legs move forward then backwards to cast keeping hips on the bar x 3 finishing in front support.
Skill 3	Cast backward to land on box(Dismount)	From front support, cast and jump back to stand
Skill 4	Tension Swings x 5	Start in hang, dish position and immediate arch to again dish x 5

HB: Foundation 2

	Description	Skill requirements
Skill 1	Pullover to Front Support	From mat with feet together, chin up with chin at bar height and lift legs over the bar to finish in front support with body tight and arms straight
Skill 2	X3 Cast Swings and roll forward to Hang	From front support legs move forward then backwards to cast lifting hips from the bar x 3 finishing in front support. From front support, roll forward to hang
Skill 3	x5 tuck swings	Swing forwards and backwards x 5 with legs tucked (swing initiated by coach)
Skill 4	Drop off at the rear of the swing	On the 5th swing backwards, dismount to stand.



HB: Foundation 3

	Description	Skill requirements
Skill 1	Chin Up Pullover to Front Support,	From a still hang in top grip, chin up with chin at bar height and lift legs over the bar to finish in front support with body tight and arms straight
Skill 2	Cast and Back Hip Circle to Underswing	From front support, legs move forward then backwards to cast lifting hips from the bar. Arms straight and body tight. Bring hips back to the bar and complete Back hip circle with body in straight position and hips open throughout. Arms remain straight. Continue forward motion to underswing forwards
Skill 3	x5 Long swings with straight body and	Swing backwards and forwards x 5
Skill 4	drop off at the rear of the swing	On the 5th swing backwards, dismount to stand.



NATIONAL COMPULSORIES – TECHNICAL REQUIREMENTS

FLOOR EXERCISE

FX: Grade 4

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.2
Available Bonuses		
Specified Bonus 2 x +0.5	Virtuosity Bonus 1 x +0.1	Stick Bonus 1 x +0.1

#	Exercise	Notes
Prior to the start of the Exercise: Gymnasts may take extra steps in bounds to secure enough space for the dismount (last pass)		
1	Cartwheel, cartwheel to star stand, ¼ turn forward	Continuous rhythm
2	Lift arms, step forward to lunge	Momentary hold of lunge (-0.2 if no stop)
3	Kick to handstand, straight arm forward roll to stand	Momentary hold of handstand (-0.2 if no stop)
4	Jump ½ turn, tucked or piked backward roll lower to stretched or hollow body extended front support	No height requirement on backward roll Straight arms encouraged No pause of greater than 2 seconds (throughout sequence)
5	Arch back with toes pointed and head up, lift to tucked squat	No pause of greater than 2 seconds (throughout sequence)
6	Tuck squat to handstand	Straight arms and legs required in handstand Momentary hold of handstand (-0.2 if no stop)
SB 1	Specified Bonus 1 – Replace #5 and #6 Arch back with toes pointed and head up, lift to straddle stand, straddle press to handstand (+0.5)	Momentary hold of handstand (-0.2 if no stop)
VB	Virtuosity Bonus Hold handstand 2 seconds (+0.1)	For either handstand in #6 or handstand in Specified Bonus 1
7	Straight arm forward roll	No pause of greater than 2 seconds
8	Run, hurdle, round off, rebound to stand	Minimum one running step (or -0.1) Stick Bonus (+0.1)
SB 2	Specified Bonus 2 – Replace #8 Run, hurdle, round off, back handspring, rebound to stand (+0.5)	Minimum one running step (or -0.1) Stick Bonus (+0.1)



FX: Grade 5

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.2
Available Bonuses		
Specified Bonus 2 x +0.5	Virtuosity Bonus 1 x +0.1	Stick Bonus 1 x +0.1

#	Exercise	Notes
Prior to the start of the Exercise: Gymnasts may take extra steps in bounds to secure enough space for additional passes		
1	Run, hurdle, forward handspring, rebound to stand	Minimum one running step (or -0.1)
2	Step forward to lunge, kick to handstand	Momentary hold of handstand (-0.2 if no stop)
3	Straight arm forward roll, jump ½ turn	
4	Tucked or piked backward roll with straight arms	No height requirement on backward roll
5	Lower to stretched or hollow body extended front support, lift to straddle stand	No pause of greater than 2 seconds (throughout sequence)
6	Slight jump from straddle stand to handstand, straight arm forward roll or lower to stand	Momentary hold of handstand (or -0.2 if no stop)
SB 1	Specified Bonus 1 – Replace #6 From straddle stand press to handstand (+0.5)	Momentary hold of handstand (-0.2 if no stop)
VB	Virtuosity Bonus Hold handstand 2 seconds (+0.1)	For either handstand in #6 or handstand in Specified Bonus 1
7	Run, hurdle, round off, back handspring, rebound to stand	Minimum one running step (or -0.1) Stick Bonus (+0.1)
SB 2	Specified Bonus 2 – Replace #7 Run, hurdle, round off, two back handsprings, rebound to stand (+0.5)	Minimum one running step (or -0.1) Stick Bonus (+0.1)



FX: Grade 6

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.2
Available Bonuses		
Specified Bonus 2 x +0.5	Virtuosity Bonus 1 x +0.1	Stick Bonus 1 x +0.1

#	Exercise	Notes
Prior to the start of the Exercise: Gymnasts may take extra steps in bounds to secure enough space for additional passes		
1	Run, punch, salto forward tucked	Minimum one running step (or -0.1)
2	Step forward to lunge, kick to handstand, 1/1 pirouette to straight arm forward roll	Continuous rhythm with no hold
3	Forward headspring, step forward with ½ turn to corner	No jump prior (or -0.3) Any ½ turn
4	Run, hurdle, forward handspring step-out, forward handspring rebound, jump ½ turn	Minimum one running step (or -0.1)
5	Tucked or piked backward extension roll with straight arms through handstand	
6	Lower to stretched or hollow body extended front support, lift to straddle stand	No pause of greater than 2 seconds (throughout sequence)
7	From straddle stand press to handstand, pike down	Momentary hold of handstand (or -0.2 if no stop)
SB 1	Specified Bonus 1 – Replace #6 and #7 Lower to stretched or hollow body extended front support, lift to tuck squat, roll backward to candlestick and roll forward to Endo roll to handstand (+0.5)	Momentary hold of handstand (-0.2 if no stop) Continuous rhythm No pause in straddle “L” position
VB	Virtuosity Bonus Hold handstand 2 seconds (+0.1)	For either handstand in #7 or handstand in Specified Bonus 1
8	Run, hurdle, round off, back handspring, salto backward tucked	Minimum one running step (or -0.1) Stick Bonus (+0.1)
SB 2	Specified Bonus 2 – Replace #8 Run, hurdle, round off, two back handsprings in series, salto backward tucked (+0.5)	Minimum one running step (or -0.1) Stick Bonus (+0.1)



FX: Grade 7

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.2
Available Bonuses		
Specified Bonus 2 x +0.5	Virtuosity Bonus 1 x +0.1	Stick Bonus 1 x +0.1

#	Exercise	Notes
Prior to the start of the Exercise: Gymnasts may take extra steps in bounds to secure enough space for additional passes		
1	Run, hurdle, round off, back handspring, salto backward straight	Minimum one running step (or -0.1)
2	½ turn to Swedish fall, turn to any split hold 2 seconds	
3	From split press to handstand, pirouette, straight arm forward roll, step to corner	Momentary hold of handstand (or -0.2 if no stop) No turn requirement for pirouette
VB	Virtuosity Bonus Hold handstand 2 seconds (+0.1)	For handstand in #3
4	Run, hurdle, forward handspring, salto forward tucked	Minimum one running step (or -0.1)
SB 1	Specified Bonus 1 – Replace #4 Run, hurdle, forward handspring, salto forward piked or straight (+0.5)	Minimum one running step (or -0.1)
5	Step forward to lunge, kick to handstand and 1/1 pirouette with straight arm forward roll, jump ½ turn <i>(option: gymnast may pike down instead of forward roll if more space is needed to stay in bounds)</i>	No hold in handstand Continuous rhythm in sequence
6	Tucked or piked backward extension roll with straight arms through handstand, lower to stretched or hollow body extended front support, lift to tuck stand, step to corner	No pause of greater than 2 seconds (throughout sequence)
7	Run, hurdle, round off, two back handsprings in series, salto backward tucked	Minimum one running step (or -0.1) Stick Bonus (+0.1)
SB 2	Specified Bonus 2 – Replace #7 Run, hurdle, round off, tempo salto backwards, back handspring, salto backward tucked (+0.5)	Minimum one running step (or -0.1) Stick Bonus (+0.1)



POMMEL HORSE

MUSHROOM: Grade 4

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.1
Available Bonuses		
Specified Bonus 2 x +0.5	No Virtuosity Bonus	Stick Bonus 1 x +0.1

#	Exercise	Notes
If numbered sequence #1 or #2 is not attempted then deduct 5.0 for each		
1	One double leg circle	Stretched position from chest to toes with no hip angle deviation Partial completion details below
SB 1	Specified Bonus 1 – Add after #1 Only following #1. Add one double leg circle (+0.5)	Stretched position from chest to toes with no hip angle deviation
SB 2	Specified Bonus 2 – Add after SB1 Only following SB1. Add one double leg circle (+0.5)	Stretched position from chest to toes with no hip angle deviation
2	½ double leg circle, ¼ turn to rear flank dismount	Rear flank dismount with hips at horizontal Stick Bonus (+0.1) only awarded if full circle is completed without fall prior to #2

Double Leg Circle Performance Criteria (Skill #1)	
0° - 179° partially completed circle	Deduct 1.0 in addition to the fall and execution errors
180° - 269° partially completed circle	Deduct 0.5 in addition to the fall and execution errors
270° - 359° partially completed circle	Deduct 0.3 in addition to the fall and execution errors



MUSHROOM: Grade 5

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.1
Available Bonuses		
Specified Bonus 2 x +0.5	No Virtuosity Bonus	Stick Bonus 1 x +0.1

#	Exercise	Notes
1	One double leg circle	Stretched position from chest to toes with no hip angle deviation
2	One double leg circle	Stretched position from chest to toes with no hip angle deviation
SB 1	Specified Bonus 1 – Add after #2 Only following #2. Add ½ spindle within two circles (+0.5)	Stretched position from chest to toes with no hip angle deviation -0.1 for extra circle No bonus if ½ spindle completed in 3 or more circles
SB 2	Specified Bonus 2 – Add after SB1 Only following SB1. Add two Thomas (flair) circles (+0.5)	Stretched position from chest to toes with no hip angle deviation Leg separation of 90° or more
3	One double leg circle	Stretched position from chest to toes with no hip angle deviation
4	½ double leg circle, ¼ turn to rear flank dismount	Rear flank dismount with hips at horizontal Stick Bonus (+0.1) only awarded if full circle is completed without fall prior to #4



POMMEL HORSE: Grade 6

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.1
Available Bonuses		
Specified Bonus 2 x +0.5	No Virtuosity Bonus	Stick Bonus 1 x +0.1

#	Exercise	Notes
Additional 1-2 swings on each side are permitted before evaluation of #1		
1	False scissor, extra ½ pendular swing	Maintain minimum 90° of leg separation throughout, FIG height requirement
2	False scissor	Maintain minimum 90° of leg separation throughout, FIG height requirement
3	Feint (wind-up) to two double leg circles	Stretched position from chest to toes with no hip angle deviation
SB 1	Specified Bonus 1 – Add after #3 Only following #3. Add one Thomas (flair) circle (+0.5)	Stretched position from chest to toes with no hip angle deviation Leg separation of 90° or more
SB 2	Specified Bonus 2 – Add after SB1 Only following SB1. Add one Thomas (flair) circle (+0.5)	Stretched position from chest to toes with no hip angle deviation Leg separation of 90° or more
4	One double leg circle	Stretched position from chest to toes with no hip angle deviation
5	One double leg circle, ¼ spindle flank dismount	Stick Bonus (+0.1)



POMMEL HORSE: Grade 7

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.1
Available Bonuses		
Specified Bonus 2 x +0.5	No Virtuosity Bonus	Stick Bonus 1 x +0.1

#	Exercise	Notes
Additional 1-2 swings on each side are permitted before evaluation of #1		
1	Scissor forward	FIG height requirement
2	Scissor forward	FIG height requirement
3	Front pick-up to two and a half (2½) double leg circles	Stretched position from chest to toes with no hip angle deviation
4	Side travel	Stretched position from chest to toes with no hip angle deviation
5	¼ turn to two circles in cross support frontways on end	Stretched position from chest to toes with no hip angle deviation
SB 1	Specified Bonus 1 – Add after #5 Only following #5. Add one Thomas (flair) circle in cross support frontways on end (+0.5)	Stretched position from chest to toes with no hip angle deviation Leg separation of 90° or more
SB 2	Specified Bonus 2 – Add after SB1 Only following SB1. Add one Thomas (flair) circle in cross support frontways on end (+0.5)	Stretched position from chest to toes with no hip angle deviation Leg separation of 90° or more
6	Circle in cross support to Wende dismount	Height requirement: Above horizontal Stick Bonus (+0.1)



STILL RINGS

SR: Grade 4

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.2
Available Bonuses		
Specified Bonus 2 x +0.5	Virtuosity Bonus 1 x +0.1	Stick Bonus 1 x +0.1

#	Exercise	Notes
1	From straight arm hang, pull to flexed arm hang hold 2 seconds	
2	Lower to straight arm hang, lift legs to L-sit hold 2 seconds	
SB 1	Specified Bonus 1 – Replace #2 In flexed arm hang, lift legs to L-sit hold 2 seconds (+0.5), inverted pike	Inverted pike – Momentary hold allowed
3	Cast legs out, swing backward, swing forward	Bent arms permitted on cast Swings > 45° below horizontal
4	Swing backward, swing forward	Swings > 45° below horizontal
5	Swing backward, swing forward to straight inverted hang	Swing backward to > 45° below horizontal Momentary hold of inverted hang (or -0.2 if no stop)
VB	Virtuosity Bonus Swing backward with turnover at (bottom of rings) or above horizontal (+0.1)	For swing backward in #5
6	Lower legs to piked inverted hang	Momentary hold of piked inverted hang (or -0.2 if no stop)
SB 2	Specified Bonus 2 – Add after #6 Extend to hanging scale rearways hold 2 seconds (+0.5)	
7	Lower to dorsal hang hold 2 seconds	
8	Release rings and dismount to stand	Stick Bonus (+0.1)



SR: Grade 5

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.2
Available Bonuses		
Specified Bonus 2 x +0.5	Virtuosity Bonus 1 x +0.1	Stick Bonus 1 x +0.1

#	Exercise	Notes
1	From straight arm hang, muscle up to straight arm support	False grip permitted at start Slight pike in hips permitted Spotter assistance permitted on muscle up (no deduction)
SB 1	Specified Bonus 1 – Replace #1 From straight arm hang, muscle up to straight arm support UNASSISTED	False grip permitted at start Slight pike in hips permitted
2	Straight arm support hold 2 seconds	Straight body Rings turned out Arms free of straps
VB	Virtuosity Bonus Lower from straight arm support hold in #2 to roll backward in #3 with straight arms (+0.1)	For transition from #2 to #3
3	Roll backward through piked inverted hang	Straight arms and smooth rhythm
4	Lower to straight arm hanging L-sit hold 2 seconds	
5	Lower legs to straight body hang and pull to inverted hang	Pull to inverted hang with piked body Momentary hold of inverted hang (or -0.2 if no stop)
6	Lower through piked inverted hang to dorsal hang	Momentary hold of dorsal hang (or -0.2 if no stop)
SB 2	Specified Bonus 2 – Replace #6 Lower through piked inverted hang and extend to hanging scale rearways hold 2 seconds lower to dorsal hang (+0.5)	Momentary hold of dorsal hang (or -0.2 if no stop)
7	Pull to piked inverted hang and cast forward to swing backward	Bent arms permitted on cast Swing backward > 45° below horizontal
8	Swing forward, swing backward	Swings > 45° below horizontal
9	Inlocate straight, swing backward	Swing backward at or above horizontal
10	Swing forward to salto backward tucked or straight dismount	Bent arms permitted Hips at ring height, rise required on salto Stick Bonus (+0.1)



SR: Grade 6

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.2
Available Bonuses		
Specified Bonus 2 x +0.5	Virtuosity Bonus 1 x +0.1	Stick Bonus 1 x +0.1

#	Exercise	Notes
1	From straight arm hang pull to piked inverted hang	No hold of piked inverted hang
SB 1	Specified Bonus 1 – Add after #1 Extend to hanging scale rearways hold 2 seconds, pull to piked inverted hang (+0.5)	No hold of piked inverted hang
2	From pike inverted hang, dislocate backwards	
3	Swing forward, swing backward	Swings at horizontal required
4	Swing forward, swing backward to uprise backward to support	Swings at horizontal required
VB	Virtuosity Bonus Uprise backward with straight arms (+0.1)	For uprise backward in #4
5	Lift legs to L-sit hold 2 seconds	
6	Pike press to shoulder stand hold 2 seconds	
SB 2	Specified Bonus 2 – Replace #6 Pike press with bent or straight arms to straddle press handstand lower to shoulder stand (+0.5)	Momentary hold of handstand (or -0.2 if no stop) Feet permitted on inside of cables on lower to shoulder stand Momentary hold of shoulder stand (or -0.2 if no stop)
7	Bail forward, swing backward	Swing backward at horizontal required
8	Swing forward, two inlocates straight, swing backward	Swings at horizontal required
9	Swing forward to salto backward tucked or straight dismount	Bent arms permitted Hips at ring height, rise required on salto Stick Bonus (+0.1)



SR: Grade 7

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.2
Available Bonuses		
Specified Bonus 2 x +0.5	Virtuosity Bonus 1 x +0.1	Stick Bonus 1 x +0.1

#	Exercise	Notes
1	From straight arm hang, either bent arm straight body or straight arm straight body pull to inverted hang	False grip permitted Momentary hold of inverted hang (or -0.2 if no stop)
2	Lower to piked inverted hang, cast forward	Momentary hold of piked inverted hang (or -0.2 if no stop)
3	Two inlocates straight	2 nd inlocate must show rise (or incur small or medium deduction)
4	Swing backward to uprise backward to support	
VB	Virtuosity Bonus Uprise backward with straight arms (+0.1)	For uprise backward in #4
5	Lift legs to L-sit hold 2 seconds	
6	Bent body press with bent or straight arms to straddle press handstand hold 2 seconds	
7	Lower with straight arms to piked inverted hang	No hold of piked inverted hang
SB 1	Specified Bonus 1 – Add after #7 Extend to hanging scale rearways hold 2 seconds, pull to piked inverted hang (+0.5)	No hold of piked inverted hang
8	Dislocate backward straight	
9	Dislocate backward straight	
SB 2	Specified Bonus 2 – Replace #9 Dislocate backward straight with shoulders at or above ring height (bottom of rings) (+0.5)	
10	Swing forward to salto backward straight dismount	Bent arms permitted Hips at ring height Stick Bonus (+0.1)



VAULT

VT: Grade 4 & 5 – Salto Forward Tucked

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 10.1
Available Bonuses		
No Specified Bonus	No Virtuosity Bonus	Stick Bonus 1 x +0.1

#	Exercise	Notes
See Run and Hurdle Deductions Listed in the Table below		
1	Run	Maximum distance of 18m Maintain velocity Lift of front leg and extension of back leg Flexed arm swing
2	Hurdle	Knees lift while center of gravity continues at same height throughout Feet in front upon contact Body vertical on springboard contact with arm swing from back to front
3	Salto Forward Tucked	Reach arms upward and forward above shoulder height Grasp legs with hands in tight tuck position Height above head height
4	Landing	As per FIG Onto minimum 30cm high mat(s) Stick Bonus (+0.1)

Run and Hurdle Deductions Table	
RUN DEDUCTIONS (FIG Small and/or Medium for each)	HURDLE DEDUCTIONS (FIG Small and/or Medium for each)
No acceleration before hurdle / break of rhythm	Leaning over the springboard on contact
Arm swing not in sync with run	Center of gravity not maintaining horizontal
No front knee lift or back leg extension	Arms not overhead or not swinging front to back (or back circle)



VT: Grade 6 & 7 – Forward Handspring

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 10.1
Available Bonuses		
No Specified Bonus	No Virtuosity Bonus	Stick Bonus 1 x +0.1

#	Exercise	Notes
See Run and Hurdle Deductions Listed in the Table below		
1	Run	Maximum distance as per FIG Maintain velocity Lift of front leg and extension of back leg Flexed arm swing
2	Hurdle	Knees lift while center of gravity continues at same height throughout Feet in front upon contact Body vertical on springboard contact with arm swing from back to front
3	1 st Flight Phase (Preflight)	As per FIG
4	Support Phase	As per FIG Tight arch expectation
5	2 nd Flight Phase	As per FIG Straight body expectation
6	Landing	As per FIG Onto minimum 30cm high mat(s) Stick Bonus (+0.1)

Run and Hurdle Deductions Table	
RUN DEDUCTIONS (FIG Small and/or Medium for each)	HURDLE DEDUCTIONS (FIG Small and/or Medium for each)
No acceleration before hurdle / break of rhythm	Leaning over the springboard on contact
Arm swing not in sync with run	Center of gravity not maintaining horizontal
No front knee lift or back leg extension	Arms not overhead or not swinging front to back (or back circle)



PARALLEL BARS

PB: Grade 4

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.2
Available Bonuses		
Specified Bonus 2 x +0.5	Virtuosity Bonus 1 x +0.1	Stick Bonus 1 x +0.1

#	Exercise	Notes
1	Jump to support, L-sit hold 2 seconds	
2	Swing backward, swing forward to straddle support on bars	Swing backward feet above bar height Extension of body in straddle support
3	Lift legs in straddle, join in front and extend to straight body	Continuous rhythm
4	Swing backward, swing forward	Swing backward above horizontal Swing forward with feet above bar height
SB 1	Specified Bonus 1 – Replace #4 Swing backward to > 45° above horizontal, swing forward (+0.5)	Swing backward to > 45° above horizontal Swing forward with feet above bar height
5	Swing backward, swing forward	Swing backward above horizontal Swing forward with feet above bar height
SB 2	Specified Bonus 2 – Replace #5 Swing backward to > 45° above horizontal, swing forward (+0.5)	Swing backward to > 45° above horizontal Swing forward with feet above bar height
6	Swing backward to side dismount	Swing backward to > 45° above horizontal Hold onto bar upon landing (-0.3) and no stick bonus No intermediate/additional hand support (or -0.1) Stick Bonus (+0.1)
VB	Virtuosity Bonus Swing backward to handstand (+0.1)	For swing backward in #6 Any handstand hold permitted but not required No intermediate/additional hand support (or -0.1) Hold onto bar upon landing (-0.3) and no stick bonus Stick Bonus (+0.1)



PB: Grade 5

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.2
Available Bonuses		
Specified Bonus 2 x +0.5	Virtuosity Bonus 1 x +0.1	Stick Bonus 1 x +0.1

#	Exercise	Notes
1	From short run or stand, jump to long hang swing forward	Knee bend permitted on swing forward Long hang swing forward to > 45° below horizontal
2	Long hang swing backward, long hang swing forward	Knee bend permitted on swing forward Long hang swing forward to > 45° below horizontal Long hang swing backward with legs straight at peak
3	Long hang swing backward to upper arm hang	Long hang swing forward to > 45° below horizontal Long hang swing backward with legs straight at peak
4	Upper arm swing forward, upper arm swing backward	Upper arm swing backward to horizontal
5	Upper arm swing forward and straddle forward uprise to support, lifting legs off the bar	Immediate lifting of legs off the bar
SB 1	Specified Bonus 1 – Replace #5 Upper arm swing forward, forward uprise to support (+0.5)	No extension or height requirement on forward uprise
6	Swing backward,	Swing backward to feet at bar height
7	Swing forward to L-sit hold 2 seconds	
8	Extend forward to swing backward	Swing backward above horizontal
9	Swing forward, swing backward	Swing forward to horizontal Swing backward > 45° above horizontal
SB 2	Specified Bonus 2 – Replace #9 Swing forward, swing backward to handstand (+0.5)	Swing forward to horizontal Any handstand hold permitted but not required
10	Swing forward, swing backward to side dismount	Swing forward to horizontal Swing backward > 45° above horizontal Hold onto bar upon landing (-0.3) and no stick bonus No intermediate/additional hand support (or -0.1) Stick Bonus (+0.1)
VB	Virtuosity Bonus Swing backward to handstand (+0.1)	For swing backward to handstand in #6 Any handstand hold permitted but not required No intermediate/additional hand support (or -0.1) Hold onto bar upon landing (-0.3) and no stick bonus Stick Bonus (+0.1)



PB: Grade 6

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.2
Available Bonuses		
Specified Bonus 2 x +0.5	Virtuosity Bonus 1 x +0.1	Stick Bonus 1 x +0.1

#	Exercise	Notes
1	From short run or stand, glide kip to support	
2	Swing backward, swing forward	Swings to horizontal
3	Swing backward, bail to Moy to upper arm hang	Hand on hand spot (-0.3) Swing backward above horizontal
4	Backward uprise to support	Hips at bar height or above
5	Swing forward, swing backward	Swing forward to horizontal Swing backward above horizontal
SB 1	Specified Bonus 1 – Add after #5 To straddle L-sit hold, press to handstand (+0.5)	Any press handstand hold permitted but not required
6	Swing forward, swing backward	Swing forward to horizontal Swing backward to 45° above horizontal
SB 2	Specified Bonus 2 – Replace #6 Swing forward, swing backward to handstand (+0.5)	Swing forward to horizontal Any handstand hold permitted but not required
7	Swing forward, swing backward to handstand	Swing forward to horizontal Any handstand hold permitted but not required
VB	Virtuosity Bonus Swing backward to handstand hold 2 seconds (+0.1)	For swing backward to handstand in #7 No deduction for short hold but no bonus awarded
8	Swing forward to Stutzkehre dismount	Swing to horizontal required, landing parallel to hands Hold onto bar upon landing (-0.3) and no stick bonus Stick Bonus (+0.1)



PB: Grade 7

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.2
Available Bonuses		
Specified Bonus 2 x +0.5	Virtuosity Bonus 1 x +0.1	Stick Bonus 1 x +0.1

#	Exercise	Notes
1	From short run or stand, glide kip to support, swing backward	Swing backward to horizontal
VB	Virtuosity Bonus Swing backward to > 45° above horizontal (+0.1)	For swing backward in #1
2	Layaway to forward uprise to support	No height requirement on forward uprise
3	Swing backward, swing forward	Swing backward to 45° above horizontal Swing forward above horizontal
4	Swing backward, bail to Moy to upper arm support	Swing backward above horizontal
5	Backward uprise to support	Back swing legs above bar height
SB 1	Specified Bonus 1 – Replace #4 & #5 Swing backward, bail to Moy to support and swing backwards (+0.5)	Swings backward above horizontal
6	Swing forward to L-sit hold 2 seconds	
7	Press to handstand hold 2 seconds	
8	Swing forward, swing backward to handstand	Swing forward to above horizontal Any handstand hold permitted but not required
SB 2	Specified Bonus 2 – Replace #8 Swing forward, swing backward and ½ pirouette in handstand (+0.5)	Swing forward to above horizontal Any handstand hold permitted but not required
9	Swing forward, swing backward to handstand	Swing forward to above horizontal Any handstand hold permitted but not required
10	Swing forward to any salto backward dismount OR Swing forward, swing backward to any salto forward dismount	Saltos may be tucked, piked or straight Salto forward permitted with ½ twist Stick Bonus (+0.1)



HORIZONTAL BAR

HB: Grade 4

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.2
Available Bonuses		
Specified Bonus 2 x +0.5	Virtuosity Bonus 1 x +0.1	Stick Bonus 1 x +0.1

#	Exercise	Notes
1	From hang in overgrip, pullover to support	Piked legs throughout Stop permitted, no stop greater than 2 seconds (or -0.1) Spotter assistance permitted on pullover (no deduction)
SB 1	Specified Bonus 1 – Replace #1 From hang in overgrip, pullover to support UNASSISTED	Piked legs throughout Stop permitted, no stop greater than 2 seconds (or -0.1)
2	Cast to undershoot forward	Undershoot with straight arms & hollow body to horizontal
SB 2	Specified Bonus 2 – Replace #2 Cast to back hip circle to undershoot forward (+0.5)	Cast to horizontal Undershoot with straight arms & hollow body to horizontal
VB	Virtuosity Bonus Cast to above horizontal (+0.1)	For cast in either #2 or Specified Bonus 2
3	Swing backward, tap swing forward	Swings > 45° below horizontal Hollow body position at apex Tap swing (or -0.1)
4	Swing backward, tap swing forward with ½ turn to mixed grip, and swing forward	Swings > 45° below horizontal Hollow body position at apex Tap swing (or -0.1)
5	Swing backward, change undergrip hand to overgrip, tap swing forward	Swings > 45° below horizontal Hollow body position at apex Tap swing (or -0.1)
6	Swing backward, tap swing forward	Swings > 45° below horizontal Hollow body position at apex Tap swing (or -0.1)
7	Swing backward, uprise releasing hands to dismount	Shoulders at bar height Stick Bonus (+0.1)



HB: Grade 5

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.2
Available Bonuses		
Specified Bonus 2 x +0.5	Virtuosity Bonus 1 x +0.1	Stick Bonus 1 x +0.1

#	Exercise	Notes
1	From hang in overgrip with small preliminary swing, swing backward and kip to support	Stop permitted, no stop greater than 2 seconds (or -0.1)
2	Cast to back hip circle	Hollow body
SB 1	Specified Bonus 1 – Replace #2 Cast to free hip circle (+0.5)	Hollow body, no touching of the bar in free hip circle No height requirement in free hip circle
VB	Virtuosity Bonus Cast immediately to back hip circle (#2) or to free hip circle (SB1) (+0.1)	For transition either from #1 to #2 or from #1 to Specified Bonus 1 No stop in support permitted before cast
3	Undershoot forward	Undershoot with straight arms & hollow body
4	Swing backward, tap swing forward	Swings to bar height or above Hollow body position at apex Tap swing (or -0.1)
SB 2	Specified Bonus 2 – Add after #4 Swinging pullover (¾ giant swing backwards) to undershoot forward (+0.5)	Undershoot with straight arms & hollow body
5	Swing backward, tap swing forward	Swings to bar height or above Hollow body position at apex Tap swing (or -0.1)
6	Swing backward, tap swing forward with ½ turn to dismount	Swings to bar height or above Hollow body position at apex Tap swing (or -0.1) Stick Bonus (+0.1)



HB: Grade 6

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.2
Available Bonuses		
Specified Bonus 2 x +0.5	Virtuosity Bonus 1 x +0.1	Stick Bonus 1 x +0.1

#	Exercise	Notes
1	From hang in undergrip pullover to support	Stop permitted, if greater than 2 seconds (-0.1)
2	Cast to 45° above horizontal to ¾ giant swing forward	Hollow body
SB 1	Specified Bonus 1 – Replace #2 Cast to 45° above horizontal, one or more giant swings forward to ¾ giant swing forward (+0.5)	
3	Hop both hands to overgrip	Hollow body Hop above horizontal
4	Swing forward ½ turn to mixed grip and swing forward	Swings above horizontal Tap swing (or -0.1)
5	Swing backward and change hands to double overgrip	
6	Swing forward, kip to support	Stop permitted, if greater than 2 seconds (-0.1)
7	Cast to ¾ giant swing backward	Cast above horizontal ¾ giant swing, straight arms and hollow body throughout
SB 2	Specified Bonus 2 – Replace #7 Cast to one or more giant swings backwards to ¾ giant swing backwards (+0.5)	Cast above horizontal ¾ giant swing, straight arms and hollow body throughout
VB	Virtuosity Bonus – Insert into #7 or SB2 after the cast Free hip circle (SB1) (+0.1)	Hollow body, no touching of the bar in free hip circle Free hip circle to above horizontal
8	Undershoot forward, swing backward	Undershoot with straight arms & hollow body Swing backward above horizontal
9	Tap swing forward, swing backward	Swings to bar height or above Hollow body position at apex Tap swing (or -0.1)
10	Tap swing forward to salto backward dismount	Salto tucked or straight Hips above bar height Tap swing (or -0.1) Stick Bonus (+0.1)



HB: Grade 7

Scoring		
Base Score: 10.0		Maximum Score with all Bonuses: 11.2
Available Bonuses		
Specified Bonus 2 x +0.5	Virtuosity Bonus 1 x +0.1	Stick Bonus 1 x +0.1

#	Exercise	Notes
1	From hang in undergrip pullover to support	Stop permitted, if greater than 2 seconds (-0.1)
2	Cast to 45° above horizontal, two giant swings forward in undergrip	
3	Swing backwards and hop both hands to overgrip	Swing backward above horizontal
4	Swing forward ½ turn to mixed grip and swing forward	Swings above horizontal Tap swing (or -0.1)
5	Swing backward, change hands to double overgrip, swing forward	Swings above horizontal Tap swing (or -0.1)
SB 1	Specified Bonus 1 – Replace #4 & #5 Swing forward ½ turn to double overgrip, swing forward, swing backward, swing forward (+0.5)	Swings above horizontal Tap swing (or -0.1)
6	Kip to support, immediate cast	No stop in support permitted before cast
SB 2	Specified Bonus 2 – Add after #6 Free hip circle (+0.5)	Hollow body, no touching of the bar in free hip circle Free hip circle to above horizontal
7	Two or more giant swings backward	
8	¾ giant swing backward to undershoot forward, swing backward	Swings above horizontal Undershoot with straight arms & hollow body
VB	Virtuosity Bonus Giant swing backward to handstand, undershoot forward, swing backward (+0.1)	Replace #8 Backward swing above horizontal Undershoot with straight arms & hollow body
9	Tap swing forward to salto backward dismount	Tap swing (or -0.1) Salto tucked or straight Hips above bar height Stick Bonus (+0.1)



Optional Routines – Technical Requirements

Grade	FIG Exception Rules	Stick Bonus Prohibited Elements Short Exercise
FIG Senior	FIG Rules	As per FIG
Grade 10 FIG Junior	FIG Junior Rules Element Groups (EG) as per FIG	+0.1 Stick Bonus as per FIG All Apparatus – FIG Jr Prohibited elements Short Exercise: as per FIG
Grade 9	Based on Junior FIG Rules (No requirement for one leg balance on Floor Exercise or swing to handstand on Still Rings) <u>+0.3 for each Element Group (EGII, III, IV) fulfilled with A or B value elements; +0.5 for C or higher value elements</u> <u>+0.5 for each Element Group I (EGI) fulfilled with any element value (as per FIG)</u> <u>Element values: 0.1 for A, 0.2 for B, and 0.3 for C, 0.4 for D or higher value elements</u> Parallel Bars– After a swing to handstand, a hold of 2 sec. or continue in the same direction (1/2 turn, Gatson, Healy) is permitted. Horizontal Bar– A cast consisting of maximum 5 swings/movements is permitted to begin an exercise without deduction.	+0.1 Stick Bonus (N/A on PH) for B or higher, and all salto Vaults Prohibited: VT– No multiple saltos All Apparatus– No triple saltos All Apparatus– FIG Jr Prohibited elements Short Exercise: as per FIG
Grade 8	Based on Junior FIG Rules, <u>only 6 elements per exercise</u> contribute to the D score (No requirement for one leg balance on Floor Exercise or swing to handstand on Still Rings) <u>+0.5 for each Element Group (EG) fulfilled with A, B, C or higher value elements</u> <u>Only 3 Element Groups (+1.5 EG max contribute to the D score, 0.5 each, one must be the dismount (except Floor Exercise))</u> <u>Element values: 0.1 for A, 0.2 for B, and 0.3 for C or value elements</u> List of ‘Additional Elements’ (see below) not included in CoP can be used in an exercise – these elements do not have value but simply can help prevent an athlete from receiving a short routine deduction Parallel Bars– After a swing to handstand, a hold of 2 sec. or continue in the same direction (1/2 turn, Gatson, Healy) is permitted Horizontal Bar– A cast consisting of maximum 5 swings/movements is permitted to begin an exercise without deduction.	+0.1 Stick Bonus (N/A on PH) for B or higher, and all salto Vaults Prohibited: VT– No multiple saltos All Apparatus– No triple saltos All Apparatus– FIG Jr Prohibited elements Short Exercise: Neutral Deduction for less than 6 elements (as per FIG scale)



ADDITIONAL INFORMATION:

VAULT

Grades 8 & above will perform two Vaults as per WGym Rules for apparatus placement.

TIMING FOR FLOOR EXERCISE

Grades 8 and above to be timed as per WGym Rules.



Description of Gymnastic Elements

The following terms are referred to throughout the compulsory routines and provides clarification around the expectations of elements (skills) that do not have descriptive text.

If a coach does not know or understand what a term or named element is, the coach or individual seeking clarification should undertake their own research or request assistance from experts within Men's Gymnastics.

Back Hip Circle: An element performed on Horizontal Bar, where the gymnast rotates backwards around the bar from front support back to front support with arms straight and hips on the bar.

Bail: From handstand or backward swing towards handstand, swing forwards into a long hang swing through the lower vertical.

Basket: A position referred to on Rings and Parallel Bars. The basket position is a long hang with arms straight, hips closed, knees straight and legs horizontal.

Blind Change: On Horizontal Bar, giant swing backwards in top-grip through handstand with $\frac{1}{2}$ turn to double under-grip.

Cast [Rings]: From a hanging basket position, push hips with force and control up towards the rings, open hips to long swing backwards through the lower vertical.

Cast [Horizontal Bar]: From a front support position on the bar, beat legs backwards and swing legs and hips towards handstand.

Free Hip Circle: An element performed on Horizontal Bar, where the gymnast rotates backwards around the bar from front support with arms straight and hips clear of the bar. Often performed to handstand.

Counter Turn / Spindle Action: This terminology is commonly used on Pommel Horse and refers to the shoulders turning the opposite direction to the double leg circle (DLC), from a front support position to a rear support position.

Dislocate: An element specific to Rings where the gymnast swings forwards with lift and continues over the vertical to long hang swing.

DLC: Double Leg Circle on Pommel Horse, buck, mushroom or on floor.



Double Leg Circle: (DLC) Performed primarily on Pommel Horse but also on Floor, a DLC starts in a front support position and swings both legs wide in a circular action through side support on one arm, rear support on both arms, side support on the opposite one arm and back to a front support position.

Drop Kip: Performed on Parallel Bars, from support above the rails, lean backwards with straight arms into a long hang basket swing forwards and backwards finishing in support above the rails.

Dynamic: A positive change in direction, shape, or movement.

Example: A dynamic straight jump on floor will be performed with a tight, stretched body and evident height.

Endo: Specific to Horizontal Bar, an Endo is a forward swing in a straddle basket position, beginning either in a handstand or from a forward swing under the bar and finishing back in handstand. The grip is usually undergrip but it is possible to execute the skill in overgrip. The Endo style straddle swing is a development progression to the Endo.

Felge: An element on Rings and Parallel Bars, a Felge is a swing which takes the gymnast from a hang under the bar/rings, forwards in a basket or dish position, to a support position above the bar (Felge to support, Felge to handstand).

Flank: A dismount action on Pommel Horse where the gymnast lifts his hips and legs through front support over the body of the pommel.

Flyspring: A handspring with take-off from two feet.

Pivot: A change in direction while in handstand.

Glide: A forward long swing action on Parallel Bars or Horizontal Bar with feet forwards of the hips and below hip height.

Headspring: Performed on floor, a headspring is a handspring action with arms bent. The forehead touches the floor but no weight should be placed on the head/neck.

Hold: Where the term Hold is used, the time requirement is always 2 seconds in the identified position.

Inlocate: An element specific to Rings where the gymnast swings backwards with lift and continues over the vertical to long hang swing.

Kill Swing: A downward swing on Horizontal Bar that reduces the power and momentum of a long hang swing to control a transition into the next element.



Kip: Referred to on both Parallel Bars and Horizontal Bar, a kip is performed from a Glide Swing, closing the hips on the backward swing and taking the gymnast above the bar into a support position.

Layaway: A backward swing from a support position that does not lead to a handstand and changes direction into a long hang swing.

Momentary: Where momentary is referred to, the gymnast must stop in the required element but not hold the element for any specific duration.

Pendulum Swing: Performed on Pommel Horse, the gymnast swings his legs left to right or right to left through front support with legs separated at least 90°.

Pick-up Circle: Performed on Pommel Horse from stride support, swing back leg over to rear support to join the forward leg and ½ DLC back to finish in a front support position.

Pommel/s: Pommel or Pommels means handle or handles.

Power Hurdle/Take-Off: A jump from two feet together with excessive arm swing action to a hurdle. Often comes before a cartwheel or round-off.

Russian Wendeswing: Beginning from a DLC or Loop, a single 180° Wende (see Wende) or a directly connected series of Wendes up to 1080°. The skill may continue into another DLC or Loop or it may finish with a final Wende over the horse to a dismount.

Stalder: Specific to Horizontal Bar, a Stalder is a backward swing in a straddle basket position, beginning in a handstand in overgrip and finishing back to handstand. The Stalder undershoot is a developmental progression to the Stalder, beginning with a cast from front support.

Stretched Jump: From two feet, jump vertically through a straight body position with arms stretched overhead.

Stride Support: Legs straddled in side support with one leg on either side of the Pommel Horse.

Swiss Press: A press to handstand preformed starting from a standing position with hands on the ground.

Tap: A tap swing is often performed on Horizontal Bar prior to a dismount. The gymnast may manipulate his body going into and through the lower vertical hang position to achieve more length through his body and generate more power



into the forward swing. Often includes closing of shoulders or hips and/or extended arch.

Tension Swing: A movement on Horizontal Bar used to create power from a stationary hang position. The movement generally commences from an L-sit or raised leg position.

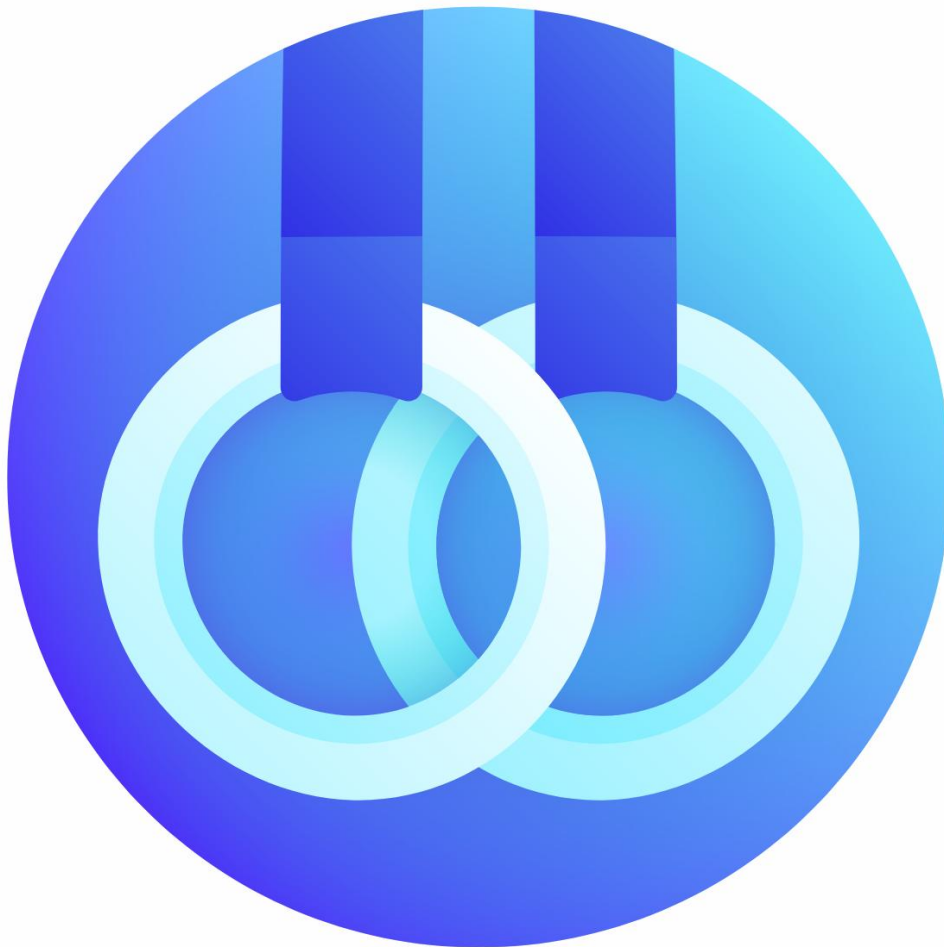
Top Change: On Horizontal Bar, forward giant swing in under-grip through handstand with $\frac{1}{2}$ turn to overgrip.

Underswing: Commonly performed after a tension swing or out of a backward hip circle, the underswing lifts or maintains hips close to the bar while swinging forwards and upwards extending to a long hang swing.

V-Sit: A static hold position with the gymnast balancing on his hands with hips closed and legs vertical.



RULES AND REGULATIONS



SECTION 2



GYMNAST RULES

Gymnasts may:

- Leave the supplementary mat(s) in position (for landing or HB flight elements) during the entire exercise (VT, Rings, PB and HB) or have their coach move them as necessary for performance or safety
- Use an additional 10 cm or 20cm soft mat on top of the existing base landing mats (20 cm) for dismounts on VT, Rings, PB and HB.
- Participate in the respective Award Ceremony dressed in competition uniform or tracksuit.

COACH RULES

Number of Coaches Permitted on Field of Play (FOP)

- Complete Teams – 2 coaches
- Individuals – 1 coach
- Finals – Each gymnast – 1 coach

During team competitions the managing authority and LOC should make arrangements so that team coaches can transfer in and out of the Field of Play, creating the possibility that every gymnast may have their personal coach present. In many cases additional coaches may have to pay for the additional expenses for their participation.



Inquiries

Inquiries for the Difficulty score only are permitted.

The inquiry procedure must be followed:

- a) Verbal inquiry must be lodged with the DI following publication of the gymnast's score or at the very latest before the score of the following gymnast.
- b) Written confirmation of verbal inquiry must be done at the end of the current rotation; prior to the next rotation commencing. This confirmation must be lodged. If written confirmation is not received, then the verbal inquiry is invalid.
- c) The inquiry can be on Start Value (D Score), also the time and line deductions
- d) Comparison of gymnasts' scores is not allowed
- e) No discussion regarding execution is to be entered into
- f) The Jury will consider the inquiry and their ruling will be final
- g) Official video evidence on Start Value (D Score) only will be accepted by the Jury. Videos from coaches and/ or spectators will not be accepted
- h) Any fee for inquiries is determined by the managing authority of the competition



JUDGE PANEL STRUCTURE

COMPULSORIES (Grade 4 – 7)

Panel will consist of 2 D Judges who can also serve as the 2 E Judges.

Minimum Panel Sizes

Club	District	State
2 D/ E Judges	2 D/ E Judges	2 D/ E Judges

OPTIONALS (Grade 8 – 10), Junior and Senior

Minimum Panel Sizes

Club	District	State	National
2 D/ E Judges	2 D/ E Judges	2 D/ E Judges	2 D & 2 E Judges

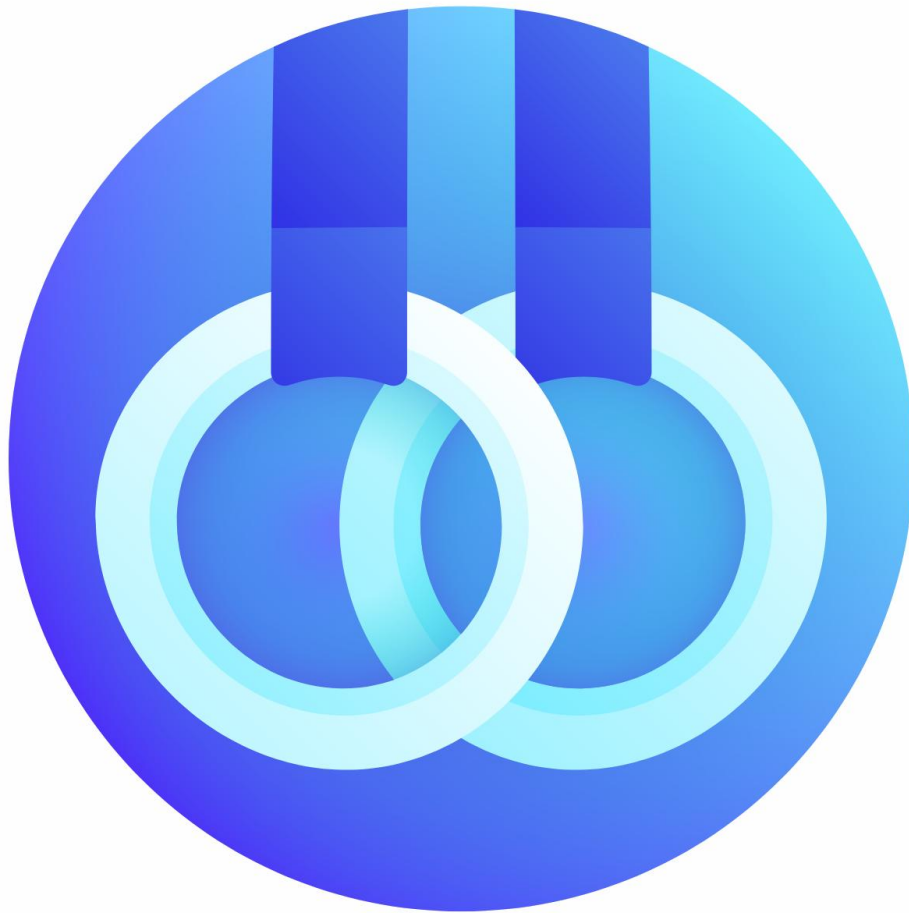
Line & Time Judges:

These positions will be the responsibility of D Judges at all competitions except National Championships.

- Two (2) Line Judges for Floor Exercise
- One (1) Line Judge for Vault
- One (1) Time Keeper for Floor Exercise



EXERCISE EVALUATION



SECTION 3



EVALUATION OF COMPULSORY EXERCISES

Compulsory Table of Exercise Errors and Deductions	Deduction
Omitted or non-recognizable numbered part	-1.0
Partial completion of numbered part (could be several elements)	-0.5
Elements performed in wrong number order	-0.5
Non-permitted spotter on Floor Exercise or Pommel Horse	-0.5
No required spotter at Horizontal bar or Rings (Grades 1-10 requirement)	-0.5
Extra circle or giant	-0.5

All other deductions as per World Gymnastics (WGym) Code of Points

Note: Spotter is permitted on all apparatus except FX and PH

Grades 4 – 7

Evaluation of the Compulsory Exercise

Start Value

Errors in interpretation

- Omission of a part of the exercise
- Addition of a part to the exercise

Bonus- Specified, Virtuosity, & Stick

Neutral Deductions

Execution Deductions

FINAL SCORE = Start Value – Execution Deductions



Specified Bonus

Awarded +0.5 for meeting the specific performance requirements as these are more advanced than the required basic elements or sequences.

Specified bonus may be awarded with multiple small and/or medium errors, or a single large error in performance of the element or sequence. Specified bonus may not be awarded if a fall occurs in the performance of an element or sequence. In the case of a stop or fall, specified bonus may be repeated without limitation in the number of attempts in order to gain the bonus.

Virtuosity Bonus

Awarded +0.1 for meeting the specific performance requirements. Virtuosity bonus may be awarded with multiple small and or medium errors in the performance of an element. Specified bonus may not be awarded if a single large deduction or fall occurs in the performance of an element or sequence. Additional attempts to gain Virtuosity bonus are not permitted.

Invalid Vaults

The World Gymnastics Rules pertaining to invalid vaults will not apply for Compulsory Exercises under certain conditions:

- When a vault was so poorly executed that it cannot be recognised
- Pushing off with his feet from the vault table
- If the gymnast double touches the vault table
- If on landing, the feet do not hit the ground before any other body part
- When the vault was executed without the hands touching the table (for those vaults that use a vaulting table)
- Intentional sideways landing.

Under these conditions the invalid vault will be assessed normally and will reduce the vault's normal Start Value by **2.0 points**.

Running related error: In the case where the gymnast runs past the board without performing the vault, touches the springboard without performing the designated vault, or he stops and backtracks to start the vault again, then the gymnast will be permitted a second attempt. The start value of that second vault will be reduced by 1.0 point. A maximum of two total attempts will be permitted at all Compulsory Grades.



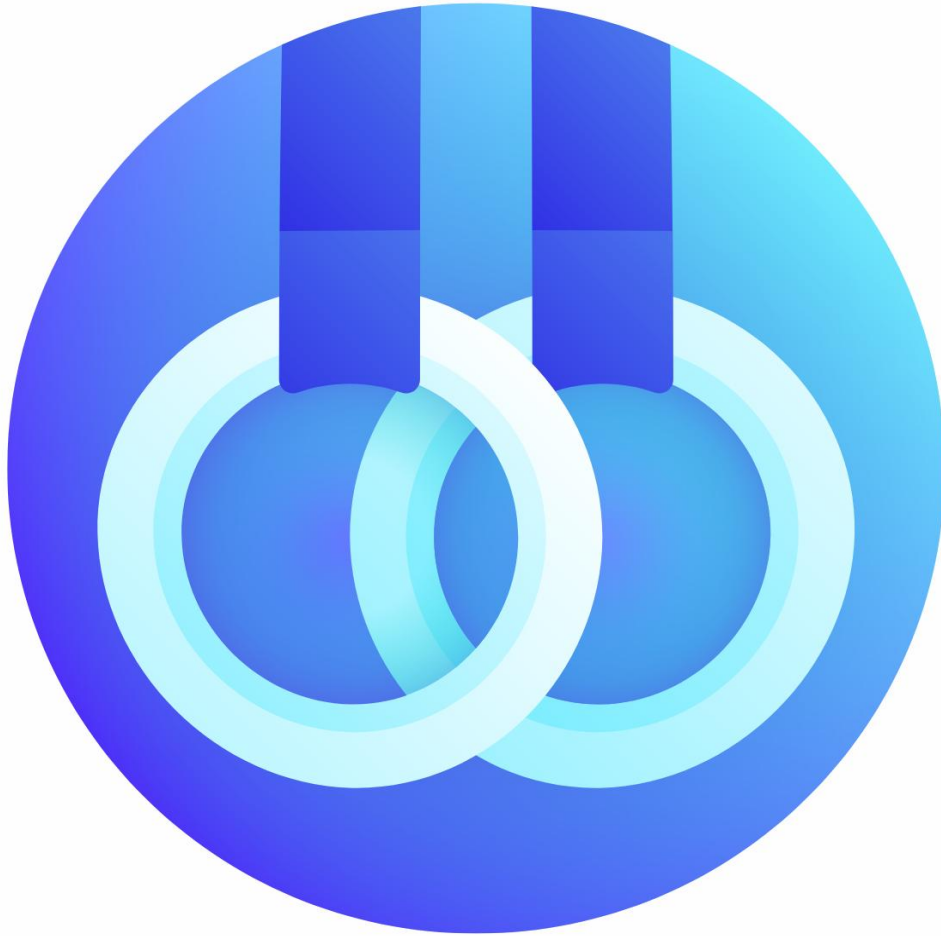
Coach Presence Required

At all Grades except Senior International, a coach is required to be present at the apparatus to potentially assist a gymnast in the event of something unexpected occurring that may place the gymnast in danger. This applies to Rings and Horizontal Bar. During competition, coaches should attempt to position themselves to be able to readily assist the gymnast if it is required but should be mindful not to obstruct the judges' view of the competing gymnast wherever possible. The Head Judge on each apparatus should remind the coach of this requirement, if necessary. **The violation for non-compliance or walking away from the apparatus =0.5.**

Note: For Grades 4-10 (Jr International) a spotter is permitted also for Vault and Parallel Bars



APPARATUS SPECIFICATION



SECTION 4



General

These apparatus specifications are to apply to all competitions (Grades 4-10) and are considered the minimum for conducting a safe competition. Specifications for Grade 1-3 are up to the Club.

Adequate safety matting for all apparatus is a requirement and any reasonable additional matting may be considered for use if available on request.

Standard specification Mushroom fastened to the floor or heavily weighted with thin matting under and for landings.

Gymnast may use a small mat to assist his mount to Pommel Horse.

Vaulting Table must be either chained to the floor or heavily weighted, if necessary. Height can be changed as required.

Adequate space must be available to locate judges' tables to provide a good view of the apparatus.

Sufficient space should be available for gymnast and coach seating at each apparatus.

Adequate safety distance between each apparatus is essential.



RECOMMENDED APPARATUS SPECIFICATION

Grade	FLOOR	POMMEL	RINGS	VAULT	PARALLEL BARS	HORIZONTAL BAR
Grade 1	Floor Strip 16m x 2m	70cm Mushroom 10cm Landing Mat	290 cm from Floor 20 cm Landing mat & 30 cm Landing mat	Vault Strip 10m Springboard 30cm Crash mat 20cm Landing Mat 50cm box	Min -130 cm 30cm box Additional 30cm matting available	260 cm From top of mat 20cm Landing mat 60cm box
Grade 2	Floor Strip	70cm Mushroom 10cm Landing Mat	290 cm from Floor 20cm Landing mat & 30 cm Landing mat	Vault Strip 10m Springboard 50cm matting 30cm Landing Mat 1m Box	Min - 130 cm 30cm box Additional 30cm matting available	260 cm From top of mat 20cm Landing mat 60cm box
Grade 3	Floor Strip	70cm Mushroom 10cm Landing Mat	290 cm from Floor 20cm Landing mat & 60 cm Landing mat	Vault Strip 10m Vault Mini Tramp or Springboard Up to 60cm Landing Mat	Min - 130 cm 30cm box Additional 60cm matting available	260 cm From top of mat 20cm Landing mat Additional 60cm matting available
Grade 4	Sprung Floor Strip – 3x12m	70cm Mushroom 10cm Landing Mat	280 cm from Floor 20cm Landing mat & 30 cm crash mat	Vault Strip min. 10m Springboard 30 cm Landing Mat	Min - 130 cm Small box 20cm landing mat Additional mat - 10cm soft mat	280 cm from floor 20cm Landing mat 10cm soft mat



Grade 5	Sprung Floor Strip – 3x12m	70cm Mushroom 10cm Landing Mat	280 cm from Floor 20cm Landing mat & 30 cm crash mat	Vault Strip min. 20m Springboard 30 & 60 cm Landing Mat	Min – 130 cm Max – 180 cm from top of mat Small box 20cm landing mat Additional mat – 10cm soft mat	280 cm from floor 20cm Landing mat 10cm soft mat
Grade 6	Sprung floor Diagonal strip	Any height Pommel Horse from top of 10cm mat	280 cm from Floor 20cm Landing mat & 10 cm soft mat	Vault Strip min. 20m Springboard 60cm Landing mat	Min – 160 cm Max – 180 cm from top of mat 20cm landing mat Additional mat – 10cm soft mat Springboard	280 cm from floor 20cm Landing mat 10cm soft mat
Grade 7	Full Sprung Floor – 12m x 12m	Any height Pommel Horse from top of Mat 10cm	280 cm from Floor 20cm Landing mat & 10cm soft mat	Vault Strip 25m Vault Table – Min 105cm Max 135cm Springboard	Min – 160 cm Max – 180 cm from top of mat 20cm landing mat 10cm soft mat Springboard	280 cm from floor 20cm Landing mat 10cm soft mat
Grade 8 – 10	Full Sprung Floor – 12m x 12m 5/10cm Supplement ary Mat	105 cm Pommel Horse From top of Mat 10cm Landing Mat	290 cm from Floor 20cm Landing mat Additional mat – 10cm Landing Mat as per FIG	Vault Strip 25m Vault Table – Min 100cm Max 135cm Springboard Additional mat – 10cm Landing Mat as per FIG	180 cm From top of mat 10cm Landing mat as per FIG Springboard	260 cm From top of mat Up to 30cm Landing mat



Minimum Recommended Landing Mats for Competitions

Apparatus	Grades 4 & 5	Grades 6 & 7	Grades 8 to 10/ FIG Jr	FIG Senior
Floor Exercise	12m x 12m spring floor or 1.8m x 18m strip- with 3.8cm foam	12m x 12m spring floor or 1.8m x 18m strip- with 3.8cm foam	12m x 12m spring floor with 3.8cm foam Additional mat permitted up to 10cm for landings- cannot be removed	
Pommel Horse	N/A	3.6m x 3.6m x 10cm		
Mushroom	On Folding mat(s) or carpet bonded foam (3.5cm), Min. height 45cm and min. diameter 60cm	N/A		
Still Rings	Mats raised to allow any height, 2.5m x 4.7m x minimum 30cm (20cm base +10cm supplemental)			
Vault	1.8m x 3.6m x 30cm	2.5m x 4.7m x 30cm (20cm base +10cm supplemental)		
Parallel Bars	From raised mat on top of 4.2m x 4.8m x 20cm	4.2m x 4.8m x 20cm with extension mats on each end		
Horizontal Bar	Mats raised to allow any height 2.5m x 9m x 30cm (base)		2.5m x 9m x 30cm (20cm base + 10cm supplemental) Additional min 1.5m x 2m x up to 20cm mat available for use during flight elements	



COMPETITION RULES



SECTION 5



GENERAL

Rules for gymnasts, coaches and judges are set out in Section 2 of this Competition Manual. These rules must be followed at all sanctioned competitions.

In 2025 gymnasts will be assigned a Grade by their respective club. This should be based on the competency of the athlete to be able to successfully perform a minimum of 90% of the skills required in the compulsory routines or meet a minimum of 90% of the compositional requirements for optional exercise in each Grade.

The managing authority of each competition, in conjunction with the LOC, has the right to alter these competition rules with advance warning to all participant.

GRADE PROCEDURES

Once a gymnast has assigned and competed at a National Grade and receives a AA score or Apparatus score at a sanctioned competition he cannot return to a lower Grade.

Grades 1-3

Attaining Grades 1 – 3 will take place in the gymnast's club. Club coaches and /or judges will determine the gymnast's competency to move to the next Grade. Competency testing procedure is determined by the club. It can be done during class time or during a form of competition/Challenge.

Grades 4 – 10

Coaches can then elect to move gymnasts to the next Grade or remain in the same Grade at subsequent competitions. Coaches may also elect to bypass a Grade thus moving gymnasts up two or more Grades. Gymnasts cannot move back a Grade once they have competed in a competition and received an AA or Apparatus score in that Grade.



COMPETITIONS

STATE CHAMPIONSHIPS

Grades 4 – 6

Team size: 6 Gymnasts with 3 best scores on each apparatus to count for each Grade.

There will be a team in each age division.

Individuals: Can be entered when a district does not have 3 gymnasts to make a team.

Individuals will only be eligible for AA and Apparatus awards.

Awards:

Team: 1st, 2nd, 3rd for each Grade in each age division. Medals for each team member.

AA: 1st, 2nd, 3rd, 4th, 5th, 6th for each Grade in each age division. Medals 1st, 2nd, 3rd and certificates for 4th, 5th, 6th

Apparatus: 1st, 2nd, 3rd, 4th, 5th, 6th on each apparatus for each Grade in each division (under and open). Medals 1st, 2nd, 3rd and certificates for 4th, 5th, 6th

Grades 7 – 10

Team size: 6 Gymnasts with 3 best scores on each apparatus to count for each Grade from each district. The gymnasts in the team can be from any age divisions.

Awards:

Team: 1st, 2nd, 3rd for each Grade

AA: 1st, 2nd, 3rd, 4th, 5th, 6th for each Grade in each age division
Individuals are eligible for AA awards. Medals 1st,
2nd, 3rd and certificates for 4th, 5th, 6th

Apparatus: 1st, 2nd, 3rd, 4th, 5th, 6th on each apparatus for each Grade in each age division. Individuals are eligible for
AA awards. Medals 1st, 2nd, 3rd and certificates for 4th, 5th, 6th



Senior

AA: 1st, 2nd, 3rd

Apparatus: 1st, 2nd, 3rd

DISTRICT CHAMPIONSHIPS

Grades 4 – 7

Team size: 6 Gymnasts with 3 best scores on each apparatus to count for each Grade. There will be a team for each age divisions.

Individuals: Can be entered when a club does not have 3 gymnasts to make a team. These individuals will only be eligible for AA and Apparatus awards.

Awards:

Team: 1st, 2nd, 3rd for each Grade in each age division

AA: 1st, 2nd, 3rd, 4th, 5th, 6th for each Grade in each age division.

Medals 1st, 2nd, 3rd and certificates for 4th, 5th, 6th

Apparatus: 1st, 2nd, 3rd, 4th, 5th, 6th on each apparatus for each Grade in each age division. Medals 1st, 2nd, 3rd and certificates for 4th, 5th, 6th

Grades 8 – 10

Team size: 6 Gymnasts with 3 best scores on each apparatus to count for each Grade from each club. The gymnasts in the team can be from any age divisions.



Awards:

Team: 1st, 2nd, 3rd for each Grade

AA: 1st, 2nd, 3rd, 4th, 5th, 6th for each Grade in each age division

Individuals are eligible for AA awards.

Medals 1st, 2nd, 3rd and certificates for 4th, 5th, 6th

Apparatus: 1st, 2nd, 3rd, 4th, 5th, 6th on each apparatus for each Grade in each age division. Medals 1st, 2nd, 3rd and certificates for 4th, 5th, 6th

CLUB COMPETITIONS

All Club competitions should be sanctioned by GFI. GFI will then place them on the GFI Calendar. Sanctioning will allow for the club to utilise the GFI Logo.

Clubs should follow the guidelines established in the Competition Manual which includes the competition regulations.

The Grades should be utilised by the club, but age divisions are the prerogative of each individual club.

ENTRY PROCEDURE

All competitions should be placed on the GFI calendar. State and District Championships must be determined 6 months prior to the competition. Clubs should submit their competition dates no later than 3 months prior.

Entry forms for State and National Championships will be available **6 weeks prior** with entries due **4 weeks prior**. Late entries will incur a late fee payment. No entries will be accepted after the release of the workplan and draw.

Workplans which will include the competition draw will be sent to all competing units **2 weeks prior** to the competition.



Workplan Content

- Dates of Competition
- Venue and Address
- Competition Schedule – Warm-up time, competition start time and award ceremony time
- Draw – grouping and apparatus rotations
- Apparatus company being supplied
- Judges Meeting Time (30 minutes prior to Warm-Up time)

Gymnast draw

This will be conducted two weeks prior to competition.

The draw determines the order of competing of teams and/ or individuals. It is carried out by the host club, based on the entries received.

Principles of the Draw:

- Conduct the draw in the presence of at least 3 different clubs for the District and the State Championships. Can be done by video conference.
- Place gymnasts from same club in same competition session and rotation
- The gymnast drawn first on the first apparatus will drop to the last gymnast on the next apparatus

Judges' Draw

This will be sent to all judges listed on the entry forms as well as the club competing **one week prior**.

Principles:

- Judge must have the necessary accreditation for the respective competition
- The D Panel must not have judges from the same club
- No more than one judge from the same club (if insufficient judges, then no more than 50% of the entire panel from one club)



COMPETITION FORMAT

STATE and DISTRICT CHAMPIONSHIPS

The competition should run following a “**warm-up compete on each apparatus format**”. (There is no full apparatus warm-up prior to competition)

Warm-up

- a) Each competing gymnast (including substitute of injured gymnast) is entitled to a touch warm-up period immediately prior to the competition on the podium on all apparatus in accordance with the Technical Regulations that govern that competition.
 - General warm-up - 20mins
 - Allow 50 secs/ gymnast including preparation time for all apparatus.
- b) In the “Warm-Up Compete Format” each competing gymnast is entitled to a warm-up period on each apparatus during the competition. Best format for Compulsory exercises.
 - Note: there is no apparatus warm-up prior to the competition.
 - General warm-up - 20mins prior to the Warm-up Compete Format.
 - The time of the warm-up on each apparatus is set by the competition organizer based on the size of the rotation.
- c) In Team competitions the entire touch warm-up time belongs to the team **except Vault**. The team must pay attention to the elapsed time, so that the last gymnast receives adequate warm-up.
- d) In mixed groups the touch warm-up time belongs personally to the gymnast. The order of warm-up should be the same as the order of competition.
- e) The end of the warm-up period is signalled by an audible signal. If a gymnast is mentally and physically prepared to vault or still on the apparatus at that time, they may complete the element or sequence started. Following the warm-up period, or during the “competition pause”, the apparatus may be prepared, but not used.
- f) There will be a clear signal from the D1 Judge or Head Judge at 30 seconds before their exercise is expected to begin.



Alternate Competition Format

Grade 8 – 10

The competition can run on “full apparatus warm-up ”

“Full Apparatus Warm-up”

Apparatus Warm-Up

Warm-Up – General – 20mins.

Apparatus warm up – 10 mins/ apparatus

Competition Touch Warm-Up

Allow 50 secs/ gymnast including preparation time for all apparatus.

SCORING

It is best to have an iPad/ laptop at each apparatus which is Wi-Fi connected to the main system.

A secretary can be appointed to each apparatus for data entry and there should be 2 persons appointed to the main system.

The secretary or Judge will enter scores of the judges both on a manual scoresheet as well as into the scoring system.

No scores can be changed on the manual scoresheet or in the scoring system without jury approval.

Judges must utilise judges’ chits regardless of the number of judges on a panel.

The Start Value/ D Score should be shown at the table of the judges immediately following the gymnast’s performance.

The gymnasts final score should be shown manually or electronically at the competition. Should this not be possible then the manual scoresheet can be shown to the coaches at the end of the rotation.



TIE BREAKING RULES

There may be problems with the number of medals if a tie breaking procedure is not used in the compulsory grades.

Grade	Below State	State	Nationals
4-6	Organizer choice	State choice	N/A
7	Organizer choice	State choice	Compulsory Tie Break
8-Sr Int	Organizer choice	WGym (FIG)	WGym (FIG)

Compulsory Tie Breaking:

- AA ties broken by highest apparatus score
- Apparatus ties broken by highest AA score
- Team ties broke by highest team apparatus score

VIDEO RECORDING

At both State, District and above competitions one person/ apparatus will be assigned to video routines on an Tablet or phone.

This video is then available to be viewed by the jury, should an inquiry be lodged by the coach.

Only the official video may be used in determination of an inquiry



COMPETITION JURY

The member/s must of the jury must be an accredited judge (MAG Compulsories, MAG Optionals, FIG) for the respective discipline. The competition jury has the responsibility to oversee the overall technical direction of the competition.

- Ensure all rules & regulations are followed
- Check equipment with the competition manager prior to competition
- Ensure time schedules and draw in the workplan are respected
- Conduct judges meeting 30 minutes prior to competition
- Ensure both electronic and manual scoring systems are in place and are being utilised correctly
- Accept inquiries and change Final Start Value/ D Score based on upholding inquiry
- Sign the manual scoresheet when a change of Start Value/ D Score occurs
- Utilise video review for Start Value/ D Score changes or application of neutral deductions
- Change final score due to error in application of neutral deductions

JUDGING PANELS ACCREDITATON

(As per Section 2 Rules and Regulations)

Grades 4-7

- Judges must hold a Compulsories Accreditation for the respective discipline

Optionals (Grades 8 – 10) and Senior

- Judges must hold an Optional Accreditation or FIG Brevet for the respective discipline

