



**COMPULSORY
LEVEL 5
2022**

VAULT

D SCORE: 4.00



Tuck front somersault from springboard to feet.

Height: 30cm safety mat.

Springboard 'safety collar' must be used.

Run up distance between 17- 25m.

Run and hurdle step onto springboard, arm swing into a tuck front somersault to feet to land on safety mat.

- Gymnasts perform 2 vaults.
- The best score will count towards their All Around score.
- FIG deductions to run up apply.
- If a VOID vault is performed (zero) the gymnast may have a second attempt but will occur a 1 mark penalty.

SPECIFIC APPARATUS DEDUCTIONS (E PANEL)

FAULTS	0.1	0.3	0.5
Lack of acceleration or deceleration shown during run up	X	X	
FIRST PHASE ONTO BOARD			
Feet landing off centre in any direction	X		
2ND PHASE TAKE OFF FROM BOARD TO INVERTED POSITION			
Insufficient knee/ankle extension from the board to the point of take off	X	X	
Hands moving forwards and upwards before take off	X	X	
Insufficient height/rotation into the inverted position	X	X	X
Leg or knee separation	X	X	
Hands not placed on front of knee in tuck position		X	
Insufficient tuck position (90 degree at hip and knee)	X	X	X
3RD PHASE FROM INVERTED POSITION TO LANDING			
Lack of extension before landing	X	X	X
Leg or Knee separation	X	X	
LANDING FAULTS			
Under rotation without fall	X		
Under rotation with fall		X	
Steps	X	X	Max 0.8
Fall			1.00
Jump after landing moving the centre of mass in the opposite direction			X
Legs apart on landing	X		
Dynamics throughout	X	X	
Failure to land feet first – invalid vault			0.00

BARS

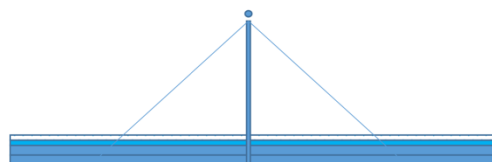
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Strap bar height: 2.50m (approx)

Use FIG deductions throughout except where specified.

No attempt at an element VM + 2.00 mark deduction.

Bars Level 4
Single polished 'strap' bar – ht 255 cm
Mats to height 50 or 60cm from the floor to suit the gymnast
A block for gymnasts to reach the bar



SUGGESTED AMENDMENTS

VALUE	ELEMENTS (Exercise must be in this order)	NOTES
0.5	Leg lift – feet hold at bar 2 seconds, slow and controlled lower legs down to hang	-Failure to touch feet to bar - 0.3 -Knees bent on the lift up or lower 0.1 – 0.3 -Head out 0.1 – 0.3 -Use of swing to lift legs - 0.3 -Feet not held 2 seconds - 0.3
0.5	Chin up circle	-Lack of body extension 0.1 – 0.3 -Failure to make 90 degree elbow angle - VM -Chin level with bar – 0.3 -Chin resting on bar – 0.3 -Poor technique (arch/leg swing to instigate circle 0.1 – 0.3) -Failure to circle over to front support - VM
0.5	Cast to horizontal (emphasis on shape) and push away into...	-Cast penalties as per compulsory 4 book -Below 45 degrees from bar – VM -Legs straddled or apart 0.1 – 0.3 -Arch 0.1 – 0.5 -Bent arms 0.1 – 0.5 -Bent legs 0.1 – 0.5
0.5 Swing 1 0.5 Swing 2 0.5 Swing 3	3 Swings to horizontal (minimum) All swings to be judged. Additional 2 swings maximum can be used with no added value and swing deductions will apply.	Chest in, flat hips, ears covered, swing deductions: -Above 45 degree – no deductions -45-65 degrees – 0.1 -65-90 degrees – 0.3 -Below horizontal – 0.5 -Body alignment 0.1 – 0.5 -Head out 0.1 – 0.3 -Lack of kick / extension under bar 0.1 – 0.3
1.0	Circle over bar to finish in front support with straight arms (baby giant) 0.5 Bonus for backward giant performed through handstand	-Emphasis on shape throughout. <ul style="list-style-type: none"> • Head neutral • Ribs pressed in • Flat hips • Knees & toes -Failure to straighten arms 0.1 – 0.5 -Failure to land in front support and falling from the front support position - 0.5 -Body alignment in handstand for giant – 0.1

Coach can assist the controlled stopping of the gymnast at the conclusion of the routine
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BEAM

D SCORE: 4.00



Beam height – 125cm

Landing mat – 20cm

Safety mat under beam – 20cm

No attempt at an element VM + 2.00 mark deduction.

0.5 Bonus if execution is within 2 marks of deductions and can only be awarded if the exercise falls within the 1 minute and 30 seconds time limit.

If a fall occurs between two connected elements the gymnast must complete the elements after the fall.

Landing mat 20cm plus safety mat 20cm under beam.

Missing hold – 0.3 each time

VALUE	ELEMENTS (Performed in optional order)	NOTES
0.5	Mount – optional entry to half pike lever (hold 2 sec) (2 springboards permitted)	-Feet below beam - 0.5 -Feet below horizontal - 0.3 -Lack of extension in support - 0.1 – 0.3 -Bent arms / legs - 0.1 – 0.5
0.5 Split handstand 0.5 Backward walkover	Kick to split handstand (hold 2 sec) step down one foot then the other to join, lift one leg up backward walkover. No Immediate join necessary	-FIG deductions for backward walkover -FIG deductions apply for split handstand -Tick toc after handstand - 0.3 -Failure to lift leg into backward walkover – 0.3
0.5 + 0.5	Straight jump into tuck jump	FIG deductions apply -Stop in connection - 0.3
0.5 for the relevé work 0.5 half spin	Relevé on two feet with arms down (hold 2 sec) step behind leg in front and relevé on two feet with arms up above head (hold 2 sec) step behind leg forward into a half spin	-Stop in connection - 0.3 -Spin not completed exactly - VM -Lack of continuity - 0.3 -Turn not on toes - 0.3 -Lack of relevé - 0.1 – 0.3
0.5	Split Jump (135 degrees minimum)	Lack of splits: <ul style="list-style-type: none"> • 0-20 degrees deduct - 0.1 • 20-45 degrees deduct - 0.3 • Less than 45 degrees - VM
0.5 + 0.5	Cartwheel into straight jump dismount	-Lack of extension in support - 0.1 – 0.3 -Lack of height in jump - 0.1 – 0.3 -Stop between elements - 1.00 -Landing out of line with beam - 0.1 – 0.3

FLOOR

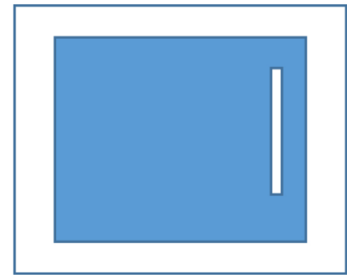
D SCORE: 4.0

0.5 Bonus if execution is within 2 marks of deductions.

Max - 1 min 30 seconds.

No attempt at an element VM + 2.00 mark deduction.

10cm x 8m line to be placed approximately 1 metre from the edge of the floor area and in front of the head judge.



VALUE	ELEMENTS (Performed in optional order)	NOTES
0.5	Round off into flick To be performed on a parallel line in front of the head judge (as per national compulsory 4 rules)	-Lack of flight - 0.1 – 0.3 -Stop between element - 1.0 Both hands and both feet on parallel line except for the flick where hands are shoulder width apart. During the round off or flick, if both limbs are not touching the line, and on one side, they will receive a 0.5 penalty each time up to a maximum of 1.5
0.5	Split jump into straddle jump	Lack of splits: <ul style="list-style-type: none"> • 0-20 degrees deduct - 0.1 • 20-45 degrees deduct - 0.3 • Less than 45 degrees - VM
0.5	Catleap into Cartwheel	-Series break - 0.3 -FIG deductions apply
0.5 + 0.5 + 0.5	Chasses step split leap into two steps split leap on the other leg into a step hop to finish with the leg at horizontal	Lack of splits: <ul style="list-style-type: none"> • 0-20 degrees deduct - 0.1 • 20-45 degrees deduct - 0.3 • Less than 45 degrees - VM -Series break - 0.3 each time
0.5	Full Spin	-FIG deductions apply
0.5 + 0.5	Kick to handstand, tap the legs together at vertical then split the legs to an immediate forward walkover step out – finish with arms up Directly into step hurdle handspring to two feet (rebound jump permitted without deduction)	-Failure to join the legs in the handstand before split - 0.1 – 0.3 -Lack of flight in the handspring to two feet - 0.1 – 0.3 -Failure to keep the arms by the ears coming out of the walkover and out of the handspring - 0.3 each element -Shoulder angle – 0.1 – 0.3 each element

RANGE

D SCORE: 4.00

FIG penalties apply throughout.

If a fall occurs gymnast should await confirmation from the head judge and restart the routine from the next value part.

No attempt at an element VM + 2.00 mark deduction.

Missing hold – 0.3 each time

VALUE	ELEMENTS (Performed in optional order)	NOTES
0.5 + 0.5	Standing leg lift on first leg, show position, circle free leg to side, show position, continue to circle leg backwards to arabesque, show position, return to stand. Repeat on the other leg.	Focus on hip alignment more so than leg height. -Chest below horizontal in arabesque 0.1 – 0.3 -Hips and shoulders not parallel 0.1 – 0.5 -Lack of control in transitions 0.1 – 0.5 Lack of splits: <ul style="list-style-type: none"> • Leg at horizontal – no deduction • 0-20 degrees below 0.1 • 20-45 degrees below 0.3 • More than 45 degrees = VM
0.5	Pike fold hold (2 seconds)	-Lack of fold 0.1 – 0.3 -Bent legs 0.1 – 0.3
0.5	Backward roll with straight arms to front support	-Bent arms 0.1 – 0.5 -Bent legs 0.1 – 0.5
0.5	Drag feet in to straddle lever hold (2 seconds)	-Legs resting on arms 0.3 -Feet below hips 0.1 – 0.3
0.5	Lift to straddle stand position	-Feet brushing floor in transition 0.3 -Feet hitting floor in transition 0.5
0.5	Straddle press to handstand, show position with legs together	-Legs apart in handstand 0.1 – 0.3 -Bent arms – 0.1 – 0.5 -Straddle jump to handstand = VM -Failure to show handstand = VM -Body posture in handstand – 0.1 -Hand movements in handstand – 0.1 each time
0.5	Controlled lower to bridge	-Lack of control 0.1 – 0.3 -Feet / legs apart 0.1 – 0.3 -Bent legs 0.1 – 0.5
0.5	Lift leg to show split bridge position and kick over through handstand to stand	-Legs twisted / body alignment 0.1 – 0.5 -Excessive push from support leg 0.1 – 0.3 Lack of splits: <ul style="list-style-type: none"> • Leg at horizontal – no deduction • 0-20 degrees below 0.1 • 20-45 degrees below 0.3 • More than 45 degrees = VM
0.5 + 0.5 + 0.5 + 0.5	Straddle jump into immediate split jump into split jump on the other leg into ½ turn jump. Linked but not rebounding. Minimum 135 degrees	-Legs twisted / body alignment 0.1 – 0.5 Lack of splits: <ul style="list-style-type: none"> • Leg at horizontal – no deduction • 0-20 degrees below 0.1 • 20-45 degrees below 0.3 More than 45 degrees = VM