

National Development Plan Club Grades 2015

**British
Gymnastics**
More than a sport



GENERAL

NATIONAL DEVELOPMENT PLAN CLUB GRADES - PROGRESSION CHART (2015 onwards)

CLUB & REGIONAL GRADES		NATIONAL GRADES	
COUNTY/REGIONAL COMPETITIONS ONLY		REGIONAL QUALIFYING COMPETITION LEADING TO A NATIONAL FINAL	
GRADE	AGE [in year of competition]	GRADE	AGE [in year of competition]
6	8 years [minimum]		
5	9 years [minimum]		
4	10 years [minimum]	4	10 years [minimum]
3	11 years [minimum]	3	11 years [minimum]
2	12 years [minimum]	2	12 years [minimum]
1	13 years [minimum]	1	13 years [minimum]

- For 2015 gymnasts can enter any grade deemed appropriate by their coach regardless of which grade they have competed on the old system **except** any gymnast who has passed Club Grade 5 may only enter National 1
- From 2016 onwards gymnasts must progress in a forward, developmental manner
- Only one Grade may be taken per year. Progression should be forward and developmental.
- All Club, Regional and National Grade exercises are marked out of **14.00** (maximum) unless stated otherwise.
- To qualify for the National Grades Final, a gymnast must have passed the Grade.
- There is NO minimum score on any apparatus, including Range & Conditioning.
- Range and Conditioning will be performed at National Final.

Eligibility Table

	<i>Compulsory Elite Levels</i>	NDP National Grades	NDP Regional Grades
Min Age 8		NDP Club Grade 6	
Min Age 9	<i>Compulsory 4</i>	NDP Club Grade 5	
Min Age 10	<i>Compulsory 3</i>	National 4 <i>Not eligible:</i> <i>a pass at Compulsory 3 2 1</i>	Regional 4 <i>Not eligible:</i> <i>a pass at Compulsory 4 3 2 1</i> <i>a pass at National 4 3 2 1</i>
Min Age 11	<i>Compulsory 2</i>	National 3 <i>Not eligible:</i> <i>a pass at Compulsory 2 1</i>	Regional 3 <i>Not eligible:</i> <i>a pass at Compulsory 4 3 2 1</i> <i>a pass at National 3 2 1</i>
Min Age 12	<i>Compulsory 1</i>	National 2 <i>Not eligible:</i> <i>a pass at Compulsory 1</i>	Regional 2 <i>Not eligible:</i> <i>a pass at Compulsory 4 3 2 1</i> <i>a pass at National 2 1</i>
Min Age 13		National 1 <i>Not eligible:</i> <i>a pass at Compulsory 1</i>	Regional 1 <i>Not eligible:</i> <i>a pass at Compulsory 4 3 2 1</i> <i>a pass at National 1</i>

PASS MARKS

CLUB & REGIONAL GRADES

PASS:	47.50
COMMENDED:	52.50
DISTINCTION:	57.50

NATIONAL GRADES

PASS:	50.00
COMMENDED:	55.00
DISTINCTION:	60.00

GENERAL NOTES ON THE CLUB, REGIONAL AND NATIONAL GRADES

Current FIG Code of Points (CoP) General Faults / Penalties / Artistry deductions for Floor and Beam are to be applied when evaluating each exercise in addition to the Specific Element Penalties for faults stated in the text for each Grade on each apparatus. Wherever possible, the text will indicate at what point an element is considered not valid and will lose the Value of the Move (VM).

VAULT

VAULT – all Club, Regional and National Grades are marked out of 14.00 (unless stated otherwise)

CLUB GRADES 6 & 5 ; REGIONAL GRADES 4 - 1; NATIONAL GRADES 4 – 1:-

2 VAULTS - BEST VAULT TO COUNT

LEVEL		VAULT		APPARATUS
CLUB	GRADE 6	Run and hurdle step with 2 footed take-off from springboard to land on 2 feet on 60cm foam block – handspring flatback from block to level safety mats		60cm foam block with level safety mattresses at back of block
	GRADE 5	Handspring flatback		Safety mattresses + tumbler or firm matting [total height 100cm +/- 10cm]
REGIONAL	GRADE 4	Handspring flatback		Vault height: 120cm with level safety mattresses at back of vault
	GRADE 3	Handspring		Vault height: 120cm
	GRADE 2	Choice of	Handspring - marked out of 13.50 ½ on – ½ off Handspring full twist	Vault height: 120cm
	GRADE 1	Choice of	½ on – ½ off Handspring full twist	Vault height: 125cm
NATIONAL	GRADE 4	Handspring		Vault height: 120cm
	GRADE 3	Choice of	Handspring to stand – fall forwards to lie face down ¼ - ½ on to stand (Tsukahara prep) – fall backwards to lie on back Yurchenko prep to stand – fall backwards to lie on back	Vault height: 120cm with level safety mattresses at back of vault
	GRADE 2	Choice of	¼ - ½ on (Tsukahara prep) to flat back Yurchenko prep to flat back	Vault height: 125cm with level safety mattresses at back of vault
	GRADE 1	Choice of	Handspring full twist – marked out of 13.50 Tsukahara tucked or piked Yurchenko tucked or piked	Vault height 125cm

VAULT – CLUB GRADE 6

Run and hurdle step with 2 footed take off from springboard to land on 2 feet on 60cm foam block – handspring flatback from block to land on level safety mats. No deduction for stepping backwards to end of block in preparation for handspring flatback (hands on block – land on back on safety mats).

PHASE	EXECUTION FAULTS	PENALTIES		
TAKE OFF BOARD	Poor co-ordination of arm swing	0.10		
	Leaning forwards on the board	0.10		
	Arms already up on jump onto board		0.30	
	Rebound from 1 foot			0.50
JUMP ONTO BLOCK	Body alignment in jump	0.10		
	Lack of height in jump	0.10	0.30	0.50
	Bent legs in jump	0.10	0.30	0.50
	Legs apart in jump	0.10	0.30	
	Landing on block with feet apart	0.10		
REPULSION	Shoulder angle on contact with block	0.10	0.30	
	Bent arms	0.10	0.30	0.50
	Repulsion from hands on safety mat (and not block)			0.50
FLIGHT PHASE FROM BLOCK TO SAFETY MATS	Bent legs	0.10	0.30	0.50
	Failure to maintain straight body position	0.10	0.30	
	Insufficient height	0.10	0.30	0.50
	Insufficient length	0.10	0.30	
	Legs apart in flight phase	0.10	0.30	
LANDING ON SAFETY MATS	Landing with hands still touching the block			0.50
	Landing on mats with legs apart	0.10		
	Failure to land on flat back (landing in dish)		0.30	

VAULT – CLUB GRADE 5

Handspring flatback to safety mats + tumbler or firm matting

Total height of matting - 100cm [+/- 10cm]

PHASE	EXECUTION FAULTS	PENALTIES		
TAKE OFF BOARD	Poor co-ordination of arm swing	0.10		
	Arms already up on jump onto board	0.30		
FIRST FLIGHT	Hip angle	0.10	0.30	
	Arch	0.10	0.30	
	Bent legs	0.10	0.30	0.50
	Legs apart	0.10	0.30	
REPULSION	Shoulder angle on contact with mat	0.10	0.30	
	Bent arms	0.10	0.30	0.50
SECOND FLIGHT	Bent legs	0.10	0.30	0.50
	Failure to maintain straight body position	0.10	0.30	
	Insufficient height	0.10	0.30	0.50
	Insufficient length	0.10	0.30	
	Legs apart	0.10	0.30	
LANDING	Landing on mats with legs apart	0.10		
	Failure to land on flat back (landing in dish)	0.30		
GENERAL	Body alignment at any phase (taken only once)	0.10		

VAULT – REGIONAL GRADE 4

Handspring flatback on Vault - to land on level safety mats behind vault

Height of Vault 120cm

PHASE	EXECUTION FAULTS	PENALTIES		
TAKE OFF BOARD	Poor co-ordination of arm swing	0.10		
	Arms already up on jump onto board	0.30		
FIRST FLIGHT	Hip angle	0.10	0.30	
	Arch	0.10	0.30	
	Bent legs	0.10	0.30	0.50
	Legs apart	0.10	0.30	
REPULSION	Shoulder angle on contact with vault	0.10	0.30	
	Bent arms	0.10	0.30	0.50
SECOND FLIGHT	Bent legs	0.10	0.30	0.50
	Failure to maintain straight body position	0.10	0.30	
	Insufficient height	0.10	0.30	0.50
	Insufficient length	0.10	0.30	
	Legs apart	0.10	0.30	
LANDING	Landing with hands still touching the vault	0.50		
	Landing on mats with legs apart	0.10		
	Failure to land on flat back (landing in dish)	0.30		
GENERAL	Body alignment at any phase (taken only once)	0.10		

VAULT – REGIONAL GRADE 3

Handspring

Height of Vault 120cm

Current FIG Code of Point penalties apply

VAULT – REGIONAL GRADE 2

Choice of the following 3 vaults:-

Handspring full twist Marked out of 14.00

½ on ½ off Marked out of 14.00

Handspring Marked out of 13.50

Height of Vault 120cm

Current FIG Code of Point penalties apply

VAULT – REGIONAL GRADE 1

Choice of the following 2 vaults:-

Handspring full twist

½ on ½ off

Height of Vault 125cm

Current FIG Code of Point penalties apply

VAULT – NATIONAL GRADE 4

Handspring

Height of Vault 120cm

Current FIG Code of Point penalties apply

VAULT – NATIONAL GRADE 3

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

Choice of the following 3 vaults:-

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

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

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

VAULT 1

PHASE	EXECUTION FAULTS	PENALTIES		
FIRST FLIGHT	Hip angle	0.10	0.30	
	Arch	0.10	0.30	
	Bent legs	0.10	0.30	0.50
	Legs apart	0.10	0.30	
REPULSION	Staggered / alternate hand placement on vault	0.10		
	Shoulder angle on contact with vault	0.10	0.30	
	Bent arms	0.10	0.30	0.50
SECOND FLIGHT	Bent legs	0.10	0.30	0.50
	Failure to maintain straight body position	0.10	0.30	
	Insufficient height	0.10	0.30	0.50
	Insufficient length	0.10	0.30	
	Legs apart	0.10	0.30	
LANDING	Landing with feet / legs touching the vault			0.50
	Landing on mats with feet / legs apart	0.10	0.30	
	Landing in squat	0.10	0.30	0.50
	Failure to maintain correct body position during fall	0.10	0.30	
	Steps backwards on landing (under rotation) – without a fall	0.10	0.30 (max 0.80)	
	Under rotation – with a fall		0.30 (+1.00 fall)	
GENERAL	Body alignment at any phase (taken only once)	0.10		

VAULT – NATIONAL GRADE 3

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

VAULT 2 & VAULT 3

PHASE	EXECUTION FAULTS	PENALTIES		
FIRST FLIGHT	Hip angle	0.10	0.30	
	Arch	0.10	0.30	
	Bent legs	0.10	0.30	0.50
	Legs apart	0.10	0.30	
REPULSION	Failure to pass through the vertical	0.10		
	Shoulder angle on contact with vault	0.10	0.30	
	Bent arms	0.10	0.30	0.50
SECOND FLIGHT	Excessive snap	0.10	0.30	
	Bent legs	0.10	0.30	0.50
	Failure to maintain straight body position	0.10	0.30	
	Insufficient height	0.10	0.30	0.50
	Insufficient length	0.10	0.30	
	Legs apart	0.10	0.30	
LANDING	Landing with feet / legs touching the vault			0.50
	Landing on mats with feet / legs apart	0.10	0.30	
	Failure to maintain correct body position during fall	0.10	0.30	
	Steps forwards on landing (under rotation) – without a fall	0.10	0.30 (max 0.80)	
	Under rotation – with a fall		0.30 (+1.00 fall)	
	Landing in squat	0.10	0.30	0.50
	Landing on the table (before falling backwards)			0.50
	Feet not touching mat before landing on back			0.50

VAULT – NATIONAL GRADE 2

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

Choice of the following 2 vaults:-

Vault 1 - $\frac{1}{4}$ - $\frac{1}{2}$ on (Tsukahara prep) to flat back

Vault 2 - Yurchenko prep to flat back

PHASE	EXECUTION FAULTS	PENALTIES		
FIRST FLIGHT	Hip angle	0.10	0.30	
	Arch	0.10	0.30	
	Bent legs	0.10	0.30	0.50
	Legs apart	0.10	0.30	
REPULSION	Failure to pass through the vertical	0.10		
	Shoulder angle on contact with vault	0.10	0.30	
	Bent arms	0.10	0.30	0.50
SECOND FLIGHT	Bent legs	0.10	0.30	0.50
	Failure to maintain straight body position	0.10	0.30	
	Insufficient height	0.10	0.30	0.50
	Insufficient length	0.10	0.30	
	Legs apart	0.10	0.30	
LANDING	Landing with feet / legs touching the vault			0.50
	Landing on mats with feet / legs apart	0.10	0.30	
	Failure to land on flat back (landing on feet then falling to back)			1.00
GENERAL	Body alignment at any phase (taken only once)	0.10		

VAULT – NATIONAL GRADE 1

Choice of the following 5 vaults:-

Tsukahara tucked Marked out of 14.00

Tsukahara piked Marked out of 14.00

Yurchenko tucked Marked out of 14.00

Yurchenko piked Marked out of 14.00

Handspring full twist Marked out of 13.50

Height of Vault 125cm

Current FIG Code of Point penalties apply

BARS

BARS – CLUB, REGIONAL & NATIONAL GRADES

CLUB GRADES 6 & 5	SINGLE HIGH BAR OR TOP BAR OF UNEVEN BARS
REGIONAL GRADES 4 - 1	UNEVEN BARS
NATIONAL GRADE 4	SINGLE STRAP BAR – HEIGHT 250CM
NATIONAL GRADES 3 - 1	UNEVEN BARS

ALL Grades are marked out of 14.00 (unless otherwise stated)

CASTS (including casts to handstand)

All casts may be performed with legs together or straddled (**unless otherwise stated**)

ADDITIONAL ELEMENTS

Additional upstarts / casts / giants etc. may be performed but will incur execution penalties as FIG CoP

NON ATTEMPT of an element

Deduction **2.00** (taken as a **NEUTRAL DEDUCTION**) + Value of Move [VM] (taken from the **D SCORE**)

INCOMPLETE / FAILED ATTEMPT of an element

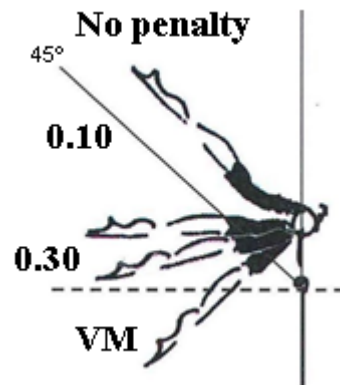
The VM penalty is taken from the **D SCORE**; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.

DIAGRAMS

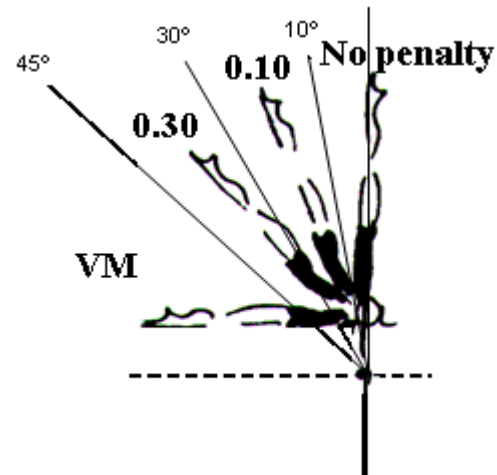
See Pages 20 and 23 for swings/casts/close bar circle penalties. Penalty diagrams have also been included on the appropriate pages.

NATIONAL & REGIONAL GRADES – UNEVEN BARS - DIAGRAMS AND PENALTIES

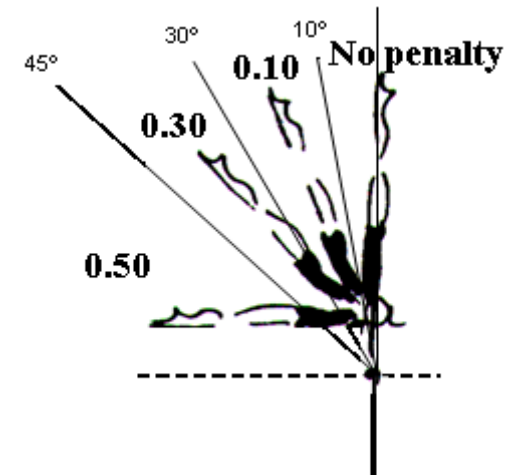
National Grade 4
Cast to 45° or above



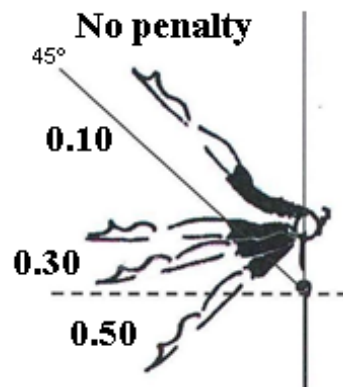
National Grades 3, 2 & 1
Cast to handstand



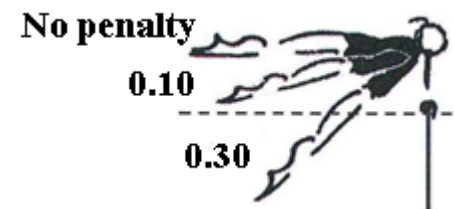
National Grade 1
Close bar circle to handstand



National Grade 2 & Regional Grade 1
Clear circle / close bar circle
to 45° or above



Regional Grades 3, 2 & 1
Cast to horizontal



BARS – CLUB GRADE 6

Single high bar or high bar of Uneven Bars

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Assisted by Coach - Jump to catch the bar in reverse grip Show straight hang position with good body shape	0.00	Lack of body extension in jump and hang	0.10 0.30
Reverse chin up (chin over the bar) Lower to straight hang in control	0.50	Failure to make 90° elbow angle Forehead not at the height of bar Chin level with bar Chin resting on bar Poor technique (arch to initiate a swing) Lowering out of control	Non-attempt VM 0.30 0.30 0.10 0.30 0.10 0.30
Half turn to regular grip by releasing one hand to side of body to execute turn and re-grasp bar	0.50	Failure to execute turn and re-grasp bar Deviation from straight body shape (body alignment)	VM 0.10
Leg lift with straight legs (feet to touch bar) Lower to straight hang in control	0.50	Failure to lift legs to horizontal Failure to lift feet to 45° from vertical Failure to touch bar with feet Shoulder angle and head back (body alignment)	Non-attempt VM 0.10 0.10
Leg lift with straight legs (feet to touch bar) Lower to straight hang in control	0.50	Lack of control in lowering legs Failure to finish in straight hang (finishing in dish)	0.10 0.30 0.10
Chin up and circle over the bar to finish in front support (NO deduction for pausing / stopping in front support)	0.50	Failure to circle over to front support Chin not level with or above bar before circle over Chin resting on bar before circle over Poor technique in circle over [use of leg swing to initiate circle] Not completing front support position before roll forwards	VM 0.10 0.30 0.10 0.30 0.30
Roll forward to chin up position, lower to straight hang	0.50	Chin resting on bar before lowering Lowering out of control	0.30 0.10 0.30
Dish/arch (fish) swings in preparation for the tap in the backward giant (not intended to be full swings) - 5 swings maximum (best 3 consecutive swings to be judged) Dismount - release bar at end of back swing to land	0.50	Failure to show 3 consecutive dish/arch shapes Lack of co-ordination in fish swings Hang and stop before releasing to dismount (not releasing at end of back swing)	VM 0.10 0.30 0.30

BARS – CLUB GRADE 5

Single high bar or high bar of Uneven Bars

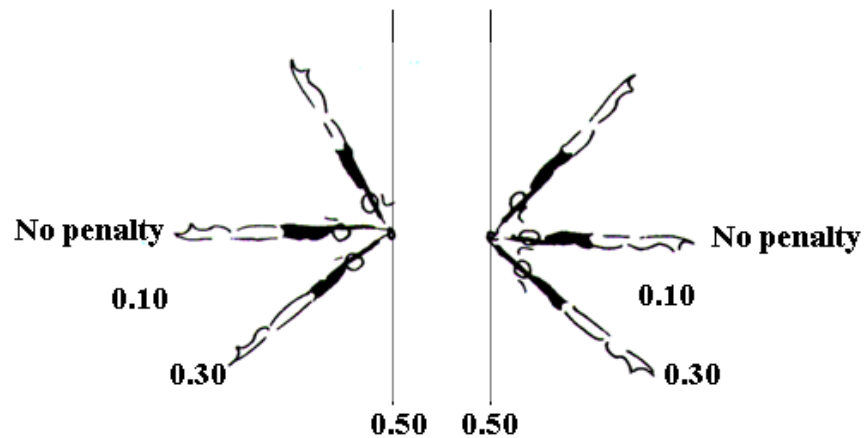
DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Assisted by Coach - Jump to catch the bar in reverse grip Show straight hang position with good body shape	0.00	Lack of body extension in jump and hang	0.10 0.30
Reverse chin up (chin over the bar) Lower to straight hang in control	0.50	Failure to make 90° elbow angle Forehead not at the height of bar Chin level with bar Chin resting on bar Poor technique (arch to initiate a swing) Lowering out of control	Non-attempt VM 0.30 0.30 0.10 0.30 0.10 0.30
Half turn to regular grip by releasing one hand to side of body to execute turn and re-grasp bar	0.50	Failure to execute turn and re-grasp bar Deviation from straight body shape (body alignment)	VM 0.10
Leg lift with straight legs (feet to touch bar) Lower to straight hang in control	0.50	Failure to lift legs to horizontal Failure to lift feet to 45° from vertical Failure to touch bar with feet Shoulder angle and head back (body alignment) Lack of control in lowering legs Failure to finish in straight hang (finishing in dish)	Non-attempt VM 0.10 0.10 0.10 0.30 0.10
Chin up and circle over the bar to finish in front support (NO deduction for stopping in front support)	0.50	Failure to circle over to front support Chin not level with or above bar before circle over Chin resting on bar before circle over Poor technique in circle over (use of leg swing to initiate circle) Not completing front support position before roll forwards	VM 0.10 0.30 0.10 0.30 0.30
Roll forward to chin up position, lower to straight hang	0.50	Chin resting on bar before lowering Lowering out of control	0.30 0.10 0.30
Trolley swing	0.00	Body alignment Bent legs	0.10 0.10 0.30 0.50
Swing forward and backward	0.50	Swing penalties	see diagrams
Swing forward and backward	0.50	Body alignment at any phase	0.10

Swing forward and circle over bar to front support (NO composition deduction for empty swing after circle over)	0.50	Attempt to circle over, fall back same way or fall off Late wrist movement around bar (shoulders not lifting) Lack of control in circle over	1.00 (Fall) + VM 0.30 0.10 0.30
Dismount - cast into straddle on and undershoot (NO height of cast penalties into element)	0.50	Failure of feet to touch bar Element penalties	VM As CoP

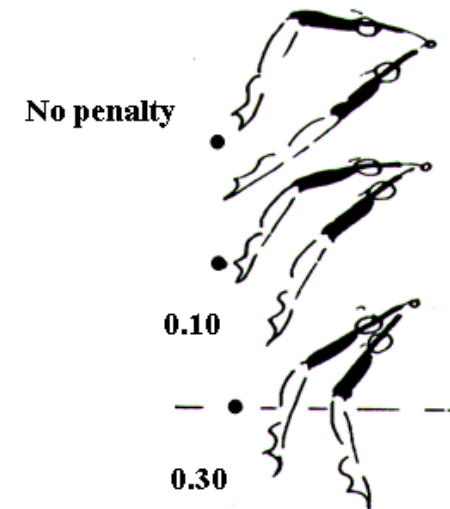
CLUB GRADES – UNEVEN BARS - DIAGRAMS AND PENALTIES

Club Grade 5

Swing penalties



Back swing penalties



BARS – REGIONAL GRADE 4

Uneven Bars – if using the springboard, the gymnast must use the Yurchenko springboard surround around the board (for safety)

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Jump from floor / springboard to catch LB, swing forward and backward with legs together (jump into float upstart swing)	0.50	Insufficient height of hips in jump to catch LB Feet apart in swings Legs straddled in swings Insufficient extension in hip angle at end of forward swing Insufficient height of hips at end of back swing	0.10 0.30 0.10 0.30 0.10 0.10
Remaining on LB, swing forward and backward with legs together a 2 nd time (float upstart swing) Dismount at end of this back swing and land on floor / springboard (gymnast may now step forwards or backwards if necessary, to reach bar)	0.50	Feet apart in swings Legs straddled in swings Insufficient extension in hip angle at end of forward swing Lack of dish shape at the back of the swing	0.10 0.30 0.10 0.10 0.30
Upward circle to front support (NO composition deduction for empty swing after circle over)	0.50	Failure to complete circle	VM
Squat or stoop on (NO height of cast deduction into element)	0.50	Squat on one foot before the other Sole circle performed	0.30 VM
Jump to catch HB (NO composition deduction for jump to HB)	0.50	Failure to jump to HB (includes following a fall) Failure to catch the HB Lack of control in jump to HB	Non-attempt 1.00 (fall) + VM 0.10 0.30
Swing forward and circle over bar to front support (NO composition deduction for empty swing after circle over)	0.50	Attempt to circle over, fall back same way or fall off Late wrist movement around bar (shoulders not lifting) Lack of control in circle over Lack of hang shape in the tap swing	1.00 (fall) + VM 0.30 0.10 0.30 0.10 0.30
Dismount - cast into straddle or stoop on and undershoot (NO height of cast deduction into element)	0.50	Failure of feet to touch bar Element penalties	VM As CoP

BARS – REGIONAL GRADE 3

Uneven Bars

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount - Float upstart (legs together or straddled)	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to horizontal with legs together and Back hip circle (NO composition deduction for empty swing after back hip circle)	0.50	Cast penalties Cast with legs apart or straddled Failure to circle the bar Going round twice Element penalties (back hip circle)	See diagram 0.10 0.30 VM 0.50 As CoP
Squat or stoop on (NO height of cast deduction into element)	0.50	Squat on one foot before the other Sole circle performed	0.30 VM
Jump to catch HB (NO composition deduction for jump to HB)	0.50	Failure to jump to HB (includes following a fall) Failure to catch the HB Lack of control in jump to HB	Non-attempt 1.00 (fall) + VM 0.10 0.30
Long upstart	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to horizontal with legs together and Baby giant (NO composition deduction for empty swing after circle over)	0.50	Cast penalties Cast with legs apart or straddled Attempt to circle over, fall back same way or fall off Late wrist movement around bar (shoulders not lifting) Lack of control in circle over Lack of hang shape in the tap swing	See diagram 0.10 0.30 1.00 (fall) + VM 0.30 0.10 0.30 0.10 0.30
Dismount - cast into straddle or stoop on and undershoot with ½ turn (NO height of cast deduction into element)	0.50	Failure of feet to touch bar Failure to complete ½ turn Element penalties	VM VM As CoP

Cast to horizontal penalties

No penalty



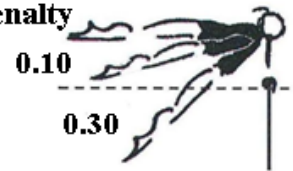
BARS – REGIONAL GRADE 2

Uneven Bars

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount - Float upstart (legs together or straddled)	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to horizontal with legs together and Layaway upstart (legs together or straddled)	0.50	Cast penalties Cast with legs apart or straddled Failure to complete upstart Element penalties (upstart)	See diagram 0.10 0.30 1.00 (fall) + VM As CoP
Cast to horizontal with legs together and Back hip circle (NO composition deduction for empty swing after back hip circle)	0.50	Cast penalties Cast with legs apart or straddled Failure to circle the bar Going round twice Element penalties (back hip circle)	See diagram 0.10 0.30 VM 0.50 As CoP
Squat or stoop on (NO height of cast deduction into element)	0.50	Squat on one foot before the other Sole circle performed	0.30 VM
Jump to catch HB (NO composition deduction for jump to HB)	0.50	Failure to jump to HB (includes following a fall) Failure to catch the HB Lack of control in jump to HB	Non-attempt 1.00 (fall) + VM 0.10 0.30
Long upstart	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Dismount – any ‘A’ coded dismount	0.50	Dismount higher value than ‘A’ Element penalties including cast penalties	VM (+ CoP penalties) As CoP

Cast to horizontal penalties

No penalty

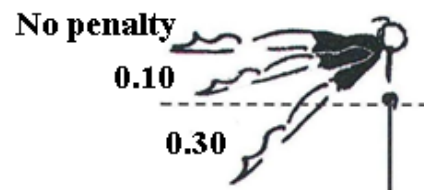


BARS – REGIONAL GRADE 1

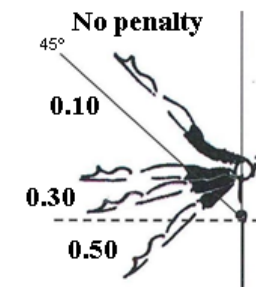
Uneven Bars

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount - Float upstart (legs together or straddled)	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to horizontal with legs together and Clear circle to 45° or above	0.50	Cast penalties Cast with legs apart or straddled Clear circle penalties Back hip circle	See diagram 0.10 0.30 See diagram VM
Upstart (legs together or straddled) – OPTIONAL – i.e. gymnast may go straight from clear circle into sole circle	0.00	Failure to complete upstart Element penalties	1.00 (fall) As CoP
Squat/stoop/step on and sole circle (NO height of cast deduction into element)	0.50	Squat/stoop/step on and no sole circle (i.e. jump straight to HB) Going round twice Going round more than twice Bent leg penalties	Non-attempt 0.50 1.00 (count as fall) As CoP
Jump to catch HB (NO composition deduction for jump to HB)	0.50	Failure to jump to HB (includes following a fall) Failure to catch the HB Lack of control in jump to HB	Non-attempt 1.00 (fall) + VM 0.10 0.30
Long upstart	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Dismount – any 'A' coded dismount	0.50	Dismount higher value than 'A' Element penalties including cast penalties	VM (+ CoP penalties) As CoP

Cast to horizontal penalties



Clear circle to 45° penalties

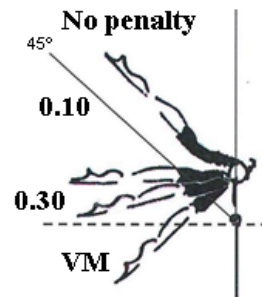


BARS – NATIONAL GRADE 4

APPARATUS Single strap bar (gloves and loops)

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
From long hang, in regular grip, trolley swing	0.00	Body alignment Bent legs	0.10 0.10 0.30 0.50
Long upstart	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to 45° or above	0.50	Cast penalties Cast over the top	See diagram 1.00 (fall)
Backward giant circle through handstand x 3	0.50	Failure to complete any giant circle	0.50 (each time)
Coach to stop gymnast after 3 complete giant circles	0.50	Piked downswing Head out (chin up)	0.10 0.30 (each giant) 0.10 0.30 (each giant)
		Slight arch in last ¼ of giant circle (body alignment)	0.10 (each giant)
	0.50	Excessive arch in last ¼ of giant circle Lack of hang shape in the tap swing Forward giant	0.30 (each giant) 0.10 0.30 (each giant) 0.50 (each time)

Cast to 45° penalties

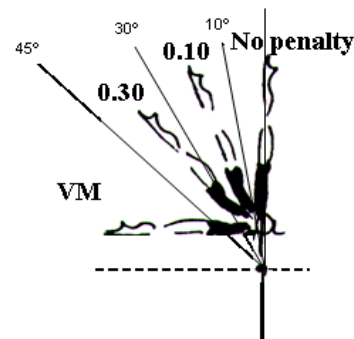


BARS – NATIONAL GRADE 3

APPARATUS Uneven Bars

DESCRIPTION		VALUE	EXECUTION FAULTS	PENALTIES
Mount - Float upstart (legs together or straddled)		0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Squat or stoop on (NO height of cast deduction into element)		0.50	Squat on one foot before the other Sole circle performed	0.30 VM
Jump to catch HB (NO composition deduction for jump to HB)		0.50	Failure to jump to HB (includes following a fall) Failure to catch the HB Lack of control in jump to HB	Non-attempt 1.00 (fall) + VM 0.10 0.30
Long upstart		0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to handstand		0.50	Cast penalties	See diagram
Giant circle backwards to handstand (legs together or straddled on downswing)		0.50	Failure to complete circle (within 10°) Slight arch in last ¼ of giant circle (body alignment)	1.00 (fall) + VM 0.10
Giant circle backwards to handstand (legs together or straddled on downswing)		0.50	Excessive arch in last ¼ of giant circle	0.30
Dismount - Choice of	Straddle / stoop / step on and undershoot	0.50	Failure of feet to touch bar Element penalties including cast penalties	VM As CoP
	Straight backaway		Distinct tuck or pike in backaway Element penalties	VM As CoP

Cast to handstand penalties

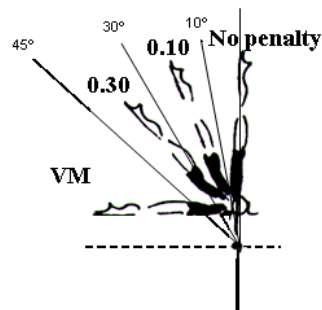


BARS – NATIONAL GRADE 2

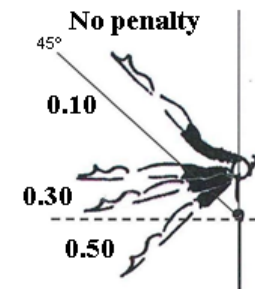
APPARATUS Uneven Bars

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount – Float upstart (legs together or straddled)	0.50	Failure to complete upstart Element penalties	1.00 (Fall) + VM As CoP
Cast to handstand	0.50	Cast penalties	See diagram
Close bar circle to 45° or above	0.50	Close bar circle penalties Back hip circle (instead of clear circle)	See diagram VM
Upstart (legs together or straddled)	0.50	Failure to complete upstart Element penalties	1.00 (Fall) + VM As CoP
Squat or stoop on (NO height of cast deduction into element)	0.50	Squat on one foot before the other Sole circle performed	0.30 VM
Jump to catch HB (NO composition deduction for jump to HB)	0.50	Failure to jump to HB (includes following a fall) Failure to catch the HB Lack of control in jump to HB	Non-attempt 1.00 (Fall) + VM 0.10 0.30
Long upstart	0.50	Failure to complete upstart Element penalties	1.00 (Fall) + VM As CoP
Cast to handstand	0.50	Cast penalties	See diagram
Giant circle backwards to handstand (legs together or straddled on downswing)	0.50	Failure to complete circle (within 10°) Slight arch in last ¼ of giant circle (body alignment)	1.00 (Fall) + VM 0.10
Giant circle backwards to handstand (legs together or straddled on downswing)	0.50	Excessive arch in last ¼ of giant circle	0.30
Dismount – any ‘A’ coded dismount	0.50	Dismount higher value than ‘A’ Element penalties including cast penalties	VM (+ CoP penalties) As CoP

Cast to handstand penalties



Close bar circle to 45° penalties

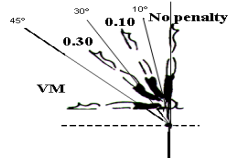


BARS – NATIONAL GRADE 1

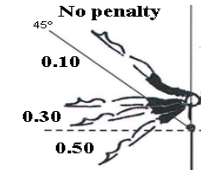
APPARATUS Uneven Bars

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount - Float upstart (legs together or straddled)	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to handstand	0.50	Cast penalties	See diagram
Close bar circle to handstand	0.50	Close bar circle penalties Failure to complete circle (within 10°)	See diagram 1.00 (fall) + VM
Squat/stoop/step on and sole circle (If performed from an upstart – Cast penalties will be applied as CoP)	0.50	Squat/stoop/step on and no sole circle (i.e. jump straight to HB) Going round twice Going round more than twice Bent leg penalties	Non-attempt 0.50 1.00 (count as fall) As CoP
Jump to catch HB (NO composition deduction for jump to HB)	0.50	Failure to jump to HB (includes following a fall) Failure to catch the HB Lack of control in jump to HB	Non-attempt 1.00 (fall) + VM 0.10 0.30
Long upstart	0.50	Failure to complete upstart Element penalties	1.00 (fall) + VM As CoP
Cast to handstand	0.50	Cast penalties	See diagram
Close bar circle to handstand (must be different to the close bar element on LB)	0.50	Close bar circle penalties Failure to complete circle (within 10°) Same close bar circle performed here as on LB	See diagram 1.00 (fall) + VM VM (+ CoP penalties)
Giant circle backwards to handstand (legs together or straddled on downswing) – THIS GIANT CIRCLE MAY BE PERFORMED BEFORE OR AFTER THE CLOSE BAR CIRCLE	0.50	Failure to complete circle (within 10°) Slight arch in last ¼ of giant circle (body alignment) Excessive arch in last ¼ of giant circle	1.00 (fall) + VM 0.10 0.30
Giant circle backwards to handstand (legs together or straddled on downswing)	0.50		
Dismount – any 'A' coded dismount	0.50	Dismount higher value than 'A' Element penalties including cast penalties	VM (+ CoP penalties) As CoP

Cast to handstand penalties



Close bar circle to handstand penalties



BEAM

BEAM – CLUB, REGIONAL & NATIONAL GRADES

ALL Grades are marked out of 14.00

BEAM HEIGHT for all grades: 125cm

Club Grade 6 – must have safety mattresses of uniform thickness (20cm or 30cm) under the complete length of the beam on top of the standard matting

LENGTH of EXERCISE

1 minute 30 seconds maximum

SET ELEMENTS within a voluntary exercise

Elements may be performed in any order except in series which must be in stated order

ADDITIONAL ELEMENTS

May be performed but will incur execution penalties as FIG CoP

SPINS

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

NON ATTEMPT of an element

Deduction **2.00** (taken as a **NEUTRAL DEDUCTION**) + Value of Move [VM] (taken from the **D SCORE**)

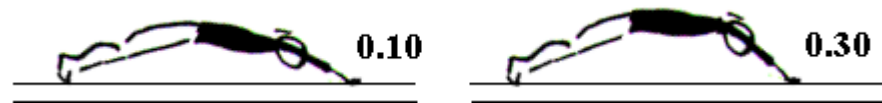
INCOMPLETE / FAILED ATTEMPT of an element

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

BEAM – CLUB GRADE 6

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount (from standing on crash mat – i.e. no springboard) Jump to front support – lift one leg over beam to cross sit Place hands on beam and press to straddle ½ level HOLD for 2 seconds Gymnast may sit down at this point if required Place hands on beam and swing legs backwards to squat feet onto beam (may be performed to soles of feet or top of feet without penalty)	0.50	Bent arms in front support (after mounting)	0.10
		Brushing foot on beam lifting leg over beam	0.10
		Hitting foot / leg on beam lifting leg over beam	0.30
	0.50	Not held for 2 seconds	VM
		Feet held below horizontal	0.10
		Feet held lower than level of beam	0.30
		Head not lifted	0.10
	0.50	Failure of feet to land on beam	VM
Stretched jump from two feet to land on two feet	0.50	Element penalties	As CoP
Relevé and ½ turn on two feet	0.50	Turn not completed	VM
Caterpillar (from pike stand and with feet remaining in place, walk hands out to open shoulder front support (dished shape) - HOLD for 2 seconds . With hands remaining in place - walk feet back in to pike stand). Keep legs straight throughout	0.50	Dish shape not held for 2 seconds	VM
		Dish shape not low enough	see diagram
		Bent legs at any stage	0.10 0.30 0.50
		Pike position not shown at beginning of element	0.10
		Pike position not shown at end of element	0.10
Balance stand (arabesque) on one flat foot with free leg held behind (minimum 90°) straight legs throughout. HOLD for 2 seconds	0.50	Not held for 2 seconds	VM
		Back leg held between 45 - 90°	0.10
		Back leg held at 45°	0.30
		Back leg held below 45°	VM
Dismount - From centre of beam, run and hurdle step to take off from two feet into stretched jump to dismount	0.50	Take off from one foot	VM
		Insufficient height in jump	0.10 0.30
		Body alignment in jump	0.10
		Not starting from the centre of beam	0.10
		Not running along beam	0.10

Diagram - Club Grade 6 – Caterpillar penalties



BEAM – REGIONAL GRADE 4

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount – jump to clear straddle support (legs at horizontal or above) at side of beam and HOLD for 2 seconds	0.50	Not held for 2 seconds Feet held below horizontal but above level of beam Feet held below level of beam Brushing foot / feet on beam during straddle over Hitting foot / feet on beam during straddle over	VM 0.10 0.30 0.10 0.30
Sissone	0.50	Element penalties Landing on two feet	As CoP VM
Handstand (along beam) – optional leg position. SHOW handstand	0.50	Handstand position not shown Element penalties	0.30 As CoP
Dance series - tuck jump into wolf (W) jump	0.50	Element penalties Series break (elements not connected)	As CoP 0.50
	0.50	Elements performed in incorrect order Element missing (includes following a fall)	0.30 Non-attempt of 2 nd element
Free forward roll to stand	0.50	Element penalties Hands touching beam (forward roll)	As CoP VM
Full spin on one foot	0.50	Element penalties	As CoP
Dismount - tucked front salto from two feet	0.50	Element penalties Take off from one foot Salto not tucked	As CoP VM VM

BEAM – REGIONAL GRADE 3

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount – jump to Japana (no straddle over first). Take hands off beam and HOLD for 2 seconds	0.50	Not held for 2 seconds with hands off beam Torso not close to or touching beam in Japana position Lack of flexibility	VM 0.10 0.30 0.10 0.30
Split leap	0.50	Element penalties	As CoP
Cartwheel ¼ turn inwards (may connect to dismount)	0.50	Element penalties No ¼ turn inwards	As CoP 0.30
Full spin on one foot	0.50	Element penalties	As CoP
Dance series – split jump from two feet to land on two feet into wolf (W) jump	0.50	Element penalties Landing split jump on one foot	As CoP 0.30
	0.50	Series break (elements not connected) Elements performed in incorrect order Element missing (includes following a fall)	0.50 0.30 Non-attempt of 2 nd element
Handstand (along beam) – optional leg position. HOLD for 2 seconds	0.50	Handstand position not held for 2 seconds Element penalties	VM As CoP
Dismount – tucked back salto (may be connected to cartwheel ¼ inward turn)	0.50	Element penalties Salto not tucked	As CoP VM

BEAM – REGIONAL GRADE 2

DESCRIPTION		VALUE	EXECUTION FAULTS	PENALTIES
Mount - any 'A' coded mount		0.50	Element penalties Mount higher value than 'A'	As CoP VM (+ CoP penalties)
Dance series: split leap into wolf (W) jump		0.50	Element penalties Series break (elements not connected)	As CoP 0.50
		0.50	Elements performed in incorrect order Element missing (includes following a fall)	0.30 Non-attempt of 2 nd element
Choice of -	backward walkover	0.50	Element penalties	As CoP
	backward roll		Backward roll landing on knee(s)	0.30
Full spin on one foot		0.50	Element penalties	As CoP
Stretched jump with ½ turn (optional:- side-side or cross-cross beam)		0.50	Element penalties	As CoP
Mixed series - choice of – cartwheel sissone OR sissone cartwheel		0.50 + 0.50	Element penalties Series break (elements not connected) Element missing (includes following a fall)	As CoP 0.50 Non-attempt of 2 nd element
Dismount - piked front salto from two feet		0.50	Element penalties Take off from one foot Salto not piked	As CoP VM VM

BEAM – REGIONAL GRADE 1

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount - any coded mount	0.50	Element penalties	As CoP
Dance series: MAY BE PERFORMED IN ANY ORDER change leg split leap connected to any 'A' coded leap/jump/hop	0.50	Element penalties Series break (elements not connected)	As CoP 0.50
	0.50	Element missing (includes following a fall) Leap/jump/hop higher value than 'A'	Non-attempt of 2 nd element VM (+ CoP penalties)
'B' coded flight element (not mount or dismount)	0.50	Element penalties	As CoP
Full spin on one foot	0.50	Element penalties	As CoP
'B' coded jump or leap with ½ turn (not mount)	0.50	Element penalties	As CoP
Cartwheel to side handstand and SHOW position with legs together. Optional exit	0.50	Position not shown	0.30
		Feet apart Legs apart	0.10 0.30
Dismount – cartwheel connected to tucked back salto	0.50	Element penalties Salto not tucked Series break (elements not connected)	As CoP VM 0.50
	0.50	Salto missing (includes following a fall) If fall occurs between elements and 1 st element is repeated in order to compete dismount series If fall occurs between elements and just salto competed	Non-attempt of salto 1.00 (fall) 1.00 (fall) + 0.50 (series break)

BEAM – NATIONAL GRADE 4

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount – jump to clear straddle support and HOLD for 2 seconds	0.50	Not held for 2 seconds Feet held below horizontal but above level of beam Feet held below level of beam Brushing foot / feet on beam during straddle over Hitting foot / feet on beam during straddle over	VM 0.10 0.30 0.10 0.30
Lift to Japana, take hands off beam and HOLD for 2 seconds	0.50	Japana not held for 2 seconds with hands off beam Torso not close to or touching beam in Japana position Lack of flexibility in Japana	VM 0.10 0.30 0.10 0.30
Dance series: split jump into sissone	0.50 0.50	Element penalties Series break (elements not connected) Elements performed in incorrect order Element missing (includes following a fall)	As CoP 0.50 0.30 Non-attempt of 2 nd element
Backward walkover	0.50	Element penalties	As CoP
Stretched jump with ½ turn (optional:- side-side or cross-cross beam)	0.50	Element penalties	As CoP
Cartwheel ¼ turn inwards	0.50	Element penalties No ¼ turn inwards	As CoP 0.30
Full spin on one foot	0.50	Element penalties	As CoP
Dismount - tucked front salto from two feet	0.50	Element penalties Take off from one foot Salto not tucked	As CoP VM VM

BEAM – NATIONAL GRADE 3

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount – stand with back to beam and jump to pike hold (90° hip angle). SHOW position. Lift to Russian lever with legs together and HOLD for 2 seconds. Gymnast may sit down on the beam without penalty before lifting to Russian lever	0.50	Pike hold not shown Russian lever not held for 2 seconds Insufficient pike position in Russian lever Legs apart/straddled in Russian lever	0.30 VM 0.10 0.30 0.10 0.30
Dance series: MAY BE PERFORMED IN ANY ORDER split leap connected to sissone	0.50	Element penalties Series break (elements not connected)	As CoP 0.50
	0.50	Element missing (includes following a fall)	Non-attempt of 2 nd element
Round off	0.50	Element penalties	As CoP
Straddle jump	0.50	Element penalties	As CoP
Forward walkover	0.50	Element penalties	As CoP
Full spin on one foot	0.50	Element penalties	As CoP
Flic to one foot	0.50	Element penalties	As CoP
Dismount – cartwheel connected to tucked back salto	0.50	Element penalties Salto not tucked Series break (elements not connected) Salto missing (includes following a fall)	As CoP VM 0.50 Non-attempt of salto
	0.50	If fall occurs between elements and 1 st element is repeated in order to compete dismount series If fall occurs between elements and just salto competed	1.00 (fall) 1.00 (fall) + 0.50 (series break)

BEAM – NATIONAL GRADE 2

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Mount - any 'A' coded mount	0.50	Element penalties Mount higher value than 'A'	As CoP VM (+ CoP penalties)
Dance series: MAY BE PERFORMED IN ANY ORDER split leap connected to any 'A' coded leap/jump/hop	0.50	Element penalties Series break (elements not connected) Element missing (includes following a fall)	As CoP 0.50 Non-attempt of 2 nd element
	0.50	Leap/jump/hop higher value than 'A'	VM (+ CoP penalties)
Flic to two feet	0.50	Element penalties Flic to one foot	As CoP VM
Full spin on one foot	0.50	Element penalties	As CoP
Acro series: forward walkover into cartwheel (if gymnast is on wrong leg – free leg must be swung through)	0.50	Element penalties Series break (elements not connected) Element missing (includes following a fall)	As CoP 0.50 Non-attempt of 2 nd element
	0.50		
Change leg split leap	0.50	Element penalties	As CoP
Dismount – 'B' coded flight element (not flic to 2 feet) connected to 'A' coded salto	0.50	Element penalties None or 'A' element performed before salto Series break (elements not connected) Salto dismount missing (includes following a fall)	As CoP Non-attempt 0.50 Non-attempt of salto
	0.50	Salto higher value than 'A' If fall occurs between elements and 1 st element is repeated in order to compete dismount series If fall occurs between elements and just salto competed	VM (+ CoP penalties) 1.00 (fall) 1.00 (fall) + 0.50 (series break)

BEAM – NATIONAL GRADE 1

DESCRIPTION		VALUE	EXECUTION FAULTS	PENALTIES
Mount - any 'B' (minimum) coded mount		0.50	Element penalties Mount not a 'B' (minimum) element	As CoP VM (+ CoP penalties)
Dance series: MAY BE PERFORMED IN ANY ORDER change leg split leap connected to any 'A' coded leap/jump/hop		0.50	Element penalties Series break (elements not connected)	As CoP 0.50
		0.50	Element missing (includes following a fall) Leap/jump/hop higher value than 'A'	Non-attempt of 2 nd element VM (+ CoP penalties)
Series: split handstand (show position) into flic to one foot		0.50	Split penalties (handstand) Position not shown	0.10 0.30 0.30
		0.50	Element penalties Series break (elements not connected) Element missing (includes following a fall)	As CoP 0.50 Non-attempt of 2 nd element
Full spin on one foot		0.50	Element penalties	As CoP
Choice of -	free cartwheel	0.50	Element penalties	As CoP
	free walkover			
	tucked back salto			
	tucked side salto			
'B' coded jump or leap with minimum ½ turn (not mount)		0.50	Element penalties	As CoP
Dismount – any 'B' (minimum) coded dismount (may be preceded by another element)		0.50	Element penalties Dismount not a 'B' (minimum) element	As CoP VM (+ CoP penalties)

FLOOR

FLOOR – CLUB, REGIONAL & NATIONAL GRADES

ALL Grades are marked out of 14.00

LENGTH of EXERCISE

1 minute 30 seconds maximum

SET ELEMENTS within a voluntary exercise

Elements may be performed in any order except in series which must be in stated order

ADDITIONAL ELEMENTS

May be performed but will incur execution penalties as FIG CoP

SPINS

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

NON ATTEMPT of an element

Deduction **2.00** (taken as a **NEUTRAL DEDUCTION**) + Value of Move [VM] (taken from the **D SCORE**)

INCOMPLETE / FAILED ATTEMPT of an element

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

FLOOR – CLUB GRADE 6

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES		
Handstand into bridge and SHOW position	0.50	Legs not joining in handstand	0.10		
		Rebound on floor on landing in bridge	0.10		
		Landing with feet apart	0.10		
		Knees bending on landing (landing in crab position)	0.10	0.30	
		Bridge position not shown		0.30	
Lift one leg and kick over to stand	0.50	Failure in kick over to stand		1.00 (fall)	
		Lack of split	0.10	0.30	
		Bent legs	0.10	0.30	0.50
Dance passage – chasse step forwards into cat leap	0.50	Missing chasse Element penalties		0.30 As CoP	
chasse step forwards into assemble jump (jump from one foot onto two feet swinging free leg forwards to join both legs together in air) rebound into immediate stretched jump	0.50	Missing chasse	0.30		
		Feet not joining in assemble jump	0.10		
		Lack of height in stretched jump	0.10	0.30	
		Jump not in straight position	0.10	0.30	
		Jumps not rebounding		0.30	
Handstand forward roll with straight arms to stand with feet together	0.50	Element penalties Bent arms in roll		As CoP 0.10 0.30 0.50	
Acro line - cartwheel from side to side into		0.50 Cartwheel not side to side		0.30	
cartwheel from side with ¼ turn inwards into	0.50	No ¼ turn inwards		0.30	
piked backward roll with straight arms and legs together to pike stand	0.50	Bent legs at any point	0.10	0.30	0.50
		Bent arms in roll	0.10	0.30	0.50
Split jump from two feet to land on two feet	0.50	Element penalties		As CoP	
Forward roll to sit in straddle, SHOW position	0.50	Straddle position not shown		0.30	
¼ turn to sit in splits (hand placement optional) and SHOW position	0.50	Splits not shown Lack of flexibility in splits		0.30 0.10 0.30	

FLOOR – CLUB GRADE 5

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES		
Starting with arms behind body, swing arms downwards and forwards into Handstand immediate rebound bounce forwards onto hands into handstand forward roll with straight arms and straight legs (may use hands at sides of legs to aid stand) – to finish with hands in front of thighs in dish stand. SHOW position	0.50	Arms not swinging from behind Lack of flight in rebound No rebound Bent arms in handstand forward roll Standing up from handstand forward roll with tucked legs Not showing dish stand position at end	0.30 0.10 0.30 VM 0.10 0.30 0.50 0.10 0.30 0.10 0.30		
Dance series -	0.50	Element penalties	As CoP		
split jump	0.50	Lack of height	0.10	0.30	
(rebound) immediate		Lack of split	0.10	0.30	
star jump		Pike in hips	0.10	0.30	
		Jumps not rebounding		0.30	
		Elements performed in incorrect order		0.30	
Tic-toc	0.50	Element penalties Failure in kick/lift back over to stand	As CoP 1.00 (fall)		
Full spin	0.50	Element penalties	As CoP		
Acro line - from 2 feet together - jump into	0.50	Element penalties	As CoP		
round off immediate stretched jump into		Round off from run or not from 2 footed jump		0.30	
		Lack of height in stretched jump	0.10	0.30	
		Jump not in straight position	0.10	0.30	
piked backward roll with straight arms and legs together to front support	0.50	Bent legs at any point Bent arms in roll	0.10 0.30 0.50 0.10 0.30 0.50		
swing one leg round to sit in (forwards) splits and SHOW position	0.50	Splits not shown Lack of flexibility in splits		0.30 0.10 0.30	
Chasse step forwards into split leap	0.50	Missing chasse Element penalties	0.30 As CoP		

FLOOR – REGIONAL GRADE 4

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Acro line - from 2 feet together – jump into round off flic to two feet	0.50	Round off from run or not from 2 footed jump Element penalties Series break	0.30 As CoP 0.50
	0.50	Element penalties Flic to one foot (split leg flic)	As CoP VM
Full spin	0.50	Element penalties	As CoP
Backward roll to handstand with straight arms	0.50	Element penalties Bent arms in roll	As CoP 0.10 0.30 0.50
Dance passage - split leap into split leap	0.50	Element penalties	As CoP
	0.50		
Backward walkover (to finish on feet)	0.50	Element penalties	As CoP
Straddle jump (must not be connected to another element)	0.50	Element penalties Straddle jump connected to another element e.g. flic	As CoP 0.30
Handspring to two feet	0.50	Element penalties Landing on one foot (handspring to one)	As CoP 0.30

FLOOR – REGIONAL GRADE 3

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Acro line - from 2 feet together - jump into round off 3 flics (legs together)	0.50	Round off from run or not from 2 footed jump Element penalties	0.30 As CoP
	0.50	Series break Missing flic within series	0.50 VM
Forward walkover	0.50	Element penalties	As CoP
Dance passage - split leap (1 st) fouette hop (2 nd) to land in brief arabesque	0.50	Element penalties	As CoP
	0.50	Element penalties Not landing with back leg lifted (brief arabesque) Elements performed in incorrect order	0.10 As CoP 0.30
Acro line - tucked front salto to land on two feet	0.50	Element penalties Landing on one foot (front salto with walkout) Salto not tucked	As CoP 0.30 VM
Acro line - handspring to one foot - run - handspring to two feet	0.50	Element penalties Landing on two feet	As CoP 0.30
	0.50	Element penalties Landing on one foot (handspring to one) Elements performed in incorrect order	As CoP 0.30 0.30
Full spin	0.50	Element penalties	As CoP

FLOOR – REGIONAL GRADE 2

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Acro line - round off flic tucked back salto	0.50	Element penalties	As CoP
	0.50	Series break	0.50
	0.50	Salto not tucked	VM
Free cartwheel	0.50	Element penalties	As CoP
Dance passage – MAY BE PERFORMED IN ANY ORDER	0.50	Element penalties	As CoP
change leg split leap	0.50	Element penalties	As CoP
split leap			
Mixed series - round off 3 flics straddle jump	0.50	Element penalties	As CoP
	0.50	Series break	0.50
	0.50	Missing flic	VM
Double spin	0.50	Element penalties	As CoP
Acro line - handspring to two feet tucked front salto	0.50	Element penalties	As CoP
	0.50	Series break Salto not tucked	0.50 VM
Wolf (W) jump full turn	0.50	Element penalties	As CoP

FLOOR – REGIONAL GRADE 1

DESCRIPTION		VALUE	EXECUTION FAULTS	PENALTIES
Acro line - round off 3 flics tucked back salto		0.50	Element penalties	As CoP
		0.50	Series break	0.50
		0.50	Missing flic within series Salto not tucked	VM VM
Choice of -	free cartwheel	0.50	Element penalties	As CoP
	free walkover			
	side salto			
Dance passage – change leg split leap (1 st) tour jete (2 nd)		0.50	Element penalties	As CoP
		0.50	Element penalties Elements performed in incorrect order	As CoP 0.30
Acro line - straight front salto to two feet (optional handspring entry)		0.50	Element penalties Salto tucked or piked	As CoP VM
Double spin		0.50	Element penalties	As CoP
Acro line - round off flic straight back salto		0.50	Element penalties	As CoP
		0.50	Series break	0.50
		0.50	Salto tucked or piked	VM
Straddle jump half turn		0.50	Element penalties	As CoP

FLOOR – NATIONAL GRADE 4

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Acro line - round off flic tucked back salto	0.50	Element penalties	As CoP
	0.50	Series break	0.50
	0.50	Salto not tucked	VM
Backward roll to handstand with straight arms	0.50	Element penalties Bent arms in roll	As CoP 0.10 0.30 0.50
Dance passage – split leap (1 st) side leap (2 nd)	0.50	Element penalties	As CoP
	0.50	Element penalties Elements performed in incorrect order	As CoP 0.30
Acro line - from 2 feet together - jump into round off 3 flics	0.50	Round off from run or not from 2 footed jump Element penalties	0.30 As CoP
	0.50	Series break Missing flic within series	0.50 VM
Full spin	0.50	Element penalties	As CoP
Acro line – handspring to one foot immediate handspring to two feet	0.50	Element penalties Landing on two feet Series break	As CoP 0.30 0.50
	0.50	Element penalties Landing on one foot (handspring to one)	As CoP 0.30
Stretched jump with full turn	0.50	Element penalties	As CoP

FLOOR – NATIONAL GRADE 3

DESCRIPTION		VALUE	EXECUTION FAULTS	PENALTIES		
Acro line - round off flic straight back salto		0.50	Element penalties	As CoP		
		0.50	Series break	0.50		
		0.50	Salto tucked or piked	VM		
Backward roll to handstand with straight arms, ½ turn in handstand (may be blind turn or top turn), forward roll out to stand		0.50	Element penalties Bent arms in roll ½ turn not completed Late turn (after handstand)	0.10 0.10	0.30 VM 0.30	0.50
Dance passage – change leg split leap (1 st) fouette hop (2 nd) to land in brief arabesque		0.50	Element penalties	As CoP		
		0.50	Element penalties Not landing with back leg lifted (brief arabesque) Elements performed in incorrect order	0.10 0.30	As CoP	
Acro line - from 2 feet together - jump into round off 3 flics tucked back salto		0.50	Round off from run or not from 2 footed jump	0.30		
		0.50	Element penalties Series break	As CoP		
		0.50	Missing flic within series Salto not tucked	0.50 VM VM		
Full spin immediate step into full spin on other foot. Spins may be forwards or backwards but must be on different feet		0.50 + 0.50	Element penalties Spins executed on the same foot	As CoP VM (for 2 nd spin)		
Acro line - handspring to two feet tucked front salto		0.50	Element penalties Series break	As CoP		
		0.50	Salto not tucked	0.50 VM		
Choice of -	free cartwheel	0.50	Element penalties	As CoP		
	free walkover					

FLOOR – NATIONAL GRADE 2

DESCRIPTION			VALUE	EXECUTION FAULTS	PENALTIES
Acro line - round off flic full twisting straight back salto			0.50	Element penalties	As CoP
			0.50	Series break	0.50
				Salto tucked with full twist	0.30
Wolf (W) jump full turn			0.50	Element penalties	As CoP
Dance passage – change leg split leap (1 st) tour jete (2 nd)			0.50	Element penalties	As CoP
			0.50	Element penalties Elements performed in incorrect order	As CoP 0.30
Acro line - from 2 feet together - jump into round off 3 flics straight back salto			0.50	Round off from run or not from 2 footed jump	0.30
			0.50	Element penalties	As CoP
				Series break	0.50
			0.50	Missing flic within series	VM
				Salto tucked or piked	VM
Double spin			0.50	Element penalties	As CoP
Acro line - straight front salto (optional handspring entry)			0.50	Element penalties	As CoP
				Salto tucked or piked	VM
Choice of -	free cartwheel:	from 1 step only	0.50	Element penalties	As CoP
	free walkover:			Element from chasse or jump from two feet	0.10
	side salto:			Element from run	0.30

FLOOR – NATIONAL GRADE 1

MUST HAVE 3 ACRO LINES (I.E. CANNOT COMBINE TUMBLES)

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
Acro line – straight front salto (optional handspring entry) immediate tucked front salto	0.50	Element penalties Salto tucked or piked	As CoP VM
	0.50	Element penalties Salto not tucked Elements performed in incorrect order	As CoP VM 0.30
Straddle jump full turn	0.50	Element penalties	As CoP
Dance passage – change leg split leap (1 st) change leg split leap with ½ turn (2 nd)	0.50	Element penalties	As CoP
	0.50	Element penalties	As CoP
Acro line - full twisting salto (backwards or forwards) – may be tucked or straight (optional entry)	0.50	Element penalties	As CoP
‘B’ coded spin	0.50	Element penalties	As CoP
Acro line - ‘C’ coded salto (optional entry)	0.50	Element penalties Salto attempted is not a ‘C’ element	As CoP Non-attempt

RANGE & CONDITIONING

RANGE & CONDITIONING – CLUB GRADES 6 & 5

Strip of firm matting and short paralettes

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES	
Facing paralettes Starting in crouch position, forward roll to long sitting with legs together. Keeping back vertical and straight and with arms out sideways, press knees back to lift heels off the floor. HOLD position for 2 seconds	0.50	Not starting in crouch position Heels not lifting off floor in held position Leaning back to create heel lift Hands touching floor in held position Position not held for 2 seconds	0.10	
			0.10	0.30
			0.10	0.30
				0.30
				VM
Straddle legs to sit in box splits (may use hands in transition phase). Take hands off floor and HOLD position for 2 seconds (arm position optional but hands not touching floor)	0.50	Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position	0.10	0.30
				0.30
Lie forwards onto stomach and take legs backwards to join together with arms by ears. Push to press up position with toes pointed and drag feet in to pike fold. SHOW position with hands on floor behind feet, fingers facing backwards away from feet	0.50	Pike fold position not shown Insufficient pike position Legs bent in pike fold Hands not in prescribed position in pike fold		0.30
			0.10	0.30
			0.10	0.30
			0.10	
Stand up with straight back and arms by ears. Walk to paralettes. Crouch down and place hands on paralettes. Take both feet off floor at the same time and perch HOLD for 2 seconds	0.50	Perch position not held for 2 seconds Taking one foot off floor before the other to achieve position Knees not tucked into chest in hold Back below horizontal in hold		VM
				0.30
			0.10	
			0.10	
Return feet to floor in crouch. Take both feet off the floor at the same time and lift legs to straddle ½ lever hold with feet higher than hips. HOLD for 2 seconds. Keeping legs straight, lift hips and place feet on floor behind paralettes. Stand up	0.50	Straddle ½ lever position not held for 2 seconds Taking one foot off floor before the other to achieve position Legs held at horizontal Legs held below horizontal Legs bent in hold		VM
				0.30
			0.10	
				0.30
			0.10	0.30
Place one foot behind the other and ½ turn on two feet. Kneel down on one leg and slide leg forward to splits (may use hands without penalty). Take hands off floor and HOLD for 2 seconds with arms sideways at horizontal	0.50	Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position	0.10	0.30
				0.30
Place hands on floor and ½ turn to splits on the other leg. HOLD for 2 seconds with hands off floor and arms sideways at horizontal	0.50	Splits not held for 2 seconds Lack of flexibility in splits Hands touching floor in held position	0.10	VM
				0.30
			0.10	0.30
				0.30

Bring back leg forwards to long sit with legs together. Lift arms to ears and pike fold placing hands on floor at the sides of feet. HOLD position for 2 seconds	0.50	Pike fold position not held for 2 seconds	VM		
		Insufficient pike position	0.10	0.30	
		Hands not in prescribed position in pike fold	0.10		
		Legs bent in pike fold	0.10	0.30	
Lie on back and push to bridge with feet together. Straighten legs and HOLD position for 2 seconds	0.50	Bridge not held for 2 seconds	VM		
		Insufficient shoulder extension	0.10	0.30	
		Knees bent in held position	0.10	0.30	
		Feet apart at any point	0.10		
Lift one leg straight to vertical (may move support leg) and kick over through split handstand to stand	0.50	Failure in kick over to stand	1.00 (fall)		
		Lack of split	0.10	0.30	
		Bent legs	0.10	0.30	0.50

RANGE & CONDITIONING – REGIONAL GRADES 4 - 1

Strip of firm matting or no matting

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES		
Start in straddle stand. Place hands on floor and straddle press to handstand (elephant lift). HOLD handstand for 2 seconds	0.50	Handstand not held for 2 seconds		VM	
Pike down with legs together and stand up with straight back and arms by ears		Jump to handstand instead of lever up	0.10	0.30	0.50
		Bent legs at any point			
Starting in crouch position, forward roll to straddle sit position. Keeping back vertical and straight and with arms out sideways, HOLD for 2 seconds	0.50	Straddle sit not held for 2 seconds		VM	
		Hands touching floor in held position		0.30	
Without changing leg position, lift arms above head and keeping back straight, lean forwards to Japana position. HOLD for 2 seconds	0.50	Japana position not held for 2 seconds		VM	
		Back not straight during lean forwards	0.10		
		Widening legs before Japana fold	0.10	0.30	
		Torso not close to floor in held position	0.10	0.30	
Sit up with straight back and arms by ears		Back not straight during sit back up	0.10		
¼ turn to sit in (forwards) splits (may use hands without penalty). Take hands off floor and HOLD for 2 seconds with arms sideways at horizontal	0.50	Splits not held for 2 seconds		VM	
		Lack of flexibility in splits	0.10	0.30	
		Hands touching floor in held position		0.30	
½ turn to splits on the other leg (may use hands without penalty). HOLD for 2 seconds with hands off floor and arms sideways at horizontal	0.50	Splits not held for 2 seconds		VM	
		Lack of flexibility in splits	0.10	0.30	
		Hands touching floor in held position		0.30	
		Flexing foot/feet during transition phase	0.10		
¼ turn to return to straddle sit (may use hands without penalty). Join legs together with arms sideways.	0.50	Pike fold position not held for 2 seconds		VM	
Lift arms to ears and pike fold placing hands on floor at the sides of feet. HOLD position for 2 seconds		Insufficient pike position	0.10	0.30	
		Hands not in prescribed position in pike fold	0.10		
		Legs bent in pike fold	0.10	0.30	
Lie on back and push to bridge with feet together. Straighten legs and HOLD position for 2 seconds	0.50	Bridge not held for 2 seconds		VM	
		Insufficient shoulder extension	0.10	0.30	
		Knees bent in held position	0.10	0.30	
		Feet apart at any point	0.10		
Lift one leg straight to vertical (may move support leg) and kick over through split handstand to stand	0.50	Failure in kick over to stand		1.00 (fall)	
		Lack of split	0.10	0.30	
		Bent legs	0.10	0.30	0.50

RANGE & CONDITIONING – NATIONAL GRADES 4 - 1

Strip of firm matting or no matting

DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES		
Start in pike stand with feet together. Place hands on floor and pike press to handstand. HOLD handstand for 2 seconds ½ turn in handstand, split legs and step down. Join feet together with arms by ears	0.50	Handstand not held for 2 seconds	VM		
		Jump to handstand instead of lever up	0.30		
		Bent legs at any point	0.10	0.30	0.50
		½ turn not performed or completed	VM		
		Late turn (after handstand)	0.10	0.30	
		Bent legs	0.10	0.30	0.50
Starting in crouch position, forward roll to straddle ½ lever hold with feet higher than hips. HOLD for 2 seconds Lower to straddle sit position	0.50	Straddle ½ lever position not held for 2 seconds	VM		
		Legs held at horizontal	0.10		
		Legs held below horizontal		0.30	
		Legs bent in hold	0.10	0.30	
Without changing leg position, lift arms above head and keeping back straight, lean forwards to Japana position. HOLD for 2 seconds	0.50	Japana position not held for 2 seconds	VM		
		Back not straight during lean forwards	0.10		
		Widening legs before Japana fold	0.10	0.30	
		Torso not close to floor in held position	0.10	0.30	
Take legs backwards (may use hands in transition phase) and passing through box splits, join legs together with arms by ears. Push to press up position with toes pointed	0.00	Lack of flexibility in box splits	0.10	0.30	
		Bent legs	0.10	0.30	
		Flexing foot/feet during transition phase	0.10		
Swing one leg round to sit in (forwards) splits. Take hands off floor and HOLD for 2 seconds with arms sideways at horizontal	0.50	Splits not held for 2 seconds	VM		
		Lack of flexibility in splits	0.10	0.30	
		Hands touching floor in held position		0.30	
½ turn to splits on the other leg (may use hands without penalty). HOLD for 2 seconds with hands off floor and arms sideways at horizontal	0.50	Splits not held for 2 seconds	VM		
		Lack of flexibility in splits	0.10	0.30	
		Hands touching floor in held position		0.30	
Bring back leg forwards to long sit with legs together. Lift arms to ears and pike fold placing hands on floor at the sides of feet. HOLD position for 2 seconds	0.50	Pike fold position not held for 2 seconds	VM		
		Insufficient pike position	0.10	0.30	
		Hands not in prescribed position in pike fold	0.10		
		Legs bent in pike fold	0.10	0.30	
Lie on back and push to bridge with feet together. Straighten legs and HOLD position for 2 seconds	0.50	Bridge not held for 2 seconds	VM		
		Insufficient shoulder extension	0.10	0.30	
		Knees bent in held position	0.10	0.30	
		Feet apart at any point	0.10		

Lift one leg straight to vertical (may move support leg) and HOLD position for 2 seconds. Kick over through split handstand to stand	0.50	Position not held for 2 seconds	VM		
		Failure in kick over to stand	1.00 (fall)		
		Lack of split	0.10	0.30	
		Bent legs	0.10	0.30	0.50