



GYMNASTICS FEDERATION OF INDIA

NATIONAL COMPETITION PROGRAM

**WOMEN'S
ARTISTIC
GYMNASTICS**

Edition 3– May 2026



ACKNOWLEDGEMENTS

GFI Women's Technical Committee

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Reference Documents

FIG Women's Code of Points (2025 – 2028)

USA Gymnastics – Women's Development Program

Gymnastics Australia – WAG 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 Women'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



Goals

- To increase gymnast participation in Women's Artistic Gymnastics for all clubs/ programs.
- To provides a unified national competitive framework for all clubs, districts, states and the nation.
- To provide a progressive systemic pathway which will allow gymnasts to develop their potential.
- To provide a pathway for development, allowing athletes to aspire to international representation.
- To provide a pathway that is sustainable over a long period of time, requiring minimal changes with review following the release of the FIG COP at the end of each Olympic cycle.
- To increase the number of coaches, judges (technical officials), administrators and clubs participating in competitive gymnastics.

COMPETITION FRAMEWORK



SECTION 1



National Pathway	IN AGE CATEGORY	National Pathway	OPEN AGE CATEGORY	Routine Type	Competitions
Grade 1	Any age	Grade 1	Any age	Skill-based	Club, District
Grade 2	Any age	Grade 2	Any age	Skill-based	Club, District
Grade 3	Any age	Grade 3	Any age	Skill-based	Club, District
Grade 4	Under 8 Min Age: 7 years	Grade 4	Open (8+)	Compulsory	Club, District, State
Grade 5	Under 9 Min Age: 7 years	Grade 5	Open (9+)	Compulsory	Club, District, State
Grade 6	Under 10 Min Age: 8 years	Grade 6	Open (10+)	Compulsory	Club, District, State
Grade 7	Under 11 Min Age: 8 years	Grade 7	Open (11+)	Compulsory	Club, District, State
FIG Youth 12 years	Under 12 Girls (Min. Age: 10 years)	Grade 8 Open	12+ years	Optional	Club, District, State, National
FIG Youth 13 years	Under 13 years (Min. Age: 11 years)	Grade 9 Open	13 + years	Optional	Club, District, State, National
FIG Youth 14 years	Under 14 years (Min. Age: 12 years)	Grade 10 Open	14 + years	Optional	Club, District, State, National
Junior International	Age: 14-15 Minimum Qualification Score required – AA 36.00			FIG	Club, District, State, National, International
Senior International	Age:16+ Minimum Qualification Score required – AA 38.00 or 12.00/ App			FIG	Club, District, State, National, International



TABLE OF CONTENT – GRADES 1-3				
Grade	VAULT	BARS	BEAM	FLOOR
Grade 1	• Small Run Hurdle Straight Jump to 30 cm box • Jump to Land from 30cm box	• Stand on 50 – 70cm Box Jump to Front Support • Baby casts (hips on bar) x 3 • Jump backward to box (50 – 70cm) • Hanging walks along bar x 5	• Jump to Front Support lift leg over to stride sit • Walking Forward (1/2 beam length), Walking Backwards (1/2 beam length) • Passe Walks x 4 • DMT: Straight Jump (off end)	• Forward Roll to stand • Cartwheel • Straight Jump x 2 • Candle Hold • Bridge • Splits (one leg) • Relevé ½ turn – hold 2 secs
Grade 2	• Small Run Hurdle Straight Jump to 50 cm • Kick to Handstand on board fall to Flat Back (30cm crash mat)	• Stand on 50cm Box Jump to Front Support • Baby casts (hips lift off bar) x 3 • Cast backward to box (50cm) • Tuck Swing x 3 to stand on box (30cm)	• Jump to Front Support lift leg over to stride sit; tuck leg up and extend to V sit • Backwards Walks x 4 • Relevé Walks Forward (1/2 beam length), Passe Walks x 4 • Straight Jump • Relevé ½ Turn • DMT: Straight Jump Backwards (off end)	• Forward roll to straddle; forward roll to squat series • Back roll to squat • Cartwheel (finish side) • Straight Jump + Split Jump (90°) • Handstand to Lunge • Splits (one leg) • Pirouette ½ turn to relevé



Grade 3	• Small Run hurdle to Tramp-Board – Handspring to Flat Back on 50 cm • Small Run hurdle to Tramp-Board – Dive Roll on 50 cm	• Tuck Swing x 3 to stand on 30cm box • Pullover • Cast BHC • DMT: From front support cast backward to stand on 30 cm crash mat	• Jump to Front Support lift leg over to stride sit; cast to kneel • Straight Jump x 2 Series • Pirouette (180°) turn • Forward Kicks x 2; Backward kicks x 2 • L Handstand • DMT: Cartwheel to Handstand off side of beam to land	• Cartwheel Series x 2 (finish side) • Handstand Forward Roll • Bridge kick over • Backward roll to pike stand • Two steps into Split Leap (135°) • Straight Jump + Split Jump (135°) • Pirouette 1/2(180°), into Relevé 1/2(180°) turn.
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TABLE OF CONTENT – COMPULSORIES GRADE 4 – 7				
Grade	VAULT	BARS	BEAM	FLOOR
Grade 4	- Small Run hurdle to Springboard – Handspring to Flat Back on 60 cm - Small Run hurdle to Springboard – Dive Roll on 60 cm	Compulsory Routine - Tuck Swing x 2 to stand on box - Pullover - Cast (<i>feet at shoulder height x1</i>) - BHC - Cast straddle or pike on - DMT: Toe shoot to land (20 + 30 cm = 50cm)	Compulsory Routine - MT: Swing leg over to sit lift to swing leg down to kneel - L Handstand - Kicks – forward & backward - Straight Jump x 2 Series - Pirouette (180°) to relevé - Body Wave - DMT: Cartwheel to Handstand (off side) to land (20 + 10cm = 30cm)	Compulsory Routine - Splits - Bridge kick over (90° split) - Pirouette ½ into Relevé 1/2 - Kicks – Backwards - Body Wave - Chasse forwards x 2 - Cartwheel Series x 2 - Chasse Sideways x 1 - Straight Jump + Split Jump (135°) - Kicks – Forward - Handstand Forward Roll - Backward roll to pike stand - Two steps into Split Leap (135°)



Grade 5	- Run Hurdle to Springboard – Handspring to Flat Back on 70cm - Run Hurdle to Springboard – Dive Roll on 70cm	Compulsory Routine - Glide Swing stoop in place feet on bar, disengage feet, swing backwards to stand - Pullover - Cast (<i>feet at shoulder height x1</i>) - BHC - Cast Squat on OR climb squat on to catch high bar 2 Long Tap Swings - Pullover on 3rd swing - DMT: Underswing to land on feet (20 + 30 cm = 50cm)	Compulsory Routine - MT: Swing leg over lift to Straddle Lever; swing leg down to Front Support/ squat - Cartwheel to Side - Kicks – forward & backward - Straight Jump, Split Jump (90°) Series - Pirouette 180°+ Relevé 180° - Handstand (1 secs) to Lunge/ Step In - DMT: Run (at least 3 steps) Straight Jump (20 + 30 cm = 50cm)	Compulsory Routine 1/1 (360°) Pirouette - Split Leap (135°) - Round off + Rebound Straight Jump - Straight Jump + Split Jump (135°) - Handspring to 2 feet + Rebound Straight Jump - BWO/ FWO/ TT - Body Wave - Splits
Grade 6	- Run Hurdle to Springboard – Handspring on Table (100cm) to Flat Back on 110 cm - Run Hurdle to Springboard – Front Tuck Salto to (20	Compulsory Routine - Glide Swing kip - Forward Hip Circle - Cast (<i>feet at shoulder height x1</i>) and BHC - Cast, squat on Jump to HB	Compulsory Routine - MT: From side swing leg over swing; roll back to near candle, swing to squat - Split Leap (135°) - Handstand Hold 2 secs to Lunge/ Step In - Kicks – forward & backward - Split Jump (135°) + Straight	Compulsory Routine - BWO/ FWO/ TT - Round off – Flic Flac – Rebound Straight Jump - Straight Jump + Split Jump (180°) 1/1 (360°) Pirouette - Split Leap (180°) + Fouetté 1/2 Turn Hop - Backward roll to front support



	+ 30 cm = 50cm).	- Long Swings x 2: 3/4 Giant Pullover - DMT: Underswing (20 + 30 cm = 50cm)	Jump (or reverse) - BWO/ FWO/ TT - Pirouette (360°) - DMT: Cartwheel Straight Jump OR Tuck Front Salto (20+30 cm = 50cm)	(straight arms) - Splits - Handspring Step Out + handspring to 2 feet + Rebound Straight Jump - Body Wave
Grade 7	- Run Hurdle to Springboard – Handspring to 100/ 125cm Table & Land on 30cm (20cm + 10cm) - Run Hurdle to Springboard – Front Layout Salto to (20 + 30 cm = 50cm).	Compulsory Routine - Glide Kip - Cast to 45° above horizontal - Clear BHC (<i>feet at shoulder height</i>) - Glide Kip - Cast Squat/ Pike on, Jump to HB - Long Swings x 2 - Pullover (3/4 Giant) - Underswing into long swing backwards - DMT: Flyaway tuck Salto (20 + 30 cm = 50cm)	Compulsory Routine - MT: From side of beam jump to squat through lift to pike lever; swing to squat 1/1 (360°) Pirouette - BWO/ FWO/ TT/ Flic Flac - Handstand Hold (2 secs) Step In + Straight Jump - Needle kick backward - Split Leap (180°) - Split Jump (180°) + “A” Jump (or reverse) - DMT: Cartwheel Tuck Salto (20 + 30 cm = 50cm) OR Tuck Front Salto (20 + 30 cm = 50cm)	Compulsory Routine - Backward roll to Handstand (straight arms) - Round off – Flic Flac – Salto - Splits one leg 1/1 (360°) Pirouette - Change Leg Leap (180°) + Optional “A” or more Leap/ Hop - Split Jump (180°) + “A” or more Jump - BWO/ FWO/ TT - Handspring + Front Salto



TABLE OF CONTENT – FIG Youth + Grade 8-10				
Grade	VAULT	BARS	BEAM	FLOOR
FIG Youth 12 years Grade 8	FIG COP BONUS (0.2) for all vaults with saltos	DV – 7 Elements CR 1. 1 x close bar circle elements to 30° (0.10 bonus if in handstand) 2. Another close bar circle element to 30° (0.10 bonus if in handstand) 3. 1 x cast to handstand to 30° (0.10 bonus if in handstand) 4. 1 x giant (bwd or fwd)	DV – 7 Elements CR 1. Connection of minimum 2 different dance elements <i>To include 1 leap or jump with 180° split (cross or side) or straddle position</i> 2. Minimum 1/1 (360°) pirouette 3. Acrobatic series with [min] 1 flight element performed on the beam 4. Acro elements in different directions [fwd/swd & bwd]	DV – 7 Elements CR <i>1. Dance passage of minimum 2 different leaps or hops To include 1 leap or hop with 180° split (cross or side) or straddle position</i> <i>2. Stretched salto - forward or backward in an acro line with or without twist</i> <i>3. Salto bwd and salto fwd (no aerals) in the same or different acro line</i> <i>4. Any 'B' pirouette</i>
		Dismount must be included in counting elements BONUS (0.1) Dismount with salto	Dismount must be included in counting elements BONUS (0.10 each) Acrobatic series with 2 flight elements	Dismount must be included in counting elements BONUS (0.10 each) Salto with 360° LA twist



FIG Youth 13 years Grade 9	FIG COP BONUS (0.2) for all vaults with saltos	DV – 7 Elements Gymnasts must perform 4 out of 6 requirements (max 2.00 P.) CR 1. 1 x close bar circle element to handstand 2. Another close bar circle element to 30° 3. 1 x cast to handstand 4. 1 x giant (bwd or fwd) 5. Non flight element with 360° 6. Flight element (HB to LB /LB to HB / Same Bar)	DV – 7 Elements CR 1. Connection of minimum 2 different dance elements To include 1 leap or jump with 180° split (cross or side) or straddle position 2. Minimum 1/1 (360°) pirouette 3. Acrobatic series with [min] 2 flight elements performed on the beam 4. Acro elements in different directions [fwd/swd & bwd]	DV – 7 Elements CR 1. Dance passage of minimum 2 different leaps or hops To include 1 leap or hop with 180° split (cross or side) or straddle position 2. Stretched salto with 360° LA twist – forward or backward in an acro line 3. Salto bwd and salto fwd (no aerials) in the same or different acro line 4. Any 'B' pirouette
		Dismount must be in counting elements BONUS (0.1) Dismount with salto If CR 2 is in handstand	Dismount must be in counting elements BONUS (0.1) Acrobatic series of 2 flight element with 1 being salto	Dismount must be in counting elements BONUS (0.1) Salto with 720° LA twist



FIG Youth 14 years Grade 10	FIG COP BONUS (0.2) for all vaults with saltos	DV- 7 Elements Gymnasts must perform 4 out of 6 requirements (max 2.00 P.) CR 1. 1 x close bar circle element to handstand 2. Non flight element with 360° 3. Different grip 4. Flight element (HB to LB) 5. Flight element (LB to HB) 6. Flight element (Same Bar)	DV - 7 Element CR 1. Connection of minimum 2 different dance elements To include 1 leap or jump with 180° split (cross or side) or straddle position 2. Minimum 1/1 (360°) pirouette 3. Acrobatic series with [min] 2 flight elements performed on the beam 4. Acro elements in different directions [fwd/swd & bwd]	DV – 7 Elements CR 1. Dance passage of minimum 2 different leaps or hops To include 1 leap or hop with 180° split (cross or side) or straddle position 2. Stretched salto with 360° LA twist – forward or backward in an acro line 3. Salto bwd and salto fwd (no aerials) in the same or different acro line 4. Any 'B' pirouette
		Dismount must be in counting elements BONUS (0.1) Dismount with salto	Dismount must be in counting elements BONUS (0.2) Acrobatic series of 2 flight element with 1 being salto	Dismount must be in counting elements BONUS (0.1) Salto with 720° LA twist Salto with 720° BA twist



Skill Requirements

VAULT

Grade 1

	Description	Skill requirements
Skill 1	Small Run – Hurdle to springboard –Straight Jump to 30 cm 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 30cm box.
Skill 2	Jump to land 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.

Grade 2

	Description	Skill requirements
Skill 1	Small Run – Hurdle to springboard –Straight Jump to 50 cm 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 box.
Skill 2	Kick to Handstand on Springboard fall to flat back on cm crash 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.



Grade 3

	Description	Skill requirements
Skill 1	Small Run – Hurdle to Tramp-board handspring to flat back on 50cm	The hurdle should be fast and flat to join feet together on the 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.
Skill 2	Small Run – Hurdle to Tramp-board dive roll on to 50cm	The hurdle should be fast and flat to join feet together on the tramp-board. Jump and perform a dive roll with the body position straight (open hips) throughout. On contact with the mat complete a controlled forward roll.

UNEVEN BARS

Grade 1

	Description	Skill requirements
Skill 1	Stand on 50 – 70cm box jump to front support – hold 3 secs	Stand on box with shoulders no higher than the height of LB. With hands in top grip jump to front support with straight arms. Hold support position for 3 secs
Skill 2	Small Casts x 3 (hips remain on bar)	From front support legs move forward then backwards, 3 times with hips remaining on the bar. Arms straight and body tight on backward cast.
Skill 3	From front support – jump backwards to 50 – 70 cm Box	From front support legs move forward then backwards to cast lifting hips from the bar. At peak of backward cast jump backwards to land on box. Arms straight and body tight on backward cast.
Skill 4	Hanging walks along bar x 5	From hang position (legs bent or straight) walking along bar with 180° turn on each walk. At end of walks release and land in control position on mat.



Grade 2

	Description	Skill requirements
Skill 1	Stand on 50 – 70cm box jump to front support – hold 3 secs	Stand on box with shoulders no higher than the height of LB. With hands in top grip jump to front support with straight arms Hold support position for 3 secs.
Skill 2	Casts x 3 (hips lift off bar) x 3	From front support legs move forward then backwards to cast lifting hips off the bar; repeat 3 times. Arms straight and body tight on backward cast.
Skill 3	From front support – cast backwards to 50 cm Box	From front support legs move forward and backwards to cast with hips off the bar. At peak of cast backward release bar to land on 50cm box. Arms straight and body tight on backward cast.
Skill 4	Tuck swings x 3 to land on 30cm box	Stand on box with shoulders no higher the LB height. Grasp LB and jump to bent knee position with hips open. Swing x 3 with straight arms and open shoulders. Regrasp at peak of back swing. At peak of 3rd back swing release bar to land on box.



Grade 3

	Description	Skill requirements
Skill 1	Tuck swings x 3 to land on 30cm box	Stand on box with shoulders no higher the LB height. Grasp LB and jump to bent knee position with hips open. Swing x 3 with straight arms and open shoulders. Regrasp at peak of back swing. At peak of 3rd back swing release bar to land on box.
Skill 2	Pullover to front support	Stand on box/ board/ ground with shoulders no higher than LB. Pullover/ kickover to front support. Finish in front support with body tight and arms straight.
Skill 3	Cast Back hip circle	From front support legs move forward then cast to lift hips off bar to near horizontal (feet at bar height). Arms straight and body tight. Back hip circle with body in straight position and hips open throughout. Arms remain straight.
Skill 4	From front support - cast backwards to 30cm crash mat	Cast backwards to near horizontal (feet at bar height), release bar and land on 30cm crash mat.
Skill 5	Long swings x 3 to land on 30cm box	Stand on box with shoulders no higher the HB height. Grasp HB and jump to hollow body shape with open shoulders. Prior to bottom of swing, extend hips (tap) in preparation for strong kick through the bottom of the swing. Continue swing with toes leading to approximately horizontal. On return swing maintain hollow body position with shoulders open and hips rising; feet pointing downwards. Repeat a total of 3 swings. Coach can assist gymnast to land on 3 rd backswing.



BALANCE BEAM

Grade 1

	Description	Skill requirements
Skill 1	Jump to front support lift leg over to stride sit	Place hands on top of the beam and jump to front support with straight arms. Lift one leg over to stride sit.
Skill 2	Forward Walking (1/2 beam length) + Backward Walking (1/2 beam length)	Standing with upright posture step to point foot forward then step forward – repeat 4 times. Arms should remain horizontal throughout. Step backward and point foot in front – repeat 4 times. Arms horizontal throughout
Skill 3	Passe Walks x 4 & Relevé Hold 3 secs	Step forward lifting free knee to forward passe position, extend leg forward and repeat x 4 alternating legs. Following last passe place free foot slightly in front of the other foot and hold a relevé for 3 secs.
Skill 4	DMT: Straight Jump off end of beam (landing distance from beam to mat – no greater than 50cm)	Step forward join one foot slight behind the other. Swing arms backwards behind hips as knees bend. As knees straighten to jump move arms forward and upwards. Extend ankle, knee and hip joints to jump upwards. Body tight throughout jump. Land in controlled position on mat.



Grade 2

	Description	Skill requirements
Skill 1	Jump to front support lift leg over to stride sit – tuck leg up to extend into V-sit	Start in the middle of the beam. Place hands on top of the beam and jump to front support with straight arms. Lift one leg over to stride sit. Place hands behind hips and tuck leg up to chest then extend into a V-sit.
Skill 2	Backward Walking	Step backward and point foot in front – repeat 4 times. Arms horizontal throughout
Skill 3	Forward Walking in relevé (1/2 beam length) + Passe Walks x 4	Walk forward in relevé to middle of the beam. Arms in horizontal. Step forward lifting free knee to forward passe position, extend leg forward and repeat x 4 alternating legs.
Skill 4	Straight Jump	Step and place one foot in front of other, swing arms backwards as knees bend. Immediately jump by extending ankles, knees and hips and lifting arms upwards. Tight body position in the air. Land in a controlled position.
Skill 5	Relevé ½ Turn (180°)	Step to relevé position with one foot slightly in front of other. Lower arms to side and pivot 180° on two feet. Hold finish position for 3 secs.
Skill 6	DMT: Straight Jump backward off end of beam (landing distance from beam to mat – no greater than 50cm)	Standing at end of beam one foot slightly in front of the other. Swing arms backwards behind hips as knees bend. As knees straighten to jump move arms forward and upwards. Extend ankle, knee and hip joints to jump upwards and slightly backwards. Body tight throughout jump. Land in controlled position on mat.



Grade 3

	Description	Skill requirements
Skill 1	Jump to front support lift leg over to stride sit – cast to knees	Start in the middle of the beam. Place hands on top of the beam and jump to front support with straight arms. Lift one leg over to stride sit. Cast legs backwards to finish in kneel.
Skill 2	Straight jump series x 2	Step and place one foot in front of other, swing arms backwards as knees bend. Immediately jump by extending ankles, knees and hips while lifting arms upwards. Tight body position in the air. Land in a controlled position with arms moving backwards in preparation to immediately repeat another straight jump.
Skill 3	Forward Kicks x 2; Backward Kicks x 2	Step forward to kick free leg to at least horizontal. Both support and free leg must be straight. Repeat kick on other leg. Arms are horizontal throughout. Step forward and lift free leg backwards to kick behind. Both support and free leg must be straight. Repeat kick on other leg. Arms are horizontal throughout.
Skill 4	Passe Pirouette $\frac{1}{2}$ (180^0) Turn & Relevé hold for 3 secs.	Step forward and lift free leg to side passe. Move free leg from side passe to forward passe while completing a 180^0 pivot. Arms move down to side of body. Place free leg slightly in front on relevé and hold for 3 secs.
Skill 5	L Handstand	Kick to handstand with one leg to at least vertical and the second leg to at least horizontal. There should be momentary support on the hands. Step down to lunge or step in.
Skill 6	DMT: Cartwheel to Handstand fall off side of beam to land	Step forward and cartwheel to side handstand, with legs joining to hold a momentary handstand before falling to mat to a controlled landing. Hands can remain on beam to control the landing.



FLOOR EXERCISE

Grade 1

	Description	Skill requirements
Skill 1	Forward roll to stand	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, stand without the aid of the hands pushing off the floor.
Skill 2	L Handstand	Kick to handstand with one leg to at least vertical and the second leg to at least horizontal. There should be momentary support on the hands. Step down to lunge or step in.
Skill 3	Straight Jump x 2	Step forward joining feet, dynamically extended the ankle, knees and hips to jump upwards arms moving from backwards to forward upwards. Immediately rebound into the next jump. (plyometric jumping). There is no arm swing into the second jump. Land in a controlled position.
Skill 4	Candle Hold	From back lying tuck up and extend the legs to the vertical. Arms remain straight along the floor. Hold for 3 secs.
Skill 5	Splits on one leg	Perform splits on either leg. Both legs must be straight and back thigh on the floor. Hands are placed on the floor beside hips.
Skill 6	Releve ½ - hold for 2 secs	Step to relevé position with one foot slightly in front of other. Lower arms to side and pivot 180° on two feet. Hold finish position for 3 secs.



Grade 2

	Description	Skill requirements
Skill 1	Forward roll to straddle, forward roll to squat	Squat and place hands flat on the floor shoulder width apart. Tuck head under and roll forward straighten legs to straddle position. Complete roll in straddle stand with hands on floor. Tuck head under and perform second forward roll. At completion of roll, stand without the aid of the hands pushing off the floor.
Skill 2	Back 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.
Skill 3	Cartwheel to side	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.
Skill 4	Straight Jump + Split Jump (90°)	Step forward joining feet, dynamically extended the ankle, knees and hips to jump upwards arms moving from backwards to forward upwards. Immediately rebound into the split jump. (plyometric jumping). The split jump must have both legs straight and at least 90° separation. Arms at horizontal. There is no arm swing into the second jump. Land in a controlled position.
Skill 5	Handstand to lunge	Kick to handstand joining legs at vertical. There should be momentary hold in support. Step down to lunge or step in.
Skill 6	Splits on one leg through to Bridge	Perform splits on either leg. Both legs must be straight and back thigh on the floor. Hands are placed on floor beside hips. Move through to lying position then roll over to back. Bend knees and place hands close to shoulders. Extend arms and legs into a bridge position. Push arms straight and open shoulders so they pass over hands. Return to flat back lying.
Skill 7	Pirouette ½ (180°) to releve	Step forward and lift free leg to side passe. Move free leg from side passe to forward passe while completing a 180° pivot. Arms move down to side of body. Place free leg slightly in front on relevé and hold for 3 secs.



Grade 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-in position. There should be a gaining of momentum in the series.
Skill 2	Handstand forward roll	Kick to handstand joining legs at vertical, before forward roll. As body passes vertical commence moving into the roll, hips and shoulders remaining open. Once candle position is reached start tucking to complete the roll. Stand without the aid of the hands pushing off the floor.
Skill 3	Splits on one leg through to Bridge kick over	Perform splits on either leg. Both legs must be straight and back thigh on the floor. Hands are placed on floor beside hips. Move through to lying position then roll over to back. Bend knees and place hands close to shoulders. Extend arms and legs into a bridge position. Push arms straight and open shoulders so shoulders pass over hands. Immediately kick over passing through split handstand with straight legs. Finish in lunge or step-in.
Skill 4	Backward roll x 2	From stand squat down and commence roll backwards. Hands contact floor and push against the ground. Finish roll to tuck position, then perform second roll. Knees should not touch the ground in either roll.
Skill 5	Split leap (135°) from 2 steps	Take two steps and leap over to demi-plié with back leg in small arabesque. Arms at Horizontal during the leap overs
Skill 6	Straight Jump + Split Jump (135°)	Step forward joining feet, dynamically extended the ankle, knees and hips to jump upwards arms moving from backwards to forward upwards. Immediately rebound into the split jump. (plyometric jumping). The split jump must have both legs straight and at least 90° separation. Arms at horizontal. There is no arm swing into the second jump. Land in a controlled position.
Skill 7	Pirouette ½ (180°) + Relevé ½ (180°) Turn	Step forward and lift free leg to passe position. Move free leg from side passe to forward passe while completing a 180° pivot. Arms are overhead (5 th position) move down to side of body. Place free leg slightly in front on high relevé 180° turn and hold for 2 secs.



GRADE COMPULSORIES

Skill Requirements

VAULT

Grade 4

Element	Value	Skill requirements
Run (max 20m); Hurdle to Springboard; Handspring to flat back on 60cm (20cm + 30cm + 10cm)	10.00	Run then hurdle which should be fast and flat to join feet together on the springboard. Flight to handstand on 60cm mat. Repulsion from hands, maintaining open shoulders and straight body. After repulsion land flat back on mats.
Run (max 20m); Hurdle to Tramp Board; Dive Roll on 60cm (20cm + 30cm + 10cm)	10.00	Run then hurdle which should be fast and flat to join feet together on the springboard. Jump and perform a dive roll with the body position straight (open hips) throughout. On contact with the mat complete a controlled forward roll.

NOTE: Both vaults are compulsory. The two vault scores are averaged

Grade 5

Element	Value	Skill requirements
Short Run (max 20m); Hurdle to Spring Board; Handspring to flat back on 70cm	10.00	Run then hurdle which should be fast and flat to join feet together on the springboard. Flight to handstand on 70cm mat. Repulsion from hands, maintaining open shoulders and straight body. After repulsion land flat back on mats. All body parts touch mat at the same time.
Short Run (max 10m); Hurdle to Spring Board; Dive Roll on 70cm	10.00	Run then hurdle which should be fast and flat to join feet together on the springboard. Jump and perform a dive roll with the body position straight (open hips) throughout. On contact with the mat complete a controlled forward roll.

NOTE: Both vaults are compulsory. The two vault scores are averaged



Grade 6

Element	Value	Skill requirements
Run (max 25m); Hurdle to Spring Board; Handspring to Table (100cm) flat back on 110cm (20cm + 3 x 30cm crash mats)	10.00	Run then hurdle which should be fast and flat to join feet together on the springboard. Flight to handstand on 100cm table. Repulsion from hands, maintaining open shoulders and straight body. After repulsion land flat back on mats (110cm). All body parts touch mat at the same time.
Run (max 20m); Hurdle to Spring Board; Tuck Front Salto on 50cm (20cm + 30cm crash mat)	10.00	Run then hurdle which should be fast and flat to join feet together on the springboard. Jump and perform tuck front Salto to land on 50cm.

NOTE: Both vaults are compulsory. The two vault scores are averaged

Grade 7

Element	Value	Skill requirements
Run (max 25m); Hurdle to Spring Board; Handspring to Table (115cm OR 125cm) to land on feet on 30cm (20cm + 10cm)	10.00	Run then hurdle which should be fast and flat to join feet together on the springboard. Flight to handstand on 115 – 125 cm table. Repulsion from hands, maintaining open shoulders and straight body. Land in controlled position on 30cm.
Run (max 25m); Hurdle to Spring Board; Layout Front Salto on 50cm (20cm + 30cm crash mat)	10.00	Run then hurdle which should be fast and flat to join feet together on the springboard. Jump and perform layout front Salto to land on 50cm. Body Alignment stretched or slightly arched throughout.

NOTE: Both vaults are compulsory. The two vault scores are averaged



UNEVEN BARS

Grade 4

Element	Value	Skill requirements
Tuck Swing x 2 from Box (box height appropriate to height of gymnast)	2 x 1.00	Stand on box with shoulders no higher the LB height. Start holding LB and jump to bent knee position with hips open. Swing x 2 with straight arms and open shoulders. Knees to above bar height on forward swing. At peak of 2nd back swing land on box maintaining grasp on LB.
Pullover to Front Support	1.00	Stand on box/ board/ ground with shoulders no higher than LB. Pullover (from 2 feet) to front support. Finish in front support with body tight and arms straight.
Cast to horizontal (<i>toes at shoulder height</i>), Back Hip Circle	1 x 0.50 1 x 1.00	From front support legs move forward then cast to lift hips off bar to horizontal (feet to shoulder height). Arms straight and body tight. Back hip circle with body in straight position and hips open throughout. Arms remain straight.
DMT: Cast Toe shoot (straddle or pike) to land on 50cm (20cm + 30cm)	1.00 (cast) 1.00 (t/shoot)	Cast feet on to bar in straddle or pike position. Circle backwards and release feet then hands at peak of forward swing to land on controlled position on 50cm mats.



Grade 5

Element	Value	Skill requirements
Glide Swing stoop to place feet on bar, Disengage feet, swing backwards to stand	2 x 1.00	Jump from ground/ box/ board and execute a glide swing extending hips, at peak of swing stoop feet to bar, On forward swing disengage feet and swing backwards stand on ground/ box/ board.
Pullover to Front Support	1.00	Stand on box/ board/ ground with shoulders no higher than LB. Pullover (from 2 feet) to front support. Finish in front support with body tight and arms straight.
Cast to horizontal (toes at shoulder height), Back Hip Circle	1 x 0.50 1 x 1.00	From front support legs move forward then cast to lift hips off bar to horizontal (feet to shoulder height). Arms straight and body tight. Back hip circle with body in straight position and hips open throughout. Arms remain straight.
Cast or climb to Squat/ Pike On, Jump to HB.	No value	Climb to squat on or Cast to lift hips and squat on, or pike on bar, arm straight. Jump from LB to grasp HB.
Long Swings x 2, pullover on 3 rd swing	3 x 1.00	Grasp HB in hollow body shape with open shoulders. Prior to bottom of swing, extend hips (tap) in preparation for strong kick through the bottom of the swing. Continue swing with toes leading to approximately horizontal. On return swing maintain hollow body position with shoulders open and hips rising; feet pointing downwards. There should be a building in the height and amplitude with each swing On ascent of 3 rd swing pullover the bar to front support. *Must pass vertical line with feet to be considered an attempt.
DMT: Clear Underswing to land on 50 cm (20cm + 30 cm crash mat)	1.00	Circle backwards keeping thighs close to bar to inverted position. Underswing and release HB to land in controlled position on 50 cm.



Grade 6

Element	Value	Skill requirements
Glide Swing kip to front support	1.00	Jump from ground/ box/ board and execute a glide swing with extended hips on forward swing; immediately kip to front support. Arms must remain straight.
Forward Hip Circle	1.00	Forward hip circle to finish in front support. Body maintain straight position until inverted.
Cast to horizontal (<i>toes at shoulder height</i>), Back Hip Circle	0.50 (cast) 1.00 (bhc)	Cast to lift hips off bar to horizontal (feet to shoulder height). Arms straight and body tight. Back hip circle with body in straight position and hips open throughout. Arms remain straight.
Cast to Squat/ Pike On, Jump to HB.	1.00 (cast) 0.50 (squat)	Cast to lift hips and squat on, or pike on bar, arm straight. Jump from LB to grasp HB.
Long Swings x 2, pullover on 3 rd swing	3 x 1.00	Grasp HB in hollow body shape with open shoulders. Prior to bottom of swing, extend hips (tap) in preparation for strong kick through the bottom of the swing. Continue swing with toes leading to approximately horizontal. On return swing maintain hollow body position with shoulders open and hips rising; feet pointing downwards. There should be a building in the height and amplitude with each swing On ascent of 3 rd swing pullover the bar to front support. *Must pass vertical line with feet to be considered an attempt.
DMT: Clear Underswing to land on 50 cm (20cm + 30 cm crash mat)	1.00	Circle backwards keeping thighs close to bar to inverted position. Underswing and release HB to land in controlled position on 50 cm.



Grade 7

Element	Value	Skill requirements
Glide Swing kip to front support	1.00	Jump from ground/ box/ board and execute a glide swing with extended hips on forward swing; immediately kip to front support. Arms must remain straight.
Cast to 45° above horizontal, Clear Circle to horizontal (feet at shoulder height).	1.00 (Cast) 1.00 (clear circle)	Cast to 45° above horizontal, immediate execute a clear back hip circle to horizontal (feet to shoulder height). Straight body alignment, hips open with straight arms.
Glide Swing kip to front support	1.00	From clear circle immediately glide kip. Arms straight throughout.
Cast to Squat/ Pike On	1.00 (cast) 0.50 (squat)	From front support legs move forward then cast to squat on or pike on bar, arm straight. Jump from LB to grasp HB.
Jump to HB – Long Swings x 2	2 x 1.00	Grasp HB in hollow body shape with open shoulders. Prior to bottom of swing, extend hips (tap) in preparation for strong kick through the bottom of the swing. Continue swing with toes leading to approximately horizontal. On return swing maintain hollow body position with shoulders open and hips rising; feet pointing downwards. There should be a building in the height and amplitude with each swing
Pullover to front support (3/4 Giant)	1.00	On front of 3 rd swing pullover, the bar to front support, turning wrists quickly. <i>*Must pass vertical line with feet to be considered an attempt.</i>
Underswing into Backward Long Swing	1.00	From pullover continue circling in a backwards direction into an underswing with thighs remain close to bar, continue long swing backwards.
DMT: Flyaway Tuck Back Salto to 50 cm (20cm + 30 cm crash mat)	1.00	Long swing forward with strong tap and execute a flyaway tuck back salto. Hips continue to raise following bar release. Land in a controlled position on 50cm. An additional swing is permitted into the flyaway.



BALANCE BEAM

Grade 4

Element	Value	Skill requirements
MT: Swing leg over to stride sit; swing to kneel on one leg	1.00	Jump to front support and swing straight leg over to sit in stride sit. Lift legs forward then swing backwards to kneel.
L Handstand	1.00	Kick to Handstand with leg reaching vertical or more and base leg horizontal or higher. There should be momentary support on the hands. Step down to lunge or step in.
Forward Kick & Backward Kick	2 x 0.50	Step forward kick free leg forward to above horizontal (above 90°). Arms are in side position (pressed back). Step forward and swing free leg backwards to horizontal. Arms in side position or 5 th position over head.
Straight Jumps Series x 2	2 X 1.00	From stand with feet together, dynamically extended the ankle, knees and hips to jump upwards, arms moving from backwards to forward upwards. Land and immediately repeat straight jump. Arm swing down and up for the second straight jump. Body alignment must be straight.
Pirouette (180°) to relevé (momentary hold)	1.00	Standing on one leg with other leg in side passé position. Initiate 180° turn by bringing knee to forward passé. At end of turn place foot into relevé position in front of support foot. Arms position are optional.
Body Wave	0.50	In side position on the beam, arms circle upwards and backwards as body opens with slight arch before circle down and forward into a thoracic contraction, knees bent.
DMT: Side Handstand Lower to land facing the beam (30cm – 20cm + 10cm)	1.00	Kick to Side Handstand with legs joining in vertical. Lower to stand on mats facing the beam. There should be a momentary hold in the handstand.



Grade 5

Element	Value	Skill requirements
MT: Swing leg over to stride sit; lift to straddle lever(hold 2 secs) swing to front support.	1.00	Jump to front support and swing straight leg over to sit in stride sit. Lift legs to straddle lever and hold for 2 secs. Lower to stride sit then lift legs forward then swing backwards to front support. <i>Note: If straddle lever is not performed then the mount is not considered as attempted)</i>
Cartwheel to side position	1.00	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.
Forward Kick & Backward Kick	2 x 0.50	Step forward kick free leg forward to above horizontal (above 90°). Arms are in side position (pressed back). Step forward and swing free leg backwards to horizontal. Arms in side position or 5 th position over head.
Straight Jump + Split Jump (90°) series (or reverse)	2 X 1.00	From stand with feet together, dynamically extended the ankle, knees and hips to jump upwards, arms moving from backwards to forward upwards. Land and immediately perform split jump (90°). Arm swing down and up for the split jump. Arms are in side position for split jump with torso vertical.
Pirouette (180°) + Relevé turn (180°)	2 x 0.50	Standing on one leg with other leg in side passé position. Initiate 180° turn by bringing knee to forward passé. At end of turn place foot into relevé position in front of support foot. Perform a Relevé turn 180°. Momentary hold of relevé position. Arms start is side position and lower to side during turns.
Handstand (momentary hold) step down to lunge or step in	1.00	Kick to Handstand with legs joining in the vertical. There should be momentary hold when all body parts are aligned in the vertical. Step down to lunge or step in.
DMT: Run 2 or 3 steps Straight Jump from 2 feet to land on 50cm (20cm + 30cm crash mat)	1.00	Run 2 or 3 steps and join feet together, dynamically extended the ankle, knees and hips to jump upwards, arms moving from backwards to forward upwards. Land on mat with knees bent.



Grade 6

Element	Value	Skill requirements
MT: Swing leg over to stride sit; roll backward to candle; swing through to squat	1.00	Jump to front support and swing straight leg over to sit in stride sit. Roll backwards to grasp beam behind head and extend to a near candle position. There should be a momentary hold before rolling down to stride sit and immediately swinging legs backwards to squat. <i>Note: If candle is not performed then the mount is not considered as attempted)</i>
Two steps into Split leap (135°)	1.00	Take two running steps and split leap (135°) to pass through demi-plié with back leg in small arabesque, before stepping through to finish. Arms position optional with torso vertical.
Handstand Hold (2secs) step down to lunge or step in	1.00	Kick to Handstand with legs joining in the vertical. There should be a hold for 2 secs when all body parts are aligned in the vertical. Step down to lunge or step in.
Forward Kick & Backward Kick	2 x 0.50	Step forward kick free leg forward to 135° or higher. Arms are in side position (pressed back). Step forward and swing free leg backwards to horizontal. Arms in side position or 5 th position over head.
Straight Jump + Split Jump (135°) series (or reverse)	2 X 1.00	From stand with feet together, dynamically extended the ankle, knees and hips to jump upwards, arms moving from backwards to forward upwards. Land and immediately perform split jump (135°). Arm swing down and up for the split jump. Arms are in side position for split jump with torso vertical.
BWO or FWO or TicToc (90° split)	1.00	Perform BWO/ FWO/TicToc passing through a split (90°) handstand. Finish in lunge or step in position
Pirouette (360°)	1.00	From lunge or step perform 360° Pirouette with arm overhead (5 th position). Free leg is in passé position. The turn must be on full relevé. Step forward to a controlled finish position.
DMT: Cartwheel Straight Jump OR Tuck Front Salto to 50 cm (20cm + 30cm crash mat)	1.00	Take 2 to 3 steps into a cartwheel, step in immediately straight jump off the end of beam to land. The connection must be dynamic. OR Take 2 or 3 steps join feet together and jump into tuck front salto off the end of the beam to land.



Grade 7

Element	Value	Skill requirements
MT: From side of beam squat through; lift to pike lever (hold 2 secs)	1.00	Jump to squat feet though arms to sit on beam. Lift legs to pike lever with legs parallel to floor; hold for 2 secs. Lower to sit. <i>Note: If pike lever is not performed then the mount is not considered as attempted)</i>
Pirouette (360°)	1.00	From lunge or step perform 360° Pirouette with arm overhead (5 th position). Free leg is in passé position. The turn must be on full relevé. Step forward to a controlled finish position.
BWO or FWO or TicToc or Flic Flac	1.00	Perform BWO/ FWO/TicToc passing through a split (90°) handstand. Finish in lunge or step in position. OR Perform flic-flac to finish in lunge. The flic-flac should pass through a momentary split handstand.
Handstand (hold 2 secs) + Straight Jump series	2 x 1.00	Kick to Handstand with legs joining in the vertical. There should be a hold for 2 secs when all body parts are aligned in the vertical. Step down into immediate straight jump. The connection must be dynamic. Straight alignment of body in jump.
Needle Backward Kick (180°)	0.50	From Squat place hands on beam and kick leg backwards into a 180° split position. Return to stand then relevé on both feet at end of kick.
Split Leap (180°)	1.00	Take two running steps and split leap (180°) to pass through demi-plié with back leg in small arabesque, before stepping through to finish. Arms position optional with torso vertical.
Split Jump(180°) + "A" Jump series	2 X 1.00	From stand with feet together, dynamically extended the ankle, knees and hips to split jump, arms moving from backwards to forward upwards. Land and immediately perform a minimum of an "A" or more jump with the arms swing down and up into second jump. Arms are in side position for split jump with torso vertical. <i>"A" or more Jump must be from Code of Points. Jumps must be different.</i>
DMT: Cartwheel Tuck Back Salto to	1.00	Take 2 to 3 steps into a cartwheel, step in immediately tuck back Salto off the end of beam to land. The connection must be dynamic.



50cm (20cm + 30cm crash mat) OR Tuck Front Salto to 50 cm (20cm + 30cm crash mat)		OR Take 2 or 3 steps join feet together and jump into tuck front salto off the end of the beam to land.
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FLOOR EXERCISE

Grade 4

Element	Value	Skill requirements
Splits (either leg)	0.50	Move into split position as per choreography. Splits must have extended legs with thighs of both legs on the floor. Arms in side position at completion of split position.
Bridge kick over	1.00	From lying position on back, bend knees and place hands close to shoulders. Extend arms and legs into a bridge position. Push arms straight and open shoulders so they pass over hands. Immediately kick over passing through split (90°) handstand with straight legs. Finish in lunge or step-in.
Pirouette (180°) + Relevé turn (180°)	1.00	Step forward and lift free leg to passe position. Move free leg from side passe to forward passe while completing a 180° relevé turn. Arms are overhead (5 th position) move down to side of body. Place free leg slightly in front on high relevé 180° turn and hold for 2 secs.
Backward Kicks	2 x 0.50	Step backwards swing free leg backwards to horizontal, repeat on other leg. Arms are in side position (pressed back).
Body Wave	0.50	Start with one leg extended forward. Perform upper body reverse wave into a thoracic contraction, then lift to finish in starting position.
Forward Chassé x 2	2 x 0.50	Perform forward chasse on both legs. Chassé should be performed on the toes with elevate when joining the feet.
Cartwheel Series x 2 (finish side on)	2 x 1.00	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 side position.
Side Chassé	0.50	Perform side chasse on either leg. Chasse should be performed on the toes with amplitude when joining of the feet.
Straight Jump + Split Jump (90°)	2 x 1.00	Step forward joining feet, dynamically extended the ankle, knees and hips to jump upwards arms moving from backwards to forward upwards.



		Immediately rebound (no arm swing) into the split jump. The split jump must have both legs straight and at least 90° separation. Arms at horizontal. There is no arm swing into the second jump. Land in a controlled position.
Forward Kicks	2 x 0.50	Step forward kick free leg forward to 135°, repeat on other leg. Arms are in side position (pressed back).
Handstand forward roll	1.00	Kick to handstand joining legs at vertical, before forward roll. As body passes vertical commence moving into the roll, hips and shoulders remaining open. Once candle position is reached start tucking to complete the roll. Stand without the aid of the hands pushing off the floor.
Backward roll to pike stand	1.00	From stand squat down and commence roll backwards. Hands contact floor and push against the ground. Finish roll in pike position.
Two steps into Split leap (135°)	1.00	Take two running steps and split leap (135°) to pass through demi-plié with back leg in small arabesque, before stepping through to finish. Arms position optional with torso vertical.



Grade 5

Element	Value	Skill requirements
360° Pirouette	1.00	From lunge or step perform 360° Pirouette with arm overhead (5 th position). Free leg is in passe position. The turn must be on full relevé. Step forward to a controlled finish position.
Split Leap(135°)	1.00	Take two running steps and split leap to pass through demi-plié with back leg in small arabesque, before stepping through to finish. Arms position optional with torso vertical.
Round off – Rebound Straight Jump	1 x 1.00 1 x 0.50	From standing push from 2 feet hurdle into Round-off. Immediately perform a dynamic rebound straight jump. Jump should be vertical with no forward travel. Body alignment in rebound jump should be hollow/ straight; not piked.
Split Jump(135°) + Straight Jump series (or reverse)	2 x 1.00	Step forward joining feet, dynamically extended the ankle, knees and hips to jump upwards arms moving from backwards to forward upwards. Immediately rebound (no arm swing) into the split jump. (plyometric jumping). The split jump must have both legs straight and at least 135° separation. Arms at horizontal. There is no arm swing into the second jump. Land in a controlled position.
Body Wave	0.50	Start with feet together. Perform upper body reverse wave into a thoracic contraction, then lift to finish in starting position.
Handspring to 2 feet, Rebound Jump	1 x 1.00 1 x 0.50	From 2 or 3 running steps hurdle into a dynamic handspring to land on 2 feet. Immediately perform a dynamic rebound straight jump. Jump should be vertical with no backward travel. Body alignment in rebound jump should be hollow/ straight; not piked.
BWO or FWO or TicToc	1.00	Perform BWO/ FWO/TicToc passing through a split (135°) handstand. Finish in lunge or step in position.
Backward roll (arms bent or straight) to front support	1.00	From stand squat down and commence roll backwards. Hands contact floor and push against the ground. Finish roll in front support with shoulders on top of hands.
Splits (either leg)	0.50	Move into split position as per choreography. Splits must have extended legs with thighs of both legs on the floor. Arms in side position at completion of split position.



Grade 6

Element	Value	Skill requirements
BWO or FWO or TicToc	1.00	Perform BWO/ FWO/TicToc passing through a split (135°) handstand. Finish in lunge or step in position.
Round-off, Flic-Flac – Rebound Straight Jump	2 x 1.00 1 x 0.50	From 2 or 3 running steps, hurdle into Round-off, Flic-Flac. Immediately perform a dynamic rebound straight jump. Jump should be vertical with no forward travel. Body alignment in rebound jump should be hollow/ straight; not piked.
Split Jump(180°) + Straight Jump series (or reverse)	2 x 1.00	Step forward joining feet, dynamically extended the ankle, Step forward joining feet, dynamically extended the ankle, knees and hips to jump upwards arms moving from backwards to forward upwards. Immediately rebound (no arm swing) into the split jump. (plyometric jumping). The split jump must have both legs straight and at least 135° separation. Arms at horizontal. There is no arm swing into the second jump. Land in a controlled position.
Pirouette (360°)	1.00	From lunge or step perform 360° Pirouette with arm overhead (5^{th} position). Free leg is in passe position. The turn must be on full relevé. Step forward to a controlled finish position.
Split Leap(180°) + Hop with straight front leg with 180° turn (Fouetté Hop with 180° – split 135°)	2 x 1.00	Take two running step/ chassé and split leap (180°). Arms position optional with torso vertical. Immediately step into Fouetté Hop with 180° turn. During Fouetté Hop the base knee and ankle should extend to allowing the hop to be vertical. Land hop on one leg in demi plié.
Backward roll (arms straight) to front support	1.00	From stand, roll to ground with straight legs and perform backward roll to front support. Hands contact floor slightly turned in with straight arms. Finish roll in front support with shoulders on top of hands.



Splits (either leg)	0.50	Move into split position as per choreography. Splits must have extended legs with thighs of both legs on the floor. Arms in side position at completion of split position.
Handspring Step out, Handspring to two feet, Rebound Straight Jump	2 x 1.00 1 x 0.50	From 2 or 3 running steps hurdle into handspring to land on one foot. Immediately step into handspring to land on 2 feet and then perform a dynamic rebound straight jump. Jump should be vertical with no backward travel. Body alignment in rebound jump should be hollow/ straight; not piked.
Seated Body Wave	0.50	Perform upper body arch to sit. reverse wave into a thoracic contraction to finish position



Grade 7

Element	Value	Skill requirements
Backward roll (arms straight) to handstand	1.00	From stand, roll to ground with straight legs and perform backward roll to handstand. Hands contact floor slightly turned in with straight arms. Body must remain hollow/ straight. A split position in handstand is permitted after handstand with legs together is achieved. Finish in lunge or step in.
Round off – Flic Flac – Tuck Back Salto	3 x 1.00	From 2 or 3 running steps, hurdle into Round-off, Flic-Flac, tuck back salto.
Splits (either leg)	0.50	Move into split position as per choreography. Splits must have extended legs with thighs of both legs on the floor. Arms in side position at completion of split position.
Pirouette (360°)	1.00	From lunge or step perform 360° Pirouette with arm overhead (5 th position). Free leg is in passe position. The turn must be on full relevé. Step forward to a controlled finish position.
Dance Passage – Switch/ Change Leg Leap (180°) + Optional leap or hop (or in reverse)	2 x 1.00	Take two running step/ chassé and perform Switch/ Change Leg Leap (180°) followed by an “A” or more different leap or hop. The elements can be directly or indirectly connected. There can be running steps or chassé between the two leaps. <i>“A” or more leap or hop must be from Code of Points. Leaps must be different.</i>
Split Jump(180°) + “A” Jump series (or reverse)	2 x 1.00	Step forward joining feet, dynamically extended the ankle, knees and hips to jump upwards arms moving from backwards to perform a split jump (180°) Immediately rebound (no arm swing) jump into a different optional “A” or more jump. <i>“A” or more Jump must be from Code of Points. Jumps must be different.</i>
BWO or FWO or TicToc (180° split)	1.00	Perform BWO/ FWO/TicToc passing through a split (180°) handstand. Finish in lunge or step in position
Handspring to two feet, Tuck front salto.	2 x 1.00	From 2 or 3 running steps hurdle into handspring to land on 2 feet immediately rebound into tuck front salto.

RULES AND REGULATIONS



SECTION 2



GYMNAST RULES

GYMNAST RIGHTS

- a) Have their performance judged correctly, fairly, and in accordance with the stipulations of the Code of Points.
- b) Receive in writing the evaluation of the difficulty rating for a submitted new vault or element within a reasonable time prior to the start of the competition.
- c) Have their score publicly displayed immediately following their performance or in accordance with the specific regulations governing that competition.
- d) Repeat their entire exercise (without deduction) with the approval of the Superior Jury:
 - if the exercise has been interrupted for reasons beyond their control or responsibility,
 - if a handguard (grip) is significantly torn causing a fall, or interruption. The gymnast must immediately show the broken handguard (grip) to the DI Judge before leaving the podium in order to receive permission to repeat the exercise.

Note: A gymnast may repeat the entire exercise at the end of the rotation, or if she is the last gymnast in the rotation, at a time at the discretion of the SJ.

- e) Briefly leave the competition hall for personal reasons.
Note: The competition may not be delayed through her absence.
- f) Receive through their delegation leader the correct result output, showing all their scores received in the competition.

Apparatus

The gymnast is guaranteed the right to:

- a) Have identical apparatus and mats in the training halls, warm-up hall and on the competition podium that conforms to the specifications and norms for FIG official competitions.-
- b) Place the take-off board on the supplementary 10 cm landing mat (UB & BB).
- c) Use magnesium on Uneven Bars to make small markings on the Balance Beam.
- d) Have one spotter on Uneven Bars.



- e) Rest or recuperate for up to 30 seconds following a fall from the UB and 10 seconds following a fall from BB (without deduction).
- f) Confer with their coach during the time available to her following a fall from the apparatus and between the first and second vault.
- g) Request permission to raise both bar rails (UB), if their feet touch the mat during the exercise according to the most recent Apparatus Norms.

Warm up – Recommendations

- 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.

- **VT**

- three attempts only

- **UB**

- 50 seconds each, including the preparation of the Uneven Bars

- **BB, FX**

- 30 seconds each

- b) In the “Warm Up Compete Format” each competing gymnast is entitled to a touch warm-up period on each apparatus during the competition.

Note: there is no apparatus warm up prior to the competition.

- **VT**

- three attempts only

- **UB**

- National 4 & 5 – 45 secs
- National 6 & 7 – 60 secs
- FIG 12-14 and Grade 8,9 & 10 – 90 secs

- **BB**

- National 4 & 5 – 30 sec – “American format” (3 gymnasts warm up and all other gymnasts warm up between each routine)
- National 6 & 7 – 45 sec – “American format” (3 gymnasts warm up and all other gymnasts warm up between each routine)
- FIG 12-14 and Grade 8,9 & 10 – 90 sec – “American format” (3 gymnasts warm up and all other gymnasts warm up between each routine)



- **FX**

- National 4 & 5 – 3 minutes
 - National 6 & 7 – 5 minutes
 - FIG 12-14 and Grade 8,9 & 10 – 5 minutes
- 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 a touch warm-up.
- d) In mixed groups the touch warm-up time belongs personally to the gymnast. The order of touch warm-up should be the same as the order of competition.
- e) The end of the touch warm-up period is signalled by a gong. If at this time a gymnast is still on the apparatus, she may complete the element or sequence started. Following the touch warm-up period, or during the “competition pause”, the apparatus may be prepared (max. 2 persons on UB), but not used.
- f) In the Qualifications or Team finals, for preparation of the Uneven Bars prior to an exercise (during the one-touch warmup and competition), any FOP accredited from the club/ district/ state of the gymnasts may assist. In the All Around or Apparatus Finals, a maximum of three people (the competing gymnast, coach and 1 other FOP accredited person may be on the podium to prepare the bars.
- g) There will be a clear signal from the D1 Judge or Head Judge at 30 seconds before their exercise is expected to begin.

GYMNASTS RESPONSIBILITIES

- a) To present themselves in the proper manner (arm/s up) and thereby acknowledge the D1 Judge or Head Judge at the commencement of her exercise and to acknowledge the same judge at the conclusion of her exercise.
- b) To begin the exercise within 30 seconds of the green light or signal from D1 or Head Judge (*on all apparatus*).
- c) To remount within 30 seconds after a fall from UB or 10 seconds after a fall from BB (the timing starts when the gymnast is on her feet after the fall). In this time the gymnast can recuperate, re-chalk, confer with her coach and remount.
- d) Following a fall from the apparatus, to refrain from intentionally remaining off her feet, in order to avoid the 30 second fall clock – resting, adjusting grips, receiving chalk from coach, delaying the competition without justification, etc.



- e) To leave the podium/ apparatus area immediately after the conclusion of their exercise.
- f) To refrain from changing the height of any apparatus, unless permission has been granted.
 - To submit, or have their coach submit, a written request at a time in accordance with the specific rules governing that competition) to the Competition Jury, to assess the difficulty of a new element.
 - To submit, or have their coach submit a written request to raise both Uneven Bar rails.
- g) To refrain from speaking with active judges during the competition.
- h) To refrain from delaying the competition, remaining on the podium for too long, remounting the podium on completion of his exercise and from any other undisciplined or abusive behaviour or infringing on those of any other participant
(i.e. marking the floor carpet with magnesium, damaging any apparatus surface or parts during preparation for her exercise, using water on the surface of the Balance Beam, removing springs from the springboard).
- i) To leave the supplementary mat in position (for landing) during the entire exercise (UB & BB).
- j) To use an additional 10 cm soft mat on top of the existing basic landing mats (20 cm) for dismounts on Vault, Uneven Bars and Balance Beam.
- k) To participate in the respective Award Ceremony dressed in competition leotard or tracksuit.

Competition Attire

- a) They must wear a correct sportive non transparent leotard or unitard (*one piece leotard with full length legs-hip to ankle*), which must be of elegant design. She may wear complete leg coverings of the same colour as that of the leotard, under or on top of the leotard.
- b) The gymnasts are authorised to wear head covering according to the most recent FIG Rules for Competition Clothing and Advertising.
- c) The neckline of the front and back of the leotard/unitard must be proper, that is no further than half of the sternum and no further than the lower line of the shoulder blades
- d) Leotards/unitards may be with or without sleeves; shoulder strap width must be minimum 2 cm.
- e) The leg cut of the leotard may not extend beyond the hip bone (*maximum*). The leotard leg length cannot exceed the horizontal line around the leg, delineated by no more than 2 cm below the base of the buttocks.



- f) They have the option of wearing gymnastic slippers and/or socks.
- g) They must wear the bib number supplied by the Organising Committee
 - With approval of her written request, the gymnast may remove the number in rare cases of back spins on the Balance Beam and Floor. The number must be displayed to the D-Panel at the start of the exercise.
- h) They must wear only those logos, advertising and sponsorship identifiers that are permitted in the most recent FIG Rules for Competition Clothing and Advertising.
- i) The leotard/unitard must be identical for members from the same club/district/ state in the Qualification and Team Final competitions. In the Qualification competition, individual gymnasts from the same federation (*without a team*) may wear different leotards/unitards.
- j) Handguards, body bandages and wrists wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Bandages must be beige or skin-coloured when available from the manufacturer.
- k) They must refrain from wearing compression sleeves/socks during competition.
- l) They must refrain from wearing jewellery (bracelets or necklaces) except small stud type pierced earring/s.
- m) They must refrain from wearing hip or other padding.
- n) Face painting is not allowed; any make-up must be modest and not portray a theatrical character (animal or human).



Penalties for Gymnast Behavior

Violation	Penalty
Behaviour Related Violations	
Violations of attire • Incorrect padding, compression sleeves • Missing bib number • Incorrect attire – leotard, jewellery, bandage colour, etc.	0.30 from the Final Score by the Jury - <i>(taken once in competition phase from apparatus where first recognised)</i>
Non respect of the official warm up time	0.30 from the Final Score by the DI judge
Not acknowledging the DI judge before or after the exercise	0.30 from the Final Score by the DI judge
Exceeding 30 sec. before commencing the exercise	0.30 from the Final Score by the DI judge
Exceeding 60 sec before commencing a routine	Exercise is terminated
Exceeding 30 sec. before continuing after a fall	0.30 from the Final Score by the DI judge
Exceeding 60 sec before continuing after a fall	Exercise is terminated. Evaluate routine to point of fall.
Unauthorized remaining on the podium/ apparatus or Remounting podium after the exercise is over	0.30 from the Final Score by the DI judge
Other undisciplined or abusive behaviour	0.30 from the Final Score by the DI judge
Speaking to active judges during the competition	0.30 from the Final Score by the DI judge
Incorrect Advertising	0.30 from the Final Score by the Jury - <i>(taken once in competition phase from apparatus where first recognised)</i>



Apparatus related Violations	
Non-permitted presence of spotter	0.50 from the Final Score by the D1 judge/Head Judge
Incorrect use of magnesium and/or damaging apparatus including spraying (excluding UB)	0.50 from the Final Score by the D1 judge /Head Judge
Illegal use of supplementary mats or non-use where required	0.50 from the Final Score by the D1 judge /Head Judge
Coach moving supplementary mats during the exercise or moving to unpermitted end of the Balance Beam-	0.50 from the Final Score by the D1 judge /Head Judge <i>Note: Movement of crash mat on UB in National compulsories is permitted with no deduction.</i>
Placement of springboard on unpermitted surface	0.50 from the Final Score by the D1 judge /Head Judge
Re-arrangement or removal of springs from the springboard	0.50 from the Final Score by the D1 judge /Head Judge
Changing height of the apparatus without permission	0.50 from the Final Score by the D1 judge /Head Judge
Failure to properly use safety collar for round-off entry vaults	Invalid Vault "0"
Other Individual Violations	
Absent from the competition area without permission, failure to return and complete the competition.	Disqualification form remainder of competition (By Jury)
Unexcused delay or interruption of competition	Disqualification
Absent from Award Ceremony	Result and Final Score is annulled for team and individual
Performing without signal or green light	Final Score = 0 points
Team Violations	
Team gymnast(s) compete in wrong order on an apparatus	1.0 from the Total Team Score on the applicable apparatus (Jury)
Non respect of the official warm-up time	1.0 from team score each time (Jury)
Violations of attire regulations that apply to Team Competition	1.00 from Total Team Score once per competition, applied Jury.



Gymnasts Oath

“In the name of all gymnasts I promise that we shall take part in this competition respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of the gymnasts.”



COACH RULES

COACH RIGHTS

- a) Assist the gymnast or team under their care in submitting written requests related raising the Uneven Bars and the difficulty evaluation of new vaults or elements.
- b) Assist the gymnast or team under their care on the podium during the touch warm-up period on all apparatus
- c) Help the gymnast or team prepare the apparatus for competition. Preparation on any apparatus may be performed by coaches for the upcoming rotation upon completion of the final exercise in the current rotation and publication of the last gymnast's score on that apparatus.
 - Vault to prepare the safety collar.
 - Vault, Uneven Bars and Balance Beam to prepare the springboard and position the supplementary landing mat.
 - Uneven Bars to adjust and prepare the Uneven Bar rails.
- d) Be present on the podium after the green light is lit to remove the springboard on
 - Balance Beam (then leave the podium/ apparatus immediately)
 - Uneven Bars - coach or gymnast (then leave the podium/ apparatus immediately)
- e) Be present at Uneven Bars during the gymnast's exercise for reasons of safety – it can be the same or a different coach who removes the springboard.
- f) Assist or advise the gymnast during the intermediate fall time period on all apparatus, and between the first and second vault.
- g) Have their gymnast's score publicly displayed immediately following their performance or in accordance with the specific regulations governing that competition.
- h) Be present at all apparatus to help in case of injuries or defects of the apparatus.
- i) Inquire to the Jury concerning the evaluation of the content of the exercise (D Score) of the gymnast.
- j) Request to Jury a review of the Time and Line deductions.



Coaches Responsibilities

- a) Know the National Rules and or Code of Points and conduct themselves accordingly.
- b) Submit the competition order and other information required in accordance with the National Competition Regulations and or Code of Points that govern that competition.
- c) Refrain from changing the height of any apparatus or add, re-arrange or remove the springs from the springboard.
- d) Refrain from delaying the competition, obstructing the view of the judges and from abusing or interfering with the rights of any other participant.
- e) Refrain from speaking to the gymnast or from assisting her in any other way (give signals, shouts, cheers or similar) during her performance.
- f) Refrain from engaging in discussions with active judges and/or other persons outside of the inner arena circle during the competition (exception: team doctor, head of delegation).
- g) Refrain from any other undisciplined or abusive behaviour.
- h) Conduct themselves in a fair and sportsmanlike manner at all times during the competition.
- i) Participate in a sportsmanlike manner in any applicable Award Ceremony

NOTE: See Deductions for Violations and Unsportsmanlike Behaviour.

Number of Coaches Permitted on Field of Play (FOP)

- Teams – 2 coaches (F or M)
- Individuals – 1 coach (F or M)
- Finals – Each gymnast – 1 coach (F or M)



Penalties for Coach Behaviour

By Jury	Card System
Behaviour of Coach with NO direct impact on the result/performance of the gymnast/team	
Unsportsmanlike conduct (<i>valid for all phases of the competition</i>)	1 st time – Yellow card for coach (<i>warning</i>)
	2 nd time – Red card & removal of coach from the competition and/or training hall *
Other flagrant, undisciplined and abusive behaviour (<i>valid for all phases of the competition</i>)	Immediate Red card & removal of coach from the competition and/or training hall *
Behaviour of Coach with direct impact on the result/performance of the gymnast/team	
Unsportsmanlike conduct (<i>valid for all phases of the competition</i>) i.e. unexcused delay or interruption of competition, speaking to active judges during the competition, speaking directly to the gymnast, giving signals, shouts (cheers) or similar during the exercise, etc.	1 st time – 0.50 (<i>from gymnast/team at event</i>) and Yellow card for coach (<i>warning</i>)
	1 st time – 1.00 (<i>from gymnast/team at event</i>) and Yellow card for coach (<i>warning</i>) if coach speaks aggressively to active judges
	2 nd time – 1.00 (<i>from gymnast/team at event</i>) Red card & removal of coach from the competition floor *
Other flagrant, undisciplined and abusive behaviour (<i>valid for all phases of the competition</i>) i.e. incorrect presence of the prescribed persons in inner circle during competition and/or in the preparation of the apparatus, etc.	1.00 (<i>from gymnast/team at event</i>), immediate Red card & removal of coach from the competition floor *



Inquiries

Inquiries for the Difficulty score only are permitted.

The inquiry procedure must be followed:

- a) **Verbal** inquiry must be lodged with the D1 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.
- c) The inquiry can only be on Start Value (D Score)
- 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

Coaches Oath

"In the name of all Coaches, I promise that we shall commit ourselves to ensuring that the spirit of sportsmanship and ethics is fully adhered to and upheld in accordance with the fundamental principles of Olympism. We shall commit ourselves to educating the gymnasts to adhere to fair play and drug free sport and to respect all FIG Rules governing the competition."



JUDGE REGULATIONS AND PANEL STRUCTURE – Recommendations

JUDGES RESPONSIBILITIES

Judges are fully and independently responsible for their scores.

All members of the Judging Panels have the responsibility to:

- a) Have thorough knowledge of:
 - the FIG Code of Points
 - GFI Competition Manual Regulations
 - GFI Judging Guidelines
 - any other technical information necessary to carry out their duties during a competition
- b) Be in possession of the appropriate Judge's Accreditation for the Grade of the competition
- c) Have extensive knowledge in contemporary gymnastics and understand the intent, purpose, interpretation, and application of each rule.
- d) Attend all scheduled instruction sessions and judges' meetings before the respective competition (*extraordinary exceptions, which were unavoidable, will be decided by the competition jury*).
- e) Adhere to any special organisational or judging related instruction given by the competition organisers (*i.e. scoring system instructions*).
- f) Attend training as directed by the competition jury.
- g) Be prepared thoroughly on all apparatus.
- h) Be capable of fulfilling the various necessary mechanical duties, which include:
 - correctly completing any required score sheets
 - using any necessary computer or manual score sheets
 - facilitating the efficient running of the competition when required
 - communicating effectively with other judges
- i) Be well prepared, rested, vigilant, and punctually
- j) Present at least one hour before the start of competition or according to the instructions in the Work-Plan.
- k) Wear the prescribed competition uniform (*dark blue suit – skirt or trousers and white blouse for female judges / white shirt with tie for male judges*)

During the competition judges must:



- h) Behave at all times in a professional manner and exemplify nonpartisan ethical behaviour.
- i) Fulfil the responsibilities outlined above.
- j) Evaluate each exercise accurately, consistently, quickly, objectively and fairly and when in doubt, give the benefit of that doubt to the gymnast.
- k) Use symbol notation sheets and maintain a record of their personal scores.
- l) Remain in their assigned seat (*except with the consent of DI Judge or Head Judge*) and refrain from having contact or discussions with gymnasts, coaches or other judges.

JUDGES RIGHTS

- In case of an intervention by the Jury, the Judges have the right to explain their score and to agree (*or not*) to a change.
- In case of disagreement the Judge may be overruled by the Jury and shall be informed accordingly.

JUDGE PANEL STRUCTURE AND FUNCTIONS – RECOMMENDATIONS

GRADE COMPULSORIES (Grade 4 – 7)

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

Minimum Panel Sizes

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

FIG 12-14 & Grade 8 – 10 and Jr and Sr

Minimum Panel Sizes

Club	District	State	National
2 D/ E Judges	2 D/ E Judges	2 D/ E Judges	2 D/ E Judges
	1 E Judge	2 E Judge	2 E Judge



Line & Time Judges:

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

- One (1) Line/ Time Judge for Vault
- One (1) Time Judge for Uneven Bars
- One (1) Time Judge for Balance Beam
- One (1) Line/Time Judge for Floor Exercise

Functions of the D-Panel

- a) The D-Panel record the entire program content in symbol notation, evaluate independently, without bias and then jointly determine the D-Score content. Discussion is allowed.
- b) The D-Panel enters the D-Score into the computer/ manual score sheets
- c) The D-Score content includes the:
 - Deviation from 10.00points (Grade 4 – 7)
 - FIG Youth 12-14 and Leve 8 – 10
 - Difficulty Value
 - Composition Requirements
 - Connection Value, and bonus based on special rules for each apparatus
- d) The D-Panel ensures the Line & Time rules and deductions are adherence to during warm-up and competition period. (National Compulsories 4 – 7)
- e) To coordinate the work of the Time and Line Judges and Secretaries (FIG 12-14, Grade 8 – 10, Junior. Senior)
- f) To ensure the efficient running of the apparatus including the control of warm-up time.
- g) To display the green light or other clear signal to notify the gymnasts they must begin their exercise within 30 seconds.
- h) To ensure that penalties for time, line, behaviour faults are taken from the Final Score before being flashed.
- i) To ensure the following penalties are applied for:
 - failure to present before and/or after the exercise
 - performance of an invalid “0” vault
 - coach assistance during the vault, the exercise and the dismount
 - short exercise



Functions of the E-Panel

The E Panel must:

- a) Observe the exercises attentively, evaluate the faults and apply the corresponding deductions correctly, independently and without consulting the other judges.
- b) Record the deductions for:
 - General faults
 - Specific apparatus execution faults
 - Artistry faults
- c) Complete the score slip with a legible signature or enter their deductions into the computer/ manual score slip
- d) Be able to provide a personal written record of their evaluation of all exercises (*execution and artistry deductions*).

Functions of the Time, Line Judges & Secretaries

Line Judges to:

- Determine on FX & VT stepping outside of the border marking and to acknowledge the fault by raising a flag.
- Inform the D1 Judge of any violation or deduction; sign and submit the appropriate written record.
- On VT control the number of vaults executed in warm-up.

Time Judges are required to:

- Time the duration of the exercise (*BB & FX*) – FIG 12-14 and Grade 8 – 10, Jun, Sen)
- Time the duration of the fall period (*UB & BB*).
- Time the duration between the green light and the start of the exercise.
- Ensure adherence to the touch warm-up time (*non-adherence, notify the D-Panel*).
- Give on an audible signal to the gymnast (*BB*).
- Inform the D Judge of any violation or deduction; sign and submit the appropriate written record.
- For Time violations, the Time Judge must record the exact amount of time.

Note: Timing related to all exercises (including start of exercise, exercise duration, etc.) will have 1 second increments only.



5.5.2 Functions of the Secretaries

The Secretaries need to have computer knowledge; they are usually appointed by the Organizing Committee.

Under the supervision of the D Panel, they are responsible for correctness of all entries (*proceedings*) into the computers/ manual sheets

- adherence to the correct order of the teams and gymnasts.
- operating the green and red lights.
- correct flashing of the Final Score.

Seating Arrangements

The judges will be seated at a location and distance from the apparatus which permits an unobstructed view of the total performance and which allows them to fulfil all of their evaluation duties.

- The D-Panel must be in line with the centre of the apparatus
- The Timer(s) sit by the Apparatus Jury (*either side*)
- The Line Judges at FX must at opposite corners and observe the 2 lines closest to them
- The Line Judge at VT must sit either at the far corner of the landing zone.

The placement of the E-Panels will be either clockwise around the apparatus beginning from the left of the D-Panel, or in a straight line.

E3	D2/E2	D1/E1	SEC
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E3	D2/ E2	D1/ E1	SEC	E4
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Variations in the seating arrangement are possible depending on the conditions available in the competition hall.



Judge's Oath

"In the name of all the judges and officials, I promise that we shall officiate at this competition with complete impartiality, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship."

TECHNICAL DIRECTIVES



SECTION 3



General

ALL APPARATUS

In order to recognize 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.

Body Positions

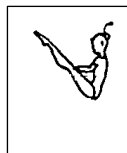
Tuck

- Less than 90° hip and knee angle in Salto & dance elements



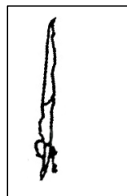
Pike

- Less than 90° hip angle in Salto & dance elements



Stretch

- All body parts in alignment



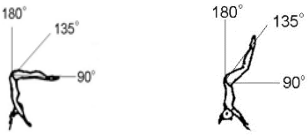
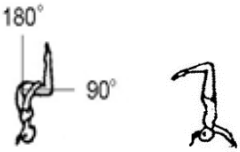
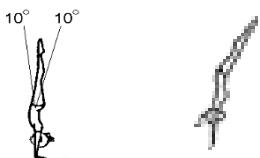
Element Recognition

Stretch

- The majority of the salto must be maintained in the stretched position in:
 - Single saltos
 - Double saltos on FX and UB DMT-
 - Vaults (saltos)
- When there is NO stretched position shown it is considered pike position in:
 - Non-twisting elements UB, BB and FX
- A slight bend in the hips (up to 30°) is allowed on Vaults without twists



Recognition of body positions in single & double saltos without LA turn

 Pike Salto becomes tuck	D-Panel If in Pike salto knee angle is less than 135° – Credit Tuck salto
 Tuck salto becomes stretch	D-Panel Hip open (180°) – Credit Stretch salto
 Stretch position becomes pike	D-Panel Pike in hips – Credit Pike salto A slight hollow in the chest or a slight arched body position is acceptable

Landing from Single Saltos with Twists

Elements with twists performed must be completed exactly or **another** element from the COP will be recognized.

- as mounts and dismounts from **UB** and **BB**
- during the exercise on **BB** and **FX**
- all landings on **VT**

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

For under turning*

- 3/1 twist becomes 2½ twist
- 2½ twist becomes 2/1 twist
- 2/1 twist becomes 1½ twist
- 1½ twist becomes 1/1 twist

***FX:** When there is a salto with a twist directly connected to another salto and in the first salto the turn is not completed exactly (*but the gymnast is able to continue into the next element*), the first element will NOT be devalued.



Falls on Landing

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

BALANCE BEAM AND FLOOR EXERCISE

Rewarding DV for turns on 1 leg are in increments of:

- 180° for BB
- 360° for FX
- The turn must be completed exactly or another element from the COP will be credited.
- The position of the shoulders and hips are decisive, otherwise another element from the COP will be credited.

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.

Under turning on support leg:

Example:

- BB  becomes 
- FX  becomes 

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 $\frac{1}{2}$ turn (180°) the prescribed position must be reached at the beginning OR at the end of the turn.

Under turning of more than 30° – *another* element from the COP will be recognized.

Example:

- BB/FX $\overline{\text{Z}}$ becomes $\overline{\text{Z}}$
- FX $\overline{\text{X}}$ becomes $\overline{\text{O}}$
- FX $\overline{\text{Z}}$ becomes $\overline{\text{Z}}$
- BB $\overline{\text{O}}$ becomes $\overline{\text{O}}$
- *An additional $\frac{1}{4}$ turn does not make an element different*

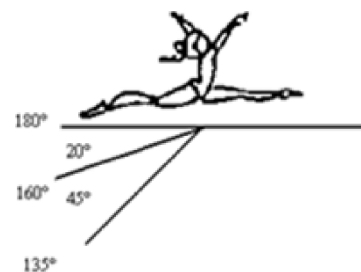
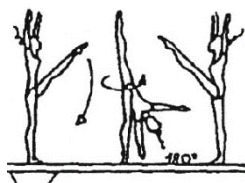
Definition:

- Leaps** – take off from 1 foot to land on the other or 2 feet
- Hops** – take off from 1 foot and land on the same foot or 2 feet
(180° leg separation is not required)
- Jumps** – take off from 2 feet and land on 1 or 2 feet

Note: in jumps and leaps with split, 180° leg separation is required.

Split Requirement

For missing degrees of leg separation in leaps, jumps, turns



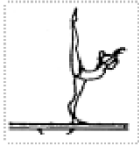
Insufficient Split:

- $> 0^\circ - 20^\circ$ 0 – 20° small fault
- $> 20^\circ - 45^\circ$ $21^\circ - 45^\circ$ medium fault
- $> 45^\circ$ more than 45° credit another element from the COP or no DV



REQUIREMENTS FOR SELECTED DANCE ELEMENTS

Scales (4.102)



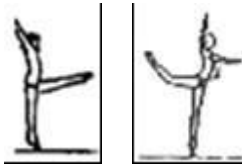
Requirement:

- 180° split

D-Panel

- < 180° split – No DV

Example for the turns with specific leg positions:



Requirement:

- Free leg fwd or bwd at horizontal throughout turn

D-Panel

- Free leg below horizontal – Credit another element from the COP

Tuck 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
-



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

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

Straddle Pike Jump with/without turn



Requirement:

- Both legs must be above horizontal

D-Panel

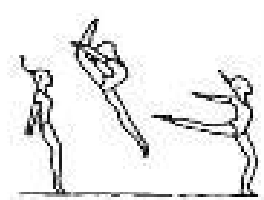
- > 135° hip angle – No, or other DV

E-Panel

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



Sissone to Ring



Requirements:

- Upper back arch and head release
- 180° split of legs on the diagonal
- Back foot to crown of head

D-Panel

- No arch & release of head – Sissone
- Back foot below crown of head – Sissone
- No split – No DV

E-Panel

- Insufficient arch position – small fault
- Rear foot at head height – small fault
- Rear foot at shoulder height – medium fault

Sheep Jump



Requirements:

- Upper back arch & head release with feet to crown of head
- Hip extension

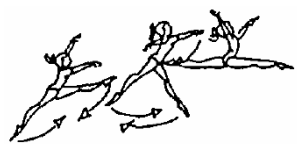
D-Panel

- No arch & release of head – No DV
- Feet below shoulder height – No DV

E-Panel

- Insufficient arch – small fault
- Feet at head height & below – small fault
- Insufficient hip extension – small fault
- Insufficient bent legs ($\geq 90^\circ$) – small fault

Split Leap with leg change



Requirements:

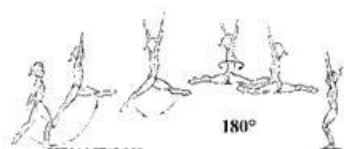
- Free leg swing minimum 45°
- Swing with straight free leg

-Panel

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

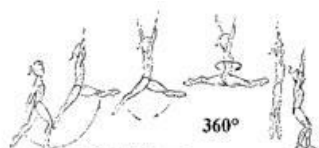


Split Leap with leg change with turn ($\frac{\text{U}}{\text{Z}} \frac{\text{O}}{\text{Z}}$) and "Johnson" with turn ($\frac{\text{Z}}{\text{Z}} \frac{\text{A}}{\text{A}}$)



Requirements:

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



D-Panel

- Incomplete turn in $\frac{\text{U}}{\text{Z}}$ becomes $\frac{\text{Z}}{\text{Z}}$
- Incomplete turn in $\frac{\text{Z}}{\text{Z}} \frac{\text{A}}{\text{A}}$ becomes $\frac{\text{Z}}{\text{Z}} \frac{\text{A}}{\text{A}}$
- Incomplete turn in $\frac{\text{O}}{\text{Z}}$ becomes $\frac{\text{U}}{\text{Z}}$
- Incomplete turn in $\frac{\text{Z}}{\text{Z}} \frac{\text{A}}{\text{A}}$ becomes $\frac{\text{Z}}{\text{Z}} \frac{\text{A}}{\text{A}}$

E- Panel

- Free leg swing 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

D-Panel

- No arch & release of head – Split/Switch leap/Split jump
- Back foot below crown of head – Split/Switch leap/Split jump

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
- Back leg stretched – small fault



Body Shape Deduction includes:

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

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

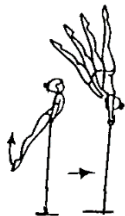
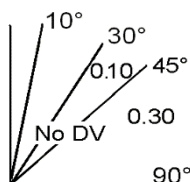
NOTE:

- 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

UNEVEN BARS

Handstand position is considered reached when all body parts are aligned in vertical.

Cast to Handstand



D- Panel

element completed:

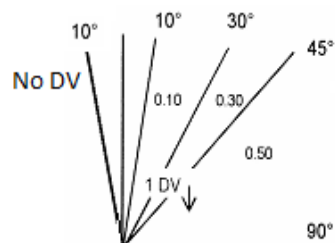
- within 10° of vertical – – Credit DV
- >10° – No DV

E- Panel

- > 30° – 45° – 0.10
- > 45° – 0.30



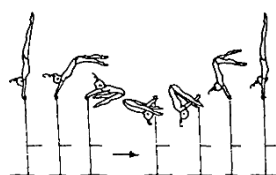
Circle elements to handstand without turn & Flight elements from HB to handstand on LB



D-Panel

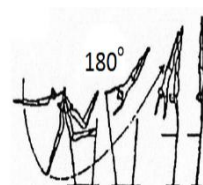
element completed

- > 10° before vertical – No or other DV
- > 10° after vertical – 1 DV lower



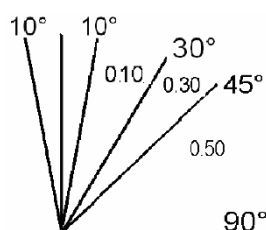
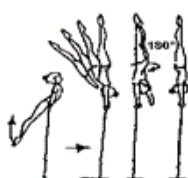
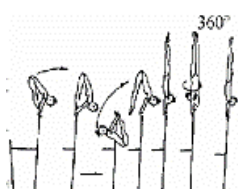
E-Panel

- > 10° – 30° – 0.10
- > 30° – 45° – 0.30
- > 45° – 0.50



Circle elements with turns to HSTD & Casts with turns to HSTD

- Credit DV when elements pass through vertical



D-Panel

If element completed

- within 10° before vertical – Credit DV

E-Panel

- > 10° – 30° – 0.10
- > 30° – 45° – 0.30

45° – 0.50

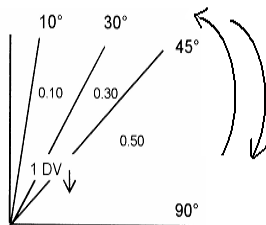
If the same skill is performed as a Swing and as a Circle element with turn it will be counted only once in chronological order.



Swings – elements with turns that:

- do not reach handstand
- do not pass through vertical

continue movement after turn in opposite direction

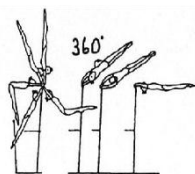


D-Panel

If element completed

- within 10° of vertical – Credit DV
- > 10° before vertical – Credit 1 DV lower than circle

Element with turn to hstd



E-Panel

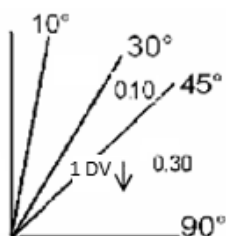
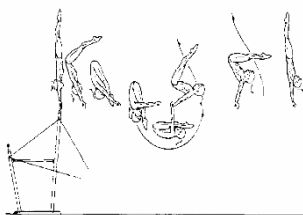
- > 10° – 30° – 0.10
- > 30° – 45° – 0.30
- > 45° – 0.50

Swing elements with ½ (180°) turn and more:

All body parts must reach horizontal to receive DV, otherwise No DV will be credited (*empty swing*).

Requirements for selected UB elements

“Adler” element  (5.501)



D-Panel

If element completed:

- within 30° of vertical – Credit DV
- > 30° – Credit 1 DV lower

E-Panel

- > 30° – 45° – 0.10
- > 45° – 0.30

Execution deductions for body posture faults must be taken in addition to penalties assessed for amplitude in elements.

EXECUTION EVALUATION



SECTION 4



E Score Regulations

DETERMINING E SCORE FIG YOUTH 12-14 and GRADE 8-10

The E score is determined by taking execution and artistry deductions from 10.00 points.

E judges determine the deductions independently. All deviations from the ideal model of all elements are deducted.

- E judges submit their deductions and depending on the number of judges an average deduction is determined this is subtracted from 10.00 points to give the E Score

Example:

Judge 1	Judge 2	Judge 3	Judge 4	AV. Deductions	E Score
2.50	2.70	2.40	2.60	2.55	10.00 – 2.55 = 7.45

DETERMINING FINAL SCORE GRADE 8 – 10

General

- The final score will be determined by the combining of the E Score (Execution) and the D Score (Difficulty, Composition Requirements & Bonus & Artistry bonus)
- The D judges will determine the D Score based on the difficulty, Compositional Requirements and bonus and artistry bonus
- Neutral deductions will be deducted from the final score (D Score + E score).
- The All Around Score is the sum of the final score on all 4 apparatus.
- The Team Score will be determined based on the Team Regulations in Section XX.

D Score	E Score	Score	Neutral Deduction	Final Score
4.10	7.45	11.55	0.30	11.25



DETERMINING E SCORE GRADE 4 – 7

The Start Score for National 4 – 7 is from 10.00 points.

All elements in the routines are assigned a specific value. Omission of any element will be deducted from 10.00points.

Example:

National 5 – Element on Balance Beam is Cartwheel and the specific value of the element is 1.00 points. Should the element be omitted then the Start Score will be 9.00points.

Elements which are attempted will always receive their specific value.

Example:

National 5 – Element on Floor Exercise –is a 1/1 (360°) Pirouette and only 320° is completed. The element will still be awarded, and the E judges will take deductions for the incomplete turn. Therefore, the Start Value (SV) will be 10.00point.

All execution deductions will be applied as per the General Table of Faults and the Specific Apparatus Deductions for National 4 – 7

On UB BB and FX the execution deductions will be halved prior to the E judge submitting their deductions.

Example: All skills in routine are performed

	Judge 1	Judge 2	Judge 3	Judge 4	Average Deductions	Start Score	Final Score
Execution Deductions	2.50	2.70	2.60	2.90			
Execution Deductions Submitted	1.25	1.35	1.30	1.45	1.325	10.00	8.675



Example: The cartwheel is omitted from Grade 5 beam routine

	Judge 1	Judge 2	Judge 3	Judge 4	Average Deductions	Start Score	Final Score
Execution Deductions	2.50	2.70	2.60	2.90		10.00 – 1.00	
Execution Deductions Submitted	1.25	1.35	1.30	1.45	1.325	9.00	7.675

On Vault the E judges submit do not halve their deductions.

Example: Grade 7 Handspring is performed.

	Judge 1	Judge 2	Judge 3	Judge 4	Average Deductions	Start Score	Final Score
Execution Deductions	1.50	1.70	1.60	1.90	1.65	10.00	8.675



GENERAL TABLE OF FAULTS

Faults		Small	Med.	Large	Very Large
		0.10	0.30	0.50	1.00 or more
By E-Panel Judges					
Execution Faults					
• Bent arms or bent knees	each time	X	X	X	
• Leg or knee separations	each time	X	X shoulder width or more		
• Legs crossed during elements with twist	each time	X			
• Insufficient height of elements (<i>external amplitude</i>)	each time	X	X		
• Insufficient exactness of tuck or pike position in single salto, without twist	each time	X 90° Hip/knee angle	X >90° Hip/knee angle		
• Insufficient exactness of tuck or pike position in double salto, without twist	each time	X >90° Hip angle			
• Failure to maintain stretched body position (<i>piking too early</i>)	each time	X	X		
• Hesitation during performance of elements	each time	X			
• Attempt without performance of	each time		X		



an element (empty run)					
• Deviation from straight direction	each time	X			
Body and/or leg position in elements (non-dance)					
• Body alignment	each time	X			
• Feet not pointed/relaxed	each time	X			
• Insufficient split in acro elements (non-flight)	each time	X	X		
• Failure to fulfil technical requirements in dance elements (body shape) (as per Section 3 Technical Requirements for Dance)	each time	X	X	X	
• Precision	each time	X			
• Performance of DMT too close to the apparatus (UB & BB)			X		
Landing Faults (all elements including dismounts)		If there is no fall the maximum landing deduction may not exceed 0.80			
• Feet 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 an element	each time				1.00



Faults		Small	Med.	Large	Very Large
		0.10	0.30	0.50	1.00 or more
By D-Panel Judges (D1 & D2)					
- Performance of connection with fall * - Performance of DMT with fall *	UB, BB, FX				No Bonus
Failure to land feet first or in prescribed position from an element *	each time				No DV, Bonus
Take-off outside the border markings (entirely outside)	FX				No DV, CV, CR
Failure to acknowledge D-Panel Judges before and/or after exercise	Gym/Evt		X		From the Final Score
Spotting assistance (<i>help</i>)	UB, BB, FX each time				1.00 from the Final Score - if coach assists gymnast after element completed - if coach helps gymnast to perform element
Non-permitted presence of spotter	Gym/Evt-			X	From Final Score
Gymnast runs/ walks under the LB to perform Mount *	Gym/Evt-		X		From Final Score
Flagrant exceeding of touch warm-up time (after warning)	Team/Evt		X		From the Final Score
by Individuals	Gym/Evt		X		
Overtime (BB, FX)	Gym/Evt	X			
UB and BB					
Exceeding allowable intermediate fall time	Gym/Evt		X		
Exceeding intermediate fall time (more than 60 seconds)	Gym/Evt				Exercise ended



By Competition Jury	
Behaviour of Gymnast	
Failure to complete the competition due to absence from the Competition area	Disqualified
Unexcused delay or interruption of competition	Disqualified

Note: If one of two coaches from a team are dismissed from the competition inner circle, it is possible to replace that coach with another coach **one time** in the entire competition. If there is only one coach, then the coach would remain in the competition but would not be eligible for accreditation at the competition.



Vault

Specific Apparatus Deductions

FIG YOUTH 12-14yrs and Grade 8 – 10/, Junior, Senior

Specific Apparatus deductions as per FIG Code of Points ([Page 39 onwards](#))

Specific Apparatus Deductions

Grade 7 Handspring

The gymnast is required to perform one vault from the Table of Vaults.

- Run distance is a maximum of 25 meters, measured from the front edge of the table to the inner side of the block attached at the end of the vault run up mat.
- No vault with sideward landing may be submitted.
- All vaults must be performed with repulsion from both hands off the vaulting table.
- The gymnast is required to properly use the "safety collar" supplied by the organising committee for round-off entry vaults.
- A hand placement mat may be used only for Yurchenko vaults from groups 1, 4 & 5.
- The gymnast is responsible for flashing the intended vault number prior to the beginning of each vault (*manually or electronically*).



Corridor Markings

As an orientation for directional deductions there will be a marked corridor on the landing mat. The gymnast must land and finish to a stable stand in this zone.

The D1 Judge (with written notification from the Line Judge) will deduct from the Final Score for touching the mat with any part of the body outside of the marked corridor as follows:

- Land or step outside with one foot/hand (part of foot/hand) – 0.10
- Land or step outside with two feet/hands (part of feet/hands) or body part – 0.30

Where an official video is available a review by the D-Panel will automatically occur for every vault that receives an Invalid 0.00 Score, or vaults performed with support of one hand only.

D-Panel:

- Enters the value of the performed vault
- The D Panel will notify the E-Judges if the performed vault is different from flashed number



Faults	0.10	0.30	0.50
Note: Execution Deductions must be taken in addition to Specific Apparatus Deductions			
First Flight Phase			
• For missing degrees of LA turn during flight phase:			
• Gr. 1 with ½ (180°) turn	≤ 45°	≤ 90°	
• Gr. 3 with ¼ (90°) turn		≤ 45°	
• Gr. 4 with ¾ (270°) turn	≤ 45°		
• Gr. 5 with ½ (180°) turn		≤ 45°	
• Gr. 1 or 2 with 1/1 (360°) turn	≤ 45°	≤ 90°	> 90°
• Poor technique:			
• Body alignment (hip angle / arch)	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
Support Phase			
• Poor technique			
• Staggered hand placement Gr. 1, 2 & 5	X		
• Bent arms / Shoulder angle	X	X	X
• Failure to pass through vertical	X		
• Prescribed LA turn begun too early (<i>on the table</i>)	X	X	
Second Flight Phase			
• Excessive snap	X	X	
• Height	X	X	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 or no extension (<i>tuck/pike vaults</i>)	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
• Under-rotation of vault without a fall	X		
• With a fall		X	
• Insufficient length	X	X	X
• Deviation from a straight direction	X		
• Dynamics	X	X	
Landing deductions - See General Table of Faults			
Neural Deductions			
Run more than 25 meters			0.50
Support with one hand			2.00



Specific Apparatus Deductions

Grade 4 – 7

Run Approaches – Grade 4 – 7

The gymnast is required to perform each vault on the first run attempt. She will be permitted a second approach on each vault, provided she has NOT touched the springboard or the apparatus.

Additional run approaches are permitted as follows, with a deduction of – 1.00 for empty run (if gymnast has not touched the springboard or the apparatus).

- A second run approach is permitted on each vault with the empty run deduction.
- A third approach on a single vault is **not** permitted. (The D-Panel will take the deduction from the Final Score of the vault performed)

Performance of Invalid Vaults (0.00 P) – Grade 4 – 7

Handspring Vaults

- The vault is executed without a support phase, i.e. neither hand touches the table.
- Spotting assistance during the vault
- Failure to land on feet first (National 7 only)
- Support on head on the mats / table
- Gymnast does not make it over, i.e. does not complete the rotation to her back (National 4 – 6) or feet (National 7), instead landing back on the mats/table/board/ground



Faults <i>Note: Execution Deductions must be taken in addition to Specific Apparatus Deductions</i>	0.10	0.30	0.50 or more
First Flight Phase			
- Poor technique: - Pike Hip Angle - Large Tuck or Pike (N 4,5,6) - Excessive Arch - Bent knees - Leg or knee separations	X X X X	X X X X	1.00 X
Support Phase			
- Poor technique - Bent arms - Shoulder angle - Too long in support	X X X	X X X	X
Second Flight Phase			
Height	X	X	0.50 or 0.80
No Flight (N4,N5,N6 Handspring – do not take height) (Only apply when there is NO momentum)			2.00
- Body position - Body alignment	X	X	
Bent knees	X	X	X
Leg or knee separations	X	X	
- Under-rotation of vault without a fall - With a fall - Distance (<i>insufficient length</i>)	X X	X X	
Deviation from a straight direction	X		
Dynamics	X	X	
Landing deductions – See General Table of Faults			
❖ Land in upright sitting position (N4,5,6) (Initial contact position is full upright sitting position)			0.50
Neutral deductions			
Run more than 25 meters			0.50
Support on 1 hand			2.00



DIVE ROLLS

Grade 4 – 5

Faults <i>Note: Execution Deductions must be taken in addition to Specific Apparatus Deductions</i>	0.10	0.30	0.50 or more
First Flight Phase			
Poor technique:			
• Pike Hip Angle	X	X	X
• Bent knees / early bend	X	X	X
• Leg or knee separations	X	X	
Amplitude			
• Height	X	X	0.5 or 0.8
Support Phase			
• Failure to roll (there should be no handstand)	X	X	
Rolling Phase			
• Insufficient tuck position	X	X	
• Leg or knee separations	X	X	
• Deviation from a straight direction	X		
• Dynamics	X	X	
Landing deductions			
• Failure to roll and stand / use of hands	X	X	X
• Lack of control on landing	X	X	
Neutral deductions			
Run more than 25 meters			0.50

****No Deduction for steps forward in dive roll vaults. Landing deductions only apply for fall or lack of control (running forward after dive roll) or fall***

****If gymnast performs dive roll with only one hand support then 1.0 deduction, if without hand support dive roll performed then 2.0 deduction will be given.***



SALTO VAULTS

Grade 6 – 7

If a gymnast performs the same vault twice, the second vault will receive 0.00 score.

Grade 4 and 5 gymnasts are required to perform the Handspring Vault first, so that judges are aware of which vault they are judging. This is important because when a Handspring / Dive Roll are not performed well, they can possibly be mistaken for the other.

***Note:** “0.00” score recorded by D-Panel. No evaluation by E-Panel.

Where an official video is available a review by the D-Panel will automatically occur for every vault that receives an Invalid 0.00 score, or vaults performed with support of one hand only.

Faults <i>Note: Execution Deductions must be taken in addition to Specific Apparatus Deductions</i>	0.10	0.30	0.50 or more
First Flight Phase (BEFORE inversion)			
- Poor technique: - Pike Hip Angle - Bent knees - Leg or knee separations	X X X	X X X	X
Second Flight Phase (DURING rotation)			
Height	X	X	0.50 or 0.80
- Body position - Body alignment (N7) - Insufficient tuck position (N6) - Failure to maintain stretch position (N7)	X X X	X X X	
Bent knees (N7)	X	X	X
Leg or knee separations	X	X	
- Under-rotation of vault without a fall - With a fall	X X	X X	
Distance (insufficient length)	X		
Deviation from a straight direction	X		
Dynamics	X	X	
Landing deductions – See General Table of Faults			
As per General Table of Faults			
Neutral deductions			
Run more than 25 meters			0.50



Uneven Bars

Specific Apparatus Deductions

FIG 12-14, Grade 8 – 10/ Junior, Senior

Specific Apparatus deductions as per FIG Code of Points ([Page 43](#) onwards)

Specific Apparatus Deductions

Grade 4 – 7

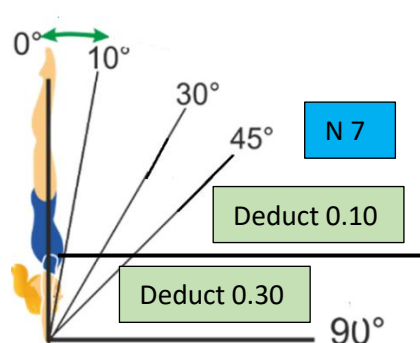
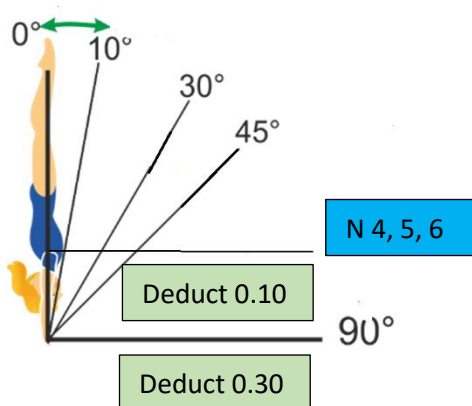
Note: Execution Deductions must be taken in addition to Specific Apparatus Deductions.

Faults	0.10	0.30	0.50
<i>Note: Execution Deductions must be taken in addition to Specific Apparatus Deductions.</i>			
CASTS			
National 4,5,6 cast to horizontal (feet to shoulder height)			
• Cast to between feet at bar height and horizontal	X		
• Cast to feet below bar height		X	
National 7 cast to 45°			
• Cast to between horizontal and 44°	X		
• Cast below horizontal		X	
Body Alignment in casts	X	X	
CLEAR CIRCLE TO HORIZONTAL (feet to shoulder height) (National 7)			
• Circle finishes at bar height and horizontal	X		
• Circle finishes below bar height		X	
SWINGS			
• Swing Amplitude (Forward & Backward)	X	X	X
• Insufficient tap & kick	X		
• Body Alignment in forward swing	X		
• Opening of hips on backswing (hips can open on start of forward swing)		X	
UNDERSWING			
• Failure to maintain hollow body position	X		
• Failure to keep thighs close to bar	X		
GLIDES			
• Lack of hip extension	X		
• Poor rhythm and amplitude in National 5 glide sequence	X	X	

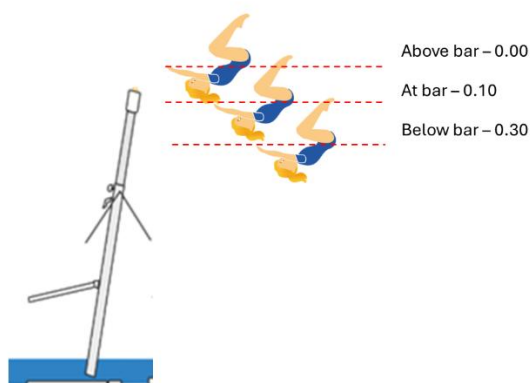


PULLOVER (National 6 & 7)			
• Poor timing and lack of continuous rotation	X	X	
• Hands releasing bar during pullover		X	
• Failure to take off from two feet		X	
FLYAWAY			
• Insufficient height	X	X	
General – deduction from Final Score			
National 5: For the cast or climb on give a value of 0.00. If coach spots then deduct 1.00 from the final score and if use a supplementary equipment deduct 0.50 from the final score .			
• Failure to use supplementary crash mat (30cm)			X
• Failure of coach to be between bars in National 5, 6 and 7			1.00
• Additional swing (pump or long)			X

CASTS



FLYAWAY





Balance Beam

Specific Apparatus Deductions

FIG YOUTH 12-14, Grade 8 – 10/ Junior, Senior

Specific Apparatus deductions as per FIG Code of Points ([Page 47 onwards](#))

ARTISTRY for FIG YOUTH 12-14 & Grade 8-10

The Artistry and Composition deductions in the Code of Points 2025 – 2028 will not be applied.

Instead: Artistry Bonus of 0.30 will be awarded by the D-Jury for the following areas:

- 0.10 Close to beam (as per CoP)
- 0.10 Side movements (as per CoP)
- 0.10 Good relevé and footwork (as per CoP)

Specific Apparatus Deductions

Grade 4 – 7

Faults Note: Execution Deductions must be taken in addition to Specific Apparatus Deductions.	0.10	0.30	0.50
• Break in Series		X	
• Unpermitted steps in Dance or acrobatic elements		X	
• Incomplete turn		X	
• Failure to reach handstand		X	
• Element not held for 2 secs		X	
• Skills not finished in prescribed position		X	
• Pause (apply at 2 sec.)	X		
• Grasp of Beam in order to avoid a fall			X
• Additional movements to maintain balance	X	X	X
• Failure to fulfil technical requirements in dance (body shape)	X	X	X



• Lack of flexibility in acrobatic elements	X	X	
• Failure to take jump from two feet – Grade 4)			
Artistry			
• Poor body posture	X	X	X
• Variation from choreographed text	X	X	X
• Lack of Presentation	X	X	

FLOOR EXERCISE

Specific Apparatus Deductions

FIG YOUTH 12-14, Grade 8 – 10/ Junior, Senior

Specific Apparatus deductions as per FIG Code of Points ([Page 53 onwards](#))

ARTISTRY for FIG YOUTH 12-14 & Grade 8-10

The Artistry and Composition deductions in the Code of Points 2025 – 2028 will not be applied.

Instead: Artistry Bonus of 0.30 will be awarded by the D-Jury for the following areas:

- 0.10 Body posture (as per CoP)
- 0.10 Expressiveness (as per CoP)
- 0.10 Movements in relation to the music (as per CoP)

Specific Apparatus Deductions

Grade 4 – 7

Note: Execution Deductions must be taken in addition to Specific Apparatus Deductions.

Faults	0.10	0.30	0.50
Note: Execution Deductions must be taken in addition to Specific Apparatus Deductions.			
• Break in Series		X	
• Unpermitted steps in Dance or acrobatic elements		X	
• Incomplete turn		X	
• Failure to reach handstand		X	



• Element not held for 2 secs		X	
• Skills not finished in prescribed position		X	
• Pause (apply at 2 sec.)	X		
• Additional movements to maintain balance	X	X	
• Failure to fulfil technical requirements in dance (body shape)	X	X	X
• Lack of flexibility in acrobatic elements	X	X	
• No Rebound performed at end of acro line when specified		X	
• Additional steps into RO In National 5		X	
Artistry & Choreography			
• Poor body posture	X	X	X
• Variation from video	X	X	X
• Lack of Presentation	X		

DIFFICULTY EVALUATION



SECTION 5



D Score Regulations

DETERMINING D SCORE FOR FIG 12-14 and GRADE 8 – 10

D-Score (Content)

- The D-Score on VT is the Difficulty Value in the FIG Code of Points Table of Vaults. All vaults with a salto will receive a bonus of 0.50 points.
- The D-Score on Uneven Bars, Balance Beam and Floor Exercise includes the highest 8 difficulties (as per the FIG Code of Points), compositional requirements, connection value and bonus.

Difficulty Value (DV)

The DV are elements from the Table of Elements in the FIG Code of Points which are open ended and may be expanded as needed.

D Score on Uneven Bars, Balance Beam and Floor Exercise:

- ❖ FIG 12 yrs and Grade 8 – maximum **7** highest DV including the dismount + 4 Compositional Requirements (CR) + Bonus
- ❖ FIG 13 yrs and Grade 9 – maximum **7** highest DV including the dismount + 4 Compositional Requirements (CR) + Bonus
- ❖ FIG 14 yrs and Grade 10 – maximum **7** highest DV including the dismount + 4 Compositional Requirements (CR) + Bonus

The D-Panel will always recognize the DV of the element unless there is a failure to meet the technical requirement of the element.

Note: DV Restriction – If performed F, G, H, I, J elements the maximum value of 0.40 for each element may be rewarded.

Difficulty Value

- A = 0.10
- B = 0.20
- C = 0.30
- D = 0.40
- E or higher = 0.40



Final D Score

Grade 10 Gymnast

Difficulty – 7 elements			
2 x C Elements	2 x 0.3	0.6	
3 x B Elements	3 x 0.2	0.6	
2 x A Elements	2 x 0.1	0.2	1.40
Compositional Requirements	4 x 0.50		2.00
Bonus			0.00
	Final D Score		3.40

Short Exercise

The number of elements counting on UB, BB and FX will be the 7 highest elements including the dismount.

Short Exercise Penalty:

- 5 or more elements – no deduction
- 4 elements – 4.00 P
- 3 elements – 6.00 P
- 1-2 elements – 8.00 P
- No elements – 10.00 P

Recognition of DV of elements

- To reward DV an element must be performed according to the description of the body position in the Table of Elements.
- The same element will receive DV only one time in an exercise and in chronological order.

a) Arabian elements are considered Forward Elements





b) Recognition of the Same and Different Elements

- Different dance elements from the same box in the Table of Elements (*same number*) will receive DV only one time in the exercise and in chronological order.
- Only one turn (pirouette) in tuck stand on one leg (BB & FX) will receive DV, in chronological order.

c) Elements are considered different, if they are listed under different numbers in the Table of Elements

d) Elements are considered the same, if they are listed under the same number and have the following criteria:

Uneven Bars elements:

- are performed with or without a hop grip change
- giants fwd & bwd performed with legs straddled or together, with hips bent or stretched
- pike sole circle fwd & bwd performed with legs straddled or together
- legs are together or straddled in flight elements

Dance elements:

- with take-off from one or both feet with the same leg position
Example: wolf hop (take off from one foot) and wolf jump (take off from both feet)
- are performed in side or cross position (BB)
 - Jumps performed in side position will be awarded 1 DV higher than in cross position
 - If the same element is performed in cross and in side position, the DV will be awarded one time only and in chronological order
 - Jumps that start from side position and finish in cross position, or vice versa – consider as elements performed in cross position (*additional 90° does not make element different*)
- land on one or both feet (BB)
- land on one or both feet or in prone position (FX)

Acro elements:

- that land on one or both feet



- e) Elements are considered **different**, if they are listed under the **same number** and have the following criteria:

Acro elements:

- there are different body positions (tuck, pike or stretched) in saltos
- there are different degrees of turns:
 $\frac{1}{2}$, 1/1, $1\frac{1}{2}$ (180°, 360°, 540°) etc.
- the support is performed on one or both arms
- the take-off from one or both feet

Recognition of elements occurs in chronological order

- a) In case of technical failure elements will be recognised as:
- another element in the Table of Elements or
 - No DV or
 - One DV lower
- b) If an element is recognised as another element (*from the Table of Elements*) due to failure to meet technical requirements and later the element is performed with correct technique they both receive DV.
Example: Split leap to ring without required arch it becomes split leap, if the split leap to ring is performed later with correct technique it is recognised as a split leap to ring because both elements appear in the Table of Elements.

Example BB: ✓ turn is credited as another element from the COP ○ due to failure to hold the free leg at horizontal from the beginning to the end of the turn (360°). It is then performed a 2nd time in the exercise correctly – Credit DV ✓

- c) If an element is credited one DV lower due to failure to meet technical requirements and is later performed again in the exercise it will then be considered as a repetition and no DV will be awarded.

Example UB: giant bwd with $1\frac{1}{2}$ turn that is credited one DV lower (C), due to failure to reach handstand prior to the turn (swing). It is then performed a 2nd time in the exercise and completed $1\frac{1}{2}$ turn in handstand then no DV (D) will be awarded.



Compositional Requirements (CR) 2.00

Composition Requirements are described in the respective Apparatus. A maximum of 2.00 is possible.

- Only elements from the Table of Elements may fulfil CR.
- One element may fulfil more than one CR
- An element may not be repeated to fulfil another CR.

Bonus

Bonus to be awarded as per bonus rules mentioned in FIG Code of Point.

The rules for Bonus mentioned for FIG Youth 12-14 years will apply to FIG Youth category and Grade 8-10.

The rules for bonus mentioned for Junior/Senior will apply to Junior and Senior categories accordingly.



Uneven Bars

Content and Construction of the Exercise

The maximum 7 highest difficulties including the dismount are counted for DV.

- No DMT – 0.50 from Final Score (D-Panel)

Dismounts

No attempt to DMT at all:

Evaluation:

- No DV – count 6 (FIG 12-14 / L8-10) elements only (D-Panel)
- No DMT – 0.50 (D-Panel)
- Fall – 1.00 (E-Panel)
- If she remounts to perform DMT, no deduction for “No DMT”

If the dismount has begun:

Example:  with initiation of salto (failure to land feet first)

Evaluation:

- No DV – count 6 (FIG 12-14 L8-10) elements only (D-Panel)
- Fall – 1.00 (E-Panel)

Mounts

- Can fulfil CR # 1 for flight from HB to LB.
- Elements listed as mounts can be performed in the exercise (*or vice versa*) but receive DV only once.



Balance Beam

Content and Construction of the Exercise

The maximum 7 highest difficulties including the dismount are counted for DV.

- No DMT – 0.50 from Final Score (D-Panel)

Dismount:

If the salto for the dismount has **not** begun (*no initiation of rotation*) and a fall occurs:

Example 1:  jump off BB

Evaluation:

- No DV count 6 (IG 12–14, Grade 8–10) elements only (D-Panel)
- No DMT – 0.50 (D-Panel)
- Fall – 1.00 (E-Panel)
- If she remounts to perform DMT, no deduction for “No DMT”

If the salto for the dismount has begun and then a fall occurs:

Example 2:  begin salto, but failure to land feet first

Evaluation:

- No DV count 6 elements only (D-Panel)
- Fall – 1.00 (E-Panel)

NOTES

Falls – Acro and Dance Elements

Acro and Dance Elements must return to the Beam with foot or torso in order to be awarded difficulty.

- **with** a landing on 1 or 2 feet or in prescribed position on the Beam – the DV is awarded.
- **without** a landing on 1 or 2 feet or in prescribed position on the Beam – **No** DV is awarded (element may be performed again to receive DV).



Mounts

- Only one acro element may precede the mount.
- Some elements listed as mounts (rolls, handstands and holds) can be performed in the exercise (or vice versa) but receive DV only once.

Holds

- Handstands (*without turns*) & holds must be held for 2 sec. when prescribed in the Table of Elements in order to receive DV. If the element is not held for 2 sec. and does not appear as another element in the Code, award 1 DV lower or no DV.
(*HSTD or hold position should be completed*).
- For Bonus "Hold" acro elements (*with flight*) may be used as the last element in an acro series or mixed connection.
-  and  will be credited 1 DV lower if the handstand is **NOT** held for 2 sec.
 - If the gymnast performs the same element again in the exercise and holds the HSTD position for 2 sec. – No DV awarded



Floor

Content and Construction of the Exercise

The maximum 7 difficulties, including the dismount, are counted for DV.

- No DMT – 0.50 from Final Score (*D-Panel*)

Dismount is the last counting acro line (*credit highest DV*)

- No DMT will be credited if only one acro line is performed.
Therefore, count only 6 elements in FIG 12-14 and Grade 8-10.

Acro Lines

- Any acro element performed after the last counting acro line will not be counted for DV.
- An acro line consists of a minimum of 2 directly connected flight elements one of which must be a salto.

Therefore, the following are not an acro line:

- Standing Salto
- Salto with take-off from one foot
- Mixed connection
- Failure to land on the feet first from a salto, will still be considered an acro line.

Dance Passage

The dance passage is composed of 2 different leaps and hops from the Table of Elements, one which must have 180° split (cross/ side).

- Elements are connected directly or indirectly with running steps, chasse or chaîné turns.
- The effect is to create a large flowing, travelling movement pattern.
- No jumps or pirouettes are permitted.
- Leaps and hops must land on one leg if performed as the 1st element in the dance passage

COMPETITION REGULATIONS



SECTION 6



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. (National, State Championships, State Trials, District Championships and Trials, Club Invitationals)

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.

GRADE PROCEDURES

Once a gymnast has assigned and competed at a Grade and receives a AA score or Apparatus score at a sanctioned competition she can not return to a lower Grade.

Grade 1-3

Attaining Grades 1 – 3 will take place in the gymnasts club. Club coaches and /or judges will determine the gymnasts 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.

Grade 4 – 7

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 AA or APP score in that grade.

Should a gymnast achieve AA score of **34.00 points** there will be **mandatory upgrading** to the next Grade.



FIG 12-14 and Grade 8 – 10

In 2026 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 compositional requirements.

Senior and Junior

In 2026 the gymnasts should achieve a qualification score via Competition **approved by GFI** prior to National Championships.

All gymnasts achieving the qualification score are eligible to compete at National Championships.

COMPETITIONS

NATIONAL CHAMPIONSHIPS

Senior, Junior

Individuals: Based on qualification score to be achieved at a designated competition (F2F or online evaluation). No restrictions on numbers per state.

Senior Qualification Score:

AA- 38.00points or

APP – 12 points on one or more apparatus.

Junior Qualification Score:

AA- 36.00points or

Awards:

AA: 1st, 2nd, 3rd

APP: 1st, 2nd, 3rd on each apparatus



FIG 12-14 and Grade 8 – 10

Team size: 6 Gymnasts with 3 best scores on each apparatus to count for each grade from each state. The gymnasts can be under or open divisions.

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

Awards:

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

AA: 1st, 2nd, 3rd, 4th, 5th, 6th for each grade & Youth division in each division

Individuals are eligible for AA awards. Medals 1st, 2nd, 3rd and certificates for 4th, 5th, 6th

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

Note: Vault is based on best vault score

STATE 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 under and a team for over open divisions.

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

Awards:

Team: 1st, 2nd, 3rd for each grade in each age division, under and over. Medals for each team member.



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

APP: 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

Note: Vault is based on the average of the 2 vaults

Grades 8 – 10

Team size: 6 Gymnasts with 3 best scores on each apparatus to count for each grade and Youth from each district. The gymnasts in the team can be from the grade or youth.

Individuals: Each district can enter up to a maximum of 4 individuals (under or open) outside the team who can achieve **42.00 points** at the District Championships. These individuals will only be eligible for AA and APP awards.

Awards:

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

AA: 1st, 2nd, 3rd, 4th, 5th, 6th for each grade in each division of grade and youth.

Individuals are eligible for AA awards. Medals 1st, 2nd, 3rd and certificates for 4th, 5th, 6th

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

Note: Vault is based on best vault score



Senior, Junior

Individuals: Based on qualification score to be achieved at a designated competition (F2F or online evaluation). No restriction on numbers per district.

Senior Qualification Score:

AA- 38.00points or

APP – 12.00 points on one or more apparatus.

Junior Qualification Score:

AA- 36.00points

Awards:

AA: 1st, 2nd, 3rd

APP: 1st, 2nd, 3rd on each apparatus



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.
- 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/districts/ states 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 and CLUB CHAMPIONSHIPS

Grade 4 – 7

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

Grade 4 – 5

Warm Up – General – 20mins.

Vault Warm Up: 3 vaults/ gymnast

Uneven Bars: 45 secs/ Gymnast

Balance Beam: 45 secs/ Gymnast (warm up 2 gymnasts, then all other gymnasts warm up between each competing gymnast)

Floor Exercise – 3 mins/ team of 6 (If more than 8 in a group then 4 minutes)

Grade 6 – 7

Warm Up – General – 20mins.

Vault Warm Up: 3 vaults/ gymnast

Uneven Bars: 60 secs/ Gymnast

Balance Beam: 60 secs/ Gymnast (warm up 2 gymnasts, then all other gymnasts warm up between each competing gymnast)

Floor Exercise – 4 mins/ team of 6 (If more than 8 in a group then 5 minutes)

FIG 12-14 and Grade 8 – 10

The competition can run on “full apparatus warm up” or “warm up compete on each apparatus format”

“Warm up compete on each apparatus format”

Warm Up – General – 20mins.

Vault Warm Up: 90secs / gymnast

Uneven Bars: 90 secs/ Gymnast

Balance Beam: 90 secs/ Gymnast (warm up 2 gymnasts, then all other gymnasts warm up between each competing gymnast)



Floor Exercise – 5 mins/ team of 6 (If more than 8 in a group then 6 minutes)

“Full Apparatus Warm up”

Apparatus Warm Up

Warm Up – General – 20mins.

Apparatus Warm up – 12 mins/ apparatus

Competition Warm Up

VT – 2 vaults/ gymnast

UB – 50 secs (includes preparation)/ gymnast

BB – 30 secs/ gymnast

FX – 3 minutes (team of 6)

SCORING

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

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

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

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

Judges must utilize 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.



VIDEO RECORDING

At competitions one person/ apparatus will be assigned to video routines on an iPad or phone.

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

ENQUIRY PROCESS

A gymnast has the right to have their coach enquire on their Start Value/ D score on any apparatus.

The coach must submit an enquiry to the competition jury on the Start Value/ **D Score only** prior to moving to the next apparatus.

The jury may consult the D panel on the respective apparatus at the end of the rotation to ascertain whether there should be a change of Start Value/ D score.

Should the jury believe a Start Value/ D score change is necessary then it can be made by the secretary at the apparatus or at the main scoring desk. The jury must sign the manual scoresheet to verify the change of Start Value/ D Score. Should the manual scoresheet not be signed by the jury then the score cannot change.

The jury will then inform the coach of the outcome of the enquiry.

MUSIC

Music must be submitted to Host Club at least 1 week prior to the competition.

Music must be in MP3 or WAV file type only. Music not sent in these file types will not be accepted.

Coaches must bring an additional copy of the gymnasts music on a USB.



COMPETITION JURY

The member/s must of the jury must be an accredited judge (WAG Compulsories, WAG 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 utilized correctly
- Accept enquiries and change Final Start Value/ D Score based on upholding enquiry
- Sign the manual scoresheet when a change of Start Value/ D Score occurs
- Utilize video review for Start Value/ D Score changes or application of neutral deductions
- Change final score due to error in application of neutral deduction

APPARATUS SPECIFICATION



SECTION 7



GRADE	VAULT	BARS	BEAM	FLOOR
Grade 1	Vault Strip 10m Vault Mini Tramp 30 cm box 10cm Landing Mat	Single Low Bar – 175cm 20cm Landing mat 60cm box (raise or lower height of box depending on size of gymnast)	High Beam – 100cm 20cm Landing mat & 30 cm Crash mat	Floor Strip
Grade 2	Vault Strip 10m Springboard 50 cm box 30cm Crash Mat	Single Low Bar – 175cm 20cm Landing mat 60 cm box (raise or lower height of box depending on size of gymnast)	High Beam – 100cm 20cm Landing mat & 30 cm Crash mat	Floor Strip
Grade 3	Vault Strip 10m Vault Mini Tramp 50 cm Landing Mats (20 landing mat & 30 Crash Mat)	Uneven Bars – LB 175cm & HB 255cm 20cm Landing mat & 30 cm Crash mat 60cm box (raise or lower height of box depending on size of gymnast)	High Beam – 100cm 20cm Landing mat & 10cm Supplementary Mat	Floor Strip
Grade 4	Vault Strip 15 – 20m Springboard 60 cm Landing mats	Uneven Bars – LB 175cm <i>*Gymnast can change distance between bars to minimum of 130cm</i> 20cm Landing mats & 30 cm Crash mat 60 cm box (raise or lower height of box depending on size of gymnast) Permission can be given to raise LB for tall gymnast	High Beam – 115cm 20cm Landing mats & 30 cm Crash mat	Sprung Floor Strip – 12m



Grade 5	Vault Strip 15 – 20m Springboard 90 cm Landing Mats	Uneven Bars – LB 175cm 20cm Landing mats & 30 cm Crash mat (Total 50 cm) 30cm box / springboard <i>*Gymnast can add extra 30cm crash mat for DMT</i>	High Beam – 115cm 20cm Landing mats & 30 cm Crash mat	Sprung Floor Strip – 12m
Grade 6	Vault Strip 20m Vault Table – 100cm Springboard 110cm Landing Mats AND 50cm landing mats	Uneven Bars – LB 175cm & HB 255cm <i>*Gymnast can change distance between bars to minimum of 130cm</i> 20cm Landing mats & 30 cm Crash mat (Total 50 cm) <i>*Gymnast can add extra 30cm crash mat for DMT</i>	High Beam – 125cm 20cm Landing mats & 30 cm Crash mat	Sprung Floor Strip OR Full Sprung Floor 12m OR 12m x 12m
Grade 7	Vault Strip 20 – 25m Vault Table – 115 or 125cm Springboard 30cm landing mats (20cm + 10cm landing mats)	Uneven Bars – LB 175cm & HB 255cm <i>*Gymnast can change distance between bars to minimum of 130cm</i> 20cm Landing mats & 30 cm Crash mat (Total 50 cm)	High Beam – 125cm 20cm Landing mats & 30 cm Crash mat	Full Sprung Floor – 12m x 12m

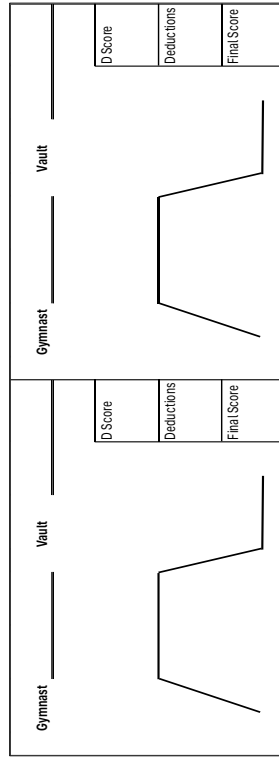


FIG 12 and 13 years Grade 8 & 9	Vault Strip 25m Vault Table – 120cm • FIG landing mats	FIG Bars regulations with: • FIG landing mats	FIG Beam regulations with: • FIG landing mats	FIG Floor regulations
FIG 14 years Grade 10	Vault Strip 25m Vault Table – 125cm • FIG landing mats	FIG Bars regulations with: • FIG landing mats	FIG Beam regulations with: • FIG landing mats	FIG Floor regulations
Junior	Vault Strip 25m Vault Table – 125cm • FIG landing mats	FIG Bars regulations with: • FIG landing mats	FIG Beam regulations with: • FIG landing mats	FIG Floor regulations
Senior	Vault Strip 25m Vault Table – 125cm • FIG landing mats	FIG Bars regulations with: • FIG landing mats	FIG Beam regulations with: • FIG landing mats	FIG Floor regulations

APPARATUS RECORDING SHEETS



SECTION 8



Gymnast	Vault	Gymnast	Vault
D Score		D Score	
Deductions		Deductions	
Final Score		Final Score	

Gymnast	Vault	Gymnast	Vault
D Score		D Score	
Deductions		Deductions	
Final Score		Final Score	

Gymnast		Vault	
D Score			
Deductions			
Final Score			

Gymnast	Vault
D Score	
Deductions	
Final Score	

Gymnast		Vault	
D Score			
Deductions			
Final Score			

Gymnast		Vault	
D Score			
Deductions			
Final Score			

Gymnast _____		Vault _____	
D Score		D Score	
Deductions		Deductions	
Final Score		Final Score	



Uneven Bars Grade 4

	Tuck Swings x 2	Pullover	Cast, BHC	Cast Toeshoot DMT	
Symbols					
Value	2 x 1.00	1	0.50 & 1.00	1.00 & 1.00	
					Deductions
					E Score
					D Score
					Deductions
					E Score
					D Score
					Deductions
					E Score
					D Score



Uneven Bars Grade 5

	Glide Stoop Disengage	Pullover	Cast, BHC	Cast Squat On/Climb on	Swings x 2	Pullover	Underswing DMT		
Symbols									
Value	2 x 1.00	1	0.50 & 1.00	No Value	2 x 1.00	1	1		
								Deductions	D Score
								E Score	
								Deductions	D Score
								E Score	
								Deductions	D Score
								E Score	
								Deductions	D Score
								E Score	



Uneven Bars Grade 6									
	Glide Kip	FHC	Cast, BHC	Cast Squat On	Swings x 2	Pullover	Underswing DMT		
Symbols	L	O-	yo	q ^m	UU	φ	ℓ		
Value	1	1	0.50 & 1.00	1.00 & 0.50	2 x 1.00	1	1		
								Deductions	D Score
								E Score	
								Deductions	D Score
								E Score	
								Deductions	D Score
								E Score	
								Deductions	D Score
								E Score	



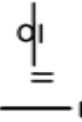
Uneven Bars Grade 7									
	Glide Kip	Cast, CBHC	CBHC	Cast Squat On	Swings x 2	Pullover	Underswing	Flyaway Tuck DMT	
Symbols									
Value	1	1.00 & 1.00	1	1.00 & 0.50	2 x 1.00	1	1	1	
									Deductions D Score
									E Score
									Deductions D Score
									E Score
									Deductions D Score
									E Score
									Deductions D Score
									E Score



Balance Beam Grade 4

	Mount	L Handstand	Kicks	Straight Jumps x 2	Pirouette 180	Body Wave	DMT_CW	
Symbols								
Value	1	1	2 x 0.50	2 x 1.00	1	0.5	1	
								Deductions D Score
								E Score
								Deductions D Score
								E Score
								Deductions D Score
								E Score
								Deductions D Score
								E Score

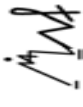
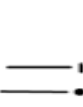


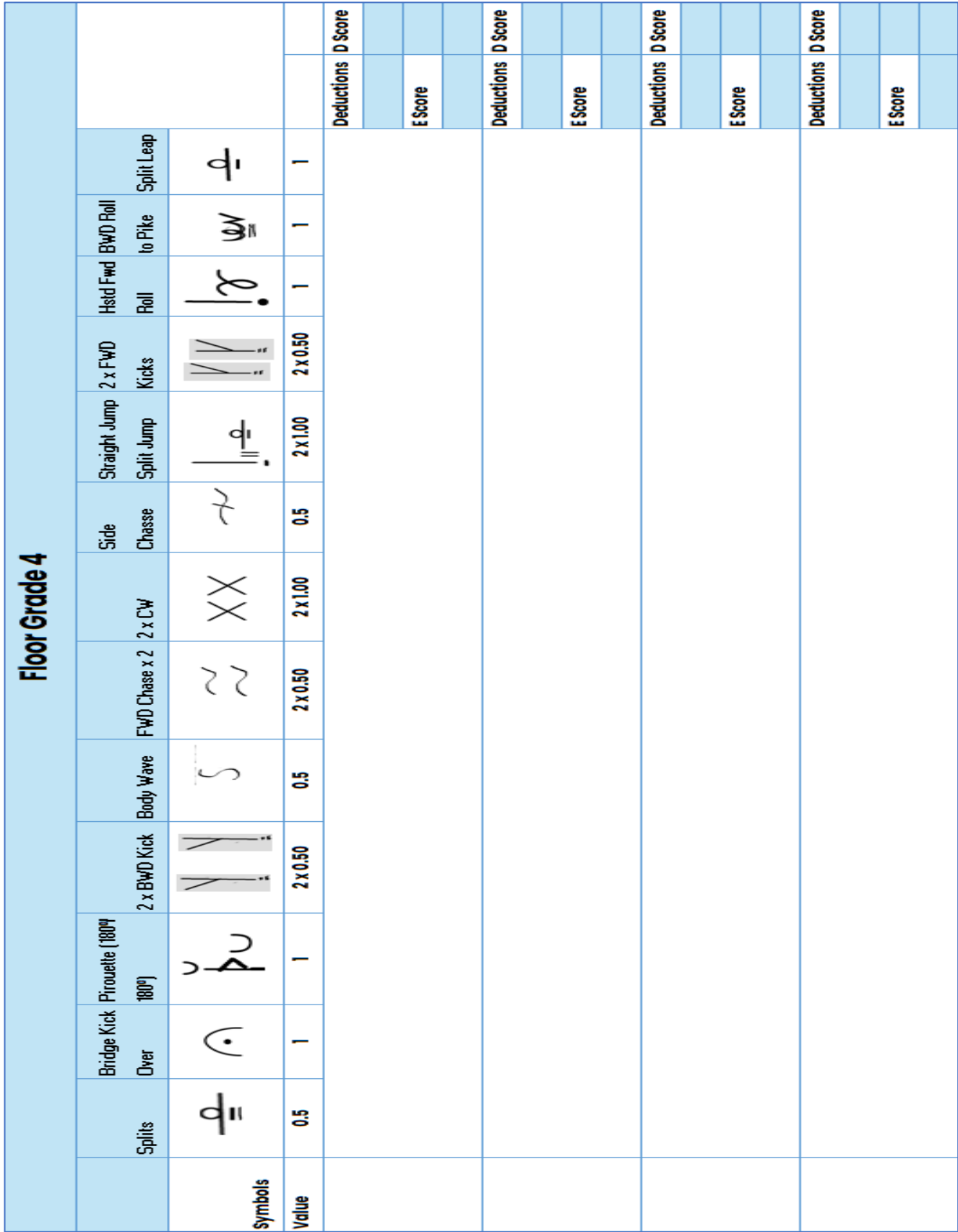
Balance Beam Grade 5									
	Mount	Cartwheel	Kicks	Straight Jumps + Split Jump (90°)	Passe Pirouette 180, Releve turn 180	Handstand	DMT - Straight Jump		
Symbols									
Value	1	1	2 x 0.50	2 x 1.00	2 x 0.50	1	1		
								Deductions	D Score
								E Score	
								Deductions	D Score
								E Score	
								Deductions	D Score
								E Score	
								Deductions	D Score
								E Score	

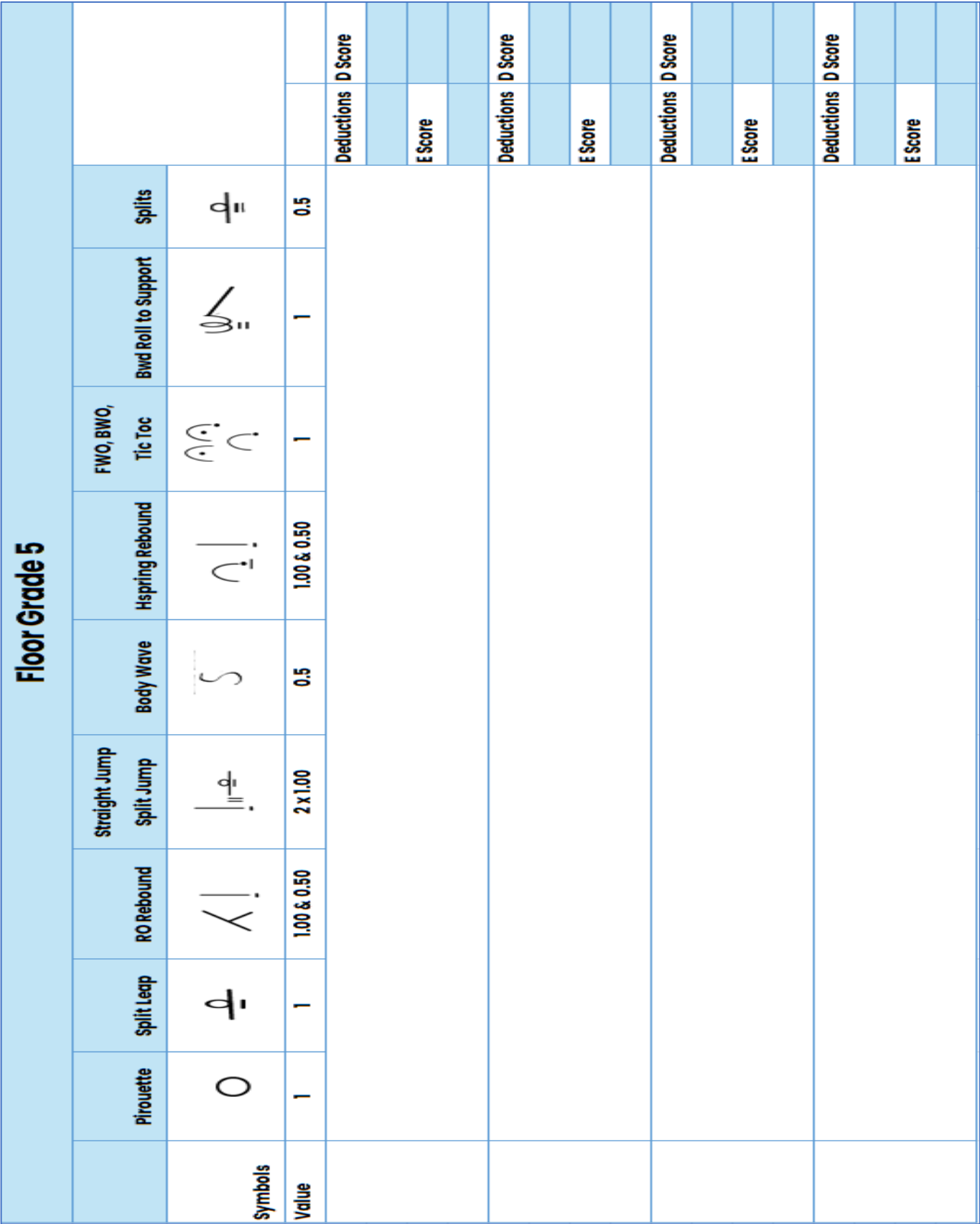


Balance Beam Grade 6									
	Mount Candle	Split Leap	Handstand (2s)	2 x Kick	Straight Jumps + Split Jump (135°)	BWO, FWO Tic Toc	360° Pirouette	CW + Straight Jump/ Fsalto	
Symbols									
Value	1	1	1	2 x 0.50	2 x 1.00	1	1	1 x 1.00	
									Deductions D Score
									E Score
									Deductions D Score
									E Score
									Deductions D Score
									E Score
									Deductions D Score
									E Score



Balance Beam Grade 7									
	Mount	360° Pirouette	Flic/BWO/TT/	Handstand + Straight Jump	Needle Kick	Split Leap	"A" Jump	Split Jump (180°) + CW + Tuck Back	
Symbols									
Value	1	1	1	2 x 1.00	0.5	1	2 x 1.00	1	
									Deductions D Score
									E Score
									Deductions D Score
									E Score
									Deductions D Score
									E Score
									Deductions D Score
									E Score







Floor Grade 7

	Bwd Roll to Hstd Salto	RO, Flic, Back Salto	Splits	Pirouette	Switch Leap, A Leap	Split Jump A Jump	FWO, BWO, Tic Toc	Hspring, Front Salto	
Symbols									
Value	1	3 X 1.00	0.5	1	2 X 1.00	2 X 1.00	1	2 X 1.00	
									Deductions D Score
									E Score
									Deductions D Score
									E Score
									Deductions D Score
									E Score
									Deductions D Score
									E Score

APPARATUS SYMBOL SHEETS



SECTION 9



2025 FIG Vault Table

GROUP I			GROUP II			GROUP III			GROUP IV			GROUP V		
1.00		1.60	Qualification: 1 vault must be performed. This vault score counts for Team & AA total											
1.01		2.00	If the gymnast has been registered in the start list to qualify for Apparatus Finals a 2nd vault must be performed											
1.02		2.60	Score of both vaults averaged = Final Score											
1.03		3.20	Team & AA Finals: 1 vault must be performed											
1.04		3.60	Apparatus Final: The 2 vaults must be from different groups											
1.05		4.00												
1.10		2.00	2.10		3.60	3.10		3.20	4.10		3.00	5.10		3.80
1.11		2.40	2.11		3.80	3.11		3.40	4.11		3.20	5.11		4.00
1.12		2.80				3.12		3.80	4.12		3.60			
			2.12		4.20	3.13		4.20	4.13		4.00	5.12		4.40
			2.13		4.60	3.14		4.60	4.14		4.40	5.13		4.80
1.20		1.60	2.20		3.80	3.20		3.40	4.20		3.20	5.20		4.00
1.21		2.40	2.21		4.00							5.21		4.20
1.22		2.60												
1.23		3.20	2.22		4.40							5.22		4.60
1.24		3.60												
1.30		3.20	2.30		4.40	3.30		3.80	4.30		3.60	5.30		4.60
1.31		3.60	2.31		4.60	3.31		4.00	4.31		3.80	5.31		4.80
			2.32		5.00	3.32		4.40	4.32		4.20	5.32		5.20
1.40		2.00	2.33		5.40	3.33		4.80	4.33		4.60	5.33		5.60
			2.34		5.80	3.34		5.20	4.34		5.00	5.34		6.00
						3.35		5.60	4.35		5.40			
1.50		2.20	2.40		4.80				4.40		3.60			
1.51		2.60	2.41		5.20				4.41		4.00			
1.52		3.00							4.42		4.20			
1.53		3.40	2.50		6.00				4.50		3.80			
1.60		2.40							4.51		4.20			
1.61		2.80							4.52		4.60			
1.62		3.20							4.53		5.00			

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	A-100	B-200	C-300	D-400	E-500
1. 01	LL				
↑ 02	UL UL	7e1			
03	LL LL	L L			
04	1/1/1/1	1/1 7e1	7e1		
05	1/1				
06	1/1	7e1 7e1	7e1	7e1	
07		7e1	1/1 7e1	7e1	
08		7e1	7e1	7e1	
09				7e1 7e1	7e1
10		7e1 7e1	7e1 7e1	7e1	
11				7e1 7e1	
2. 01	1/1 1/1	1/1 1/1 1/1	1/1	1/1	
02		1/1 1/1	1/1 1/1		
03		1/1	1/1	1/1	1/1
04	0			1/1 1/1	1/1
05	0 0.		1/1 1/1 1/1	1/1	1/1
06		1/1	1/1	1/1	1/1 1/1 1/1
07			1/1	1/1	
3. 01		1/1 1/1 1/1	1/1	1/1 1/1 1/1	
02				1/1	1/1
03				1/1 1/1 1/1	1/1 1/1 1/1
04			1/1	1/1	1/1
05			1/1 1/1 1/1	1/1 1/1 1/1	1/1 1/1 1/1
06		1/1 1/1 1/1	1/1		1/1 1/1 1/1
07			1/1	1/1	
08			1/1	1/1 1/1 1/1	1/1 1/1 1/1
09			1/1 1/1 1/1	1/1	
10			1/1 1/1	1/1	1/1 1/1

	A-100	B-200	C-300	D-400	E-500
4. 01	⊗	1/1		1/1 1/1	1/1
X 02			⊗.	1/1	1/1 1/1
03	⊗			1/1 1/1	1/1 1/1
04	⊗		1/1 1/1 1/1	1/1	1/1 1/1
05		1/1	1/1	1/1	1/1
06	⊗			1/1 1/1	1/1
07	⊗			1/1 1/1	1/1
08		1/1	1/1		1/1 1/1 1/1
5. 01	⊗		1/1 1/1 1/1		1/1 1/1
02		1/1	1/1	1/1 1/1	1/1 1/1
03			1/1	1/1	
04	1/1		1/1 1/1	1/1 1/1	
05	⊗		1/1 1/1	1/1	
06	⊗		1/1 1/1	1/1	
07		1/1	1/1		
08	⊗		1/1 1/1	1/1	1/1
09				1/1	1/1 1/1 1/1
10				1/1 1/1	1/1 1/1 1/1
6. 01	1/1 1/1	1/1 ^N	1/1 ^N 1/1 ^N	1/1 ^N 1/1 ^N	
02	1/1 1/1		1/1 ^N 1/1 ^N 1/1 ^N 1/1 ^N	1/1 ^N 1/1 ^N 1/1 ^N	1/1 ^N
03			1/1 ^N 1/1 ^N	1/1 ^N 1/1 ^N 1/1 ^N	
04	1/1 ^N	1/1 ^N 1/1 ^N 1/1 ^N 1/1 ^N	1/1 ^N 1/1 ^N	1/1 ^N	1/1 ^N
05		1/1	1/1	1/1 1/1	1/1 ^N
06				1/1	
07				1/1 ^N 1/1 ^N 1/1 ^N	1/1 ^N 1/1 ^N 1/1 ^N
08	1/1 ^N 1/1 ^N	1/1 ^N 1/1 ^N 1/1 ^N 1/1 ^N	1/1 ^N 1/1 ^N 1/1 ^N 1/1 ^N	1/1 ^N	1/1 ^N 1/1 ^N 1/1 ^N 1/1 ^N
09		1/1 1/1	1/1 1/1	1/1 1/1	1/1 ^N 1/1 ^N
10		1/1	1/1 1/1 1/1		



77	A-100	B-200	C-300	D-400	E-500
1.01					
02					
03					
04					
05					
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08					
09					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					

WAG COP 2025-2028
(July 2023)

77	A-100	B-200	C-300	D-400	E-500
2.01					
02					
03					
04					
05					
06					
07					
08					
09					
10					
11					
12					
3.01					
02					
03					
04					
05					
06					
07					
08					
4.01					
02					
03					
04					
05					
06					
07					
08					
09					
10					

77	A-100	B-200	C-300	D-400	E-500	F-600
5.01						
02						
03						
04						
05						
06						
07						
08						
09						
10						
11						
12						
13						
6.01						
02						
03						
04						
05						
06						
07						



	A-100	B-200	C-300	D-400	E-500		A-100	B-200	C-300	D-400	E-500	F-600
1. 01						3. 01						
02						= 02						
03						03						
04						04						
05						05						
06						06						
07						07						
08						4. 01						
09						02						
10						03						
11						04						
12						05						
13						5. 01						
14						02						
2. 01						03						
02						04						
03												
04												
05												
06												
07												
08												

