

2022
Women's Artistic National
Compulsory Grades
for Coaches

Listed by Level
Published December 2021

National High Performance Compulsory Programme

This development programme has been designed by the British Gymnastics National Coaching Staff in conjunction with the Women's Technical Committee and Brevet Judges to further develop the programme already started. It will be the building blocks for the high performance path.

Compulsory Exercises 2021-2025 Philosophical Review

- The Compulsory Exercises are an integral part of British Gymnastics Women's Artistic Performance Program.
- This is done by a competitive framework that profiles range and conditioning as well as difficulty and execution.
- It is the recommended pathway by the National Coaching Staff
- It provides a progressive systematic pathway to help gymnasts develop their potential.
- It is also a training and developmental tool assisting coaches and judges alike.
- The routines are designed to help build a solid foundation and mastery of basic elements to assist with future F.I.G construction.
- It helps to identify gymnasts and coaches for the National Squad system.

The framework comprises of the following:

Three years of compulsory and voluntary work to promote a broad base of gymnasts well-rehearsed in their preparations.

Then time to be in line with the expectations of the work for the Espoir Levels and beyond.

This program is for gymnasts who aspire, who dream of being amongst the best and have goals for themselves.

This program is not for every gymnast (and nor is it for every coach/club), but suffice to say that without strong basics, compositional requirement development, strength, and range of motion, then much is left to chance.

Compulsories (mastery of basics)	Voluntaries (development of FIG content)
Compulsory 4 minimum age 9	Voluntary 4
Compulsory 3 minimum age 10	Voluntary 3
Compulsory 2 minimum age 11	Voluntary 2
Espoir Year 1 aged 12	
Espoir Year 2 aged 13	
Junior Year 1 aged 14	
Junior Year 2 aged 15	
Senior aged 16+	

Parameters and changes for the immediate future:

At the end of this developmental journey it is hoped that the gymnast has been furnished with the correct tools to go forward to the British Championships and beyond and enjoy the experience.

All pass marks are subject to review following the current National Final Competition – see Competition Handbook

Please visit our **Newsletters and Updates** page for a rolling Question and Answer sheet which will give further insight to this document.

Questions and Answers



General Rules

Judging

All the deductions are based on the FIG COP 2022 execution deductions and specific GBR deductions.

- Some deductions vary from level to level, this is deliberate and designed to reinforce and highlight key areas as identified by the National Coaches
- D score will be 4.00 + any bonus (except where stated otherwise). If the D score is negative the gymnast will be awarded 0.00 for the D score. Any additional deductions will be neutral deductions from the final score.
- Bonus will only be awarded if the element is successfully completed with no fall.
- Split leap – any entry except where stated otherwise. Deductions are only taken for lack of split according to the diagrams plus height and amplitude of jumps.

Procedure for calculating the Final score

Who takes what from where?

The aim is to avoid having a negative D score. If it becomes negative award 0.00 D score.

The principle for taking the value of the element and deductions in the case of Compulsory Levels 2022 is based on the following:

- The technical requirements of the element being completed successfully to be credited with the value (VM). This is indicated in the text
- Other situations that are decided by the D judges which are FIG considerations or specific criteria laid down in the Compulsory levels text, for example stops in connection, no tolerance in split jumps on beam and floor, holds in beam and R & C
- FIG execution deductions, taken by E judges e.g. bent arms, bent legs, insufficient tuck/ pike/straight position etc and artistry deductions on floor and beam

Compulsory 4 Pass mark 51.00

Compulsory 3 Pass mark 51.00 with a minimum score of 10.00 on R&C

Compulsory 2 Pass mark TBC with a minimum score of 11.00 on R&C

Compulsory 3 – Gymnasts who score 57.50 or more in their Regional competition but do not finish in the first four may enter the National Finals as an individual.

Final score = D score + E score + Bonus - Penalties

Value of element (VM) Element not completed to the technical requirement <ul style="list-style-type: none"> Technical requirements of elements are indicated in the text e.g. spins incomplete 	D judges deduction	From D score
Faults considered by D judges but are taken as neutral deductions (penalties) <ul style="list-style-type: none"> Elements considered as non-attempt No tolerance in split elements indicated in text Stop in connections Holds 	Taken by D judges	Record as penalties and take from final score
E score FIG deductions for execution e.g. <ul style="list-style-type: none"> Bent arms, bent legs Body posture Insufficient tuck/pike/straight in elements Height Flight Rotation Falls Artistry composition and specific apparatus deductions on bars, beam & floor. 	Taken by E judges	From 10.00

General information

- Please read this document alongside the current Women's Artistic Gymnastics Competition Handbook that can be found on the British Gymnastics website.
www.british-gymnastics.org

Compulsory Grade 4

Vault Compulsory Grade 4

They must perform 2 vaults. The best score will count to their all around score.

Tuck front salto from the board

D score 4.00

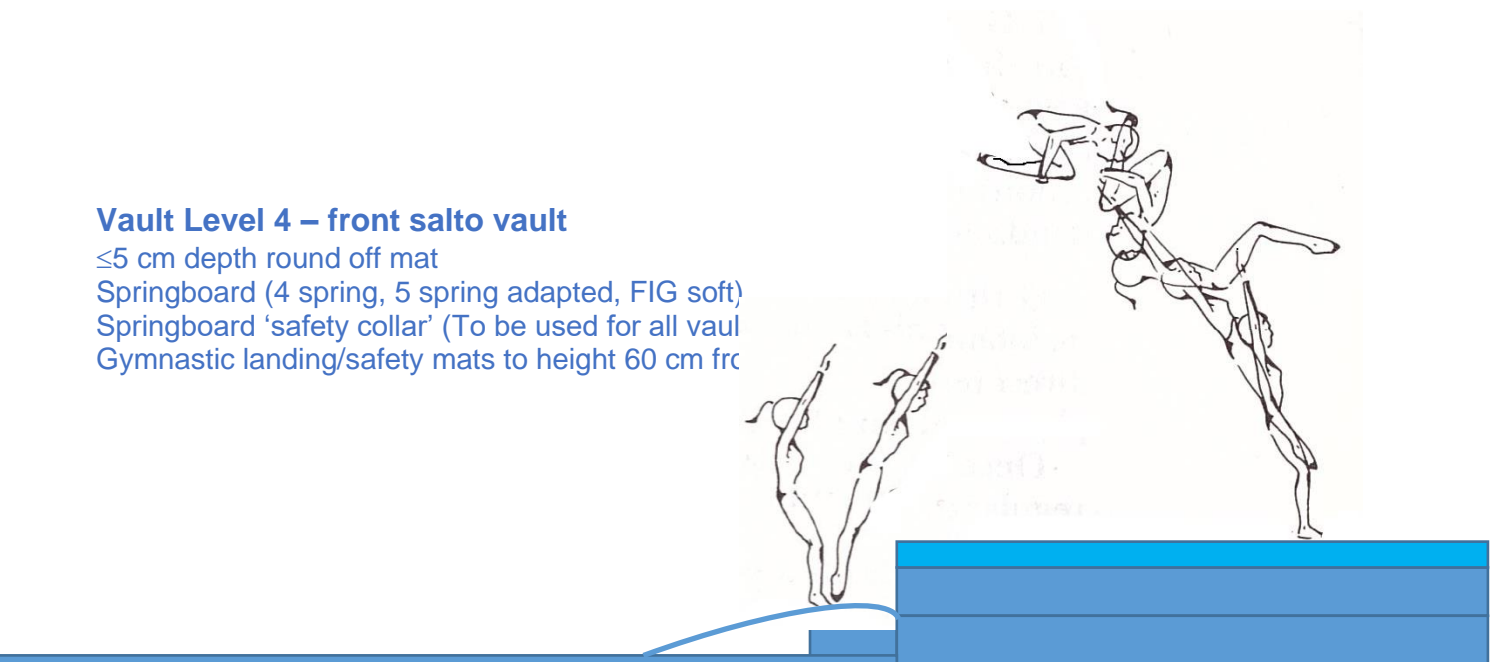
Vault Level 4 – front salto vault

≤5 cm depth round off mat

Springboard (4 spring, 5 spring adapted, FIG soft)

Springboard 'safety collar' (To be used for all vault)

Gymnastic landing/safety mats to height 60 cm from



Specific Apparatus Deductions (E panel)

Faults	0.10	0.30	0.50
Run up distance Less than 17m or more than 25m deduction		X	
Lack of acceleration, or deceleration shown, during run up	X	X	
First phase onto the board			
• Feet landing off centre in any direction	X		
Second phase take off from the board to inverted position			
• Insufficient knee/ankle extension from the board at 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 separations	X	X	
• Hands not placed on front of knee in tuck position		X	
• Insufficient tuck position (90° at hip and knee)	X	X	X
Third phase from inverted position to landing			
• Leg or knee separations	X	X	
• Lack of extension before landing	X	X	X
Landing faults			
• Under rotation of salto			
○ without falling backwards	X		
○ with fall backwards		X	
• Steps	X	X	Max 0.80
• Fall			1.00
• Jump after landing moving the centre of mass in the opposite direction	X	X	X
• Deviation from straight direction on landing (on 1st contact)	X	X	
• Legs apart on landing	X		
• Dynamics throughout	X	X	
• Failure to land feet first – invalid vault			0.00

NB: Safety collar compulsory – score 0 if not used

Gymnova jersey mat (Ref: 7011) to be replaced as the mat to fall on - compulsory

Gymnova Reference Numbers

Compulsory 4

- | | |
|---------------------------|-------------------------|
| ○ Run up mat | Ref: 2106 |
| ○ Springboard (4-5S-5) | Ref: 2198 – 2199 – 2187 |
| ○ Springboard guard | Ref: 2115 |
| ○ F.I.G. Landing mat 20cm | Ref: 1440 |
| ○ Safety mat 20 cm | Ref: 7041 |
| ○ Mat 10 cm | Ref: 7012 |



Bars

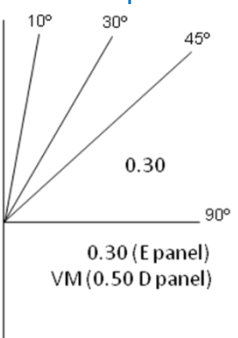
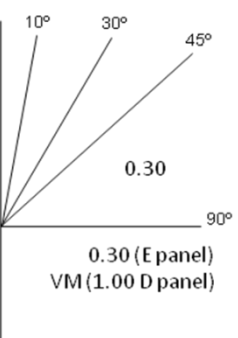
Compulsory Grade 4

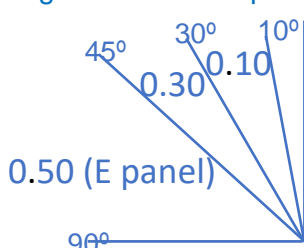
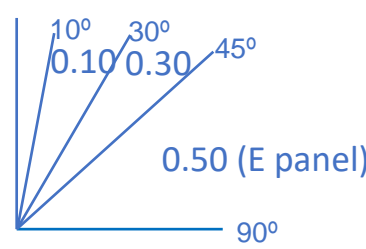
Compulsory grades uneven bars guidelines

All body parts must reach the required angle

- If there is a pike in the body, the line is from the hands to the feet or lowest body part
- If there is excessive arch which puts the feet in the higher sector, the line is through the centre of mass

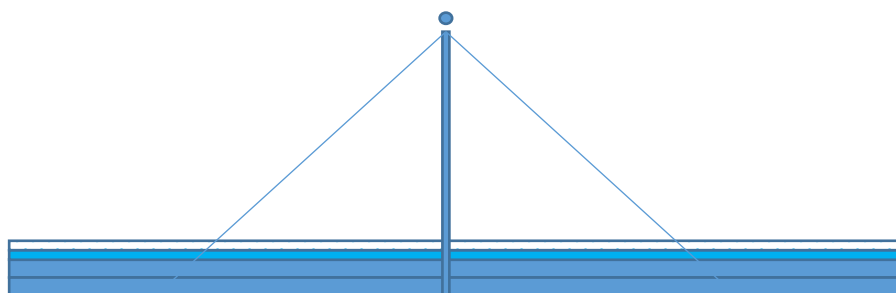
Strap Bar Height 2.55m	D SCORE 4.00 plus bonus	Use FIG deductions throughout the exercise except where specified
Value of element taken as specified in each text	No attempt at an element VM + 2.00	Cast & circle deductions taken according to diagrams

VALUE	ELEMENTS (exercise must be performed in this order)	NOTES
0.50	Mount - From long hang, in regular grip, trolley swing	
0.50	Long upstart	F.I.G. deductions apply
0.50	<p>Cast with straight arms to (minimum) 45°</p> <p>Emphasis on shape and body alignment</p> <p>Bonus 0.30 if within 10° of handstand</p>	<p>Cast with straddle and/or hips bent is not allowed(VM)</p> 
1.00	<p>Clear hip circle to 45° minimum (emphasis on shape and body alignment)</p> <p>Bonus 0.30 if within 10° of handstand</p> <p>Bonus 0.30 each time for Immediate <u>different consecutive</u> close bar skill to 45° minimum</p> <ul style="list-style-type: none"> • Stalder • Clear pike circle • Toe on/off (feet together on entry/exit) • Forward toe on (no grip change of course) • Endo (no grip change of course) • Weiler (no grip change of course) 	<p>Deductions apply for late exit of circle</p>  <p>if element completed within 10° of handstand and swings back down (not into a forward close bar element) deduct 0.50 and no bonus granted.</p>

1.00	Backward giant to within 10° of handstand, change direction	<p>If the attempt goes over the top deduct 0.50 extra swing, 2nd time 0.50, 3rd time 1.00 fall stop and get back to start position to do the front giant. The aim is for continuity. If the giant is too scooped in the upswing 0.1 > 0.3</p>  <p>Below 90° No attempt VM (1.00 D panel)</p>
1.00	Forward giant with heel drive to within 10° of handstand If not heel driven deduct 0.50	<p>If the attempt goes over the top deduct 0.50 extra swing, 2nd time 0.50, 3rd time 1.00 fall stop and get back to start position to do the backward giant. The aim is for continuity.</p>  <p>Below 90° No attempt VM (1.00 D panel)</p>
0.50	Backward giant circle through handstand	<p>GBR circle penalties except VM 0.50 Below 90° no attempt plus VM. Deductions on upswing If a shoulder angle is put in to slow down before the vertical Deduct 0.1 > 0.3</p>
0.50	Backward giant circle through handstand – Routine finishes	
	N.B Coach can assist the gymnast to stop after second giant	

Gymnova Reference Numbers

- A Bar modified to single Ref: 3240
- Steel rail Ref: 3110
- F.I.G. Landing mat 20cm Ref: 1440
- Safety mat 20/30 cm Ref: 7041-7051



Bars Level 4

Single polished 'strap' bar – ht 255 cm

Mats to height 50 or 60cm from the floor to suit the gymnast

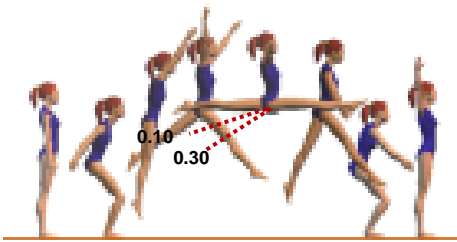
A block for gymnasts to reach the bar

Beam

Compulsory Grade 4

Optional routines with compulsory elements in optional order

Splits with no tolerance. Missing 180° split
D panel deduct 1.00 penalty



Split deductions E panel
> 0° - 20° deduct 0.10
> 20° deduct 0.30

Time 1.30 max	D SCORE 4.00 plus bonus	Use FIG Deductions
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<p>General</p> <ul style="list-style-type: none"> On beam if a fall occurs between two connected elements the gymnast must complete the elements after the fall If the gymnast falls between the dismount connection, the whole connection may be repeated once All holds must be 2 seconds Within the exercise there must be one jump/leap with 180° split (no tolerance). All split jumps / leaps are subject to FIG deductions FIG landing mats soft side uppermost Lack of relevé throughout exercise 0.50 penalty (as per FIG directive). Application of artistry deductions to be confirmed. Leap series arm positions highly recommended – see notes 		<p>VM and NA for missing element</p> <p>0.30 lack of hold on value elements</p>
<p>No Attempt VM + 2.00</p> <p>These rules are applicable to all levels</p>		

VALUE	ELEMENTS (performed in optional order)	NOTES
	Mount – F.I.G optional Coded Mount (directly or indirectly) into:	All mounts without DV will be commonly recognised as “A” value, except straddle over to sit or squat on.
0.50	Russian lever, with legs together - hold 2 sec	> The gymnast is allowed to sit on the beam before doing the Russian lever. > Straight legs throughout > Deductions for lack of fold 0.10, 0.30
1.00	Kick to split handstand hold 2 sec. (not handstand then split) join to flic step out	– 0.50 penalty if elements not connected If tick toc after h/std deduct 0.50
0.50	Back walkover	FIG penalties apply
1.00	Split leap (180° split) (développé technique)	Arms straight and behind hips, step forward into split leap, both arms swing forward and parallel to horizontal and out to the side in the leap and land.
1.00	Straddle jump (arm positions highly recommended)	In the straddle jump the arms are taken sideways horizontal to land forward horizontal and parallel.
1.00	Split jump	No connection - 0.50 penalty
0.30	connect to straight jump	
0.30	Relevé on one foot hold for 2 seconds**	Relevé not held – 0.20 penalty
1.00	Step and prepare Full [360°] Spin forward (passé développé) arms finish above the head	In spin preparation, one arm is “soft” forward (same as front foot) and horizontal and the other is out to the side in horizontal. Perform a full [360°] Spin forward (passé développé) arms finish above the head.
0.50 0.50	Cartwheel connected to Tucked back salto dismount	1.00 penalty for Stop between cartwheel and salto elements

FIG Artistry and composition and specific apparatus deductions apply except where stated otherwise (current at time of competitions)

Gymnova Reference Numbers

- Beam Ref: 3610
- F.I.G. Landing mat 20cm Ref: 1726
- Safety mat 20 cm Ref: 7041

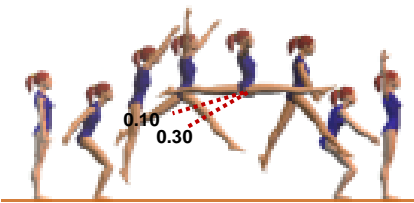


Floor

Compulsory Grade 4

Optional routines with compulsory elements in optional order

Splits with no tolerance. Missing 180° split
D panel deduct 1.00 penalty



Split deductions E panel
> 0° - 20° deduct 0.10
> 20° deduct 0.30

D SCORE 4.00 + bonus	Use FIG Deductions
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<p>General</p> <ul style="list-style-type: none"> All elements in an acrobatic series on floor must be completed continuously The handspring to 1 leg step out must be performed with a brief joining of the legs in the flight phase. <p>Attempt without performance of an element (e.g. additional hurdle) 0.30 deduction will apply. (Each time)</p>	
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VALUE	ELEMENTS (series & elements performed in optional order)	NOTES
0.50	Front salto tucked	Lack of flight in handsprings – 0.10, 0.30
0.50	rebound/jump into hurdle	No join of legs during handspring to 1 leg - 0.30
0.50	Handspring to 1	If series broken, deduct 1.00
0.50	Handspring to 2	VM and non-attempt 2.00 deduction for missing series
		If no salto then lose VM + non- attempt
0.50	On a 10cm parallel line in front of Head Judge approx.1m into the floor area.	Both hands and both feet on the parallel line except for the flic where the hands are shoulder width apart. During the round off, the flic and the salto (including its landing) -
0.50	Step hurdle RO	if both limbs are not touching the line, they will receive a 0.50 penalty each time to a maximum of 2.00
0.50	flic	If series broken, deduct 1.00
0.50	tuck back salto.	VM and non- attempt 2.00 deduction for missing series
		If no salto then lose VM + non- attempt
1.00	Combination - Cat leap free cartwheel	No connection 0.30 deduction
0.50	Step Full Spin, step full spin	Can be either direction, but must be on different legs, can be the same spin, 0.30 series break
0.50	Split leap on one leg continuous	180° split no tolerance for one of the split leaps.
0.50	2 steps into	
0.50	split leap on opposite leg	
0.50	continuous dance passage into fouetté hop (Ref beam 2.204)	

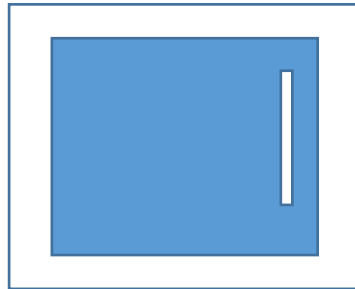
FIG Artistry and composition and specific apparatus deductions apply except where stated otherwise (current at time of competitions) Pending FIG confirmation.

Floor – FIG Regulation floor

8m x 10 cm line to be placed approx. 1metre from edge of the floor area and in front of the Head Judge

Gymnova Reference Numbers

- Floor area Ref: 6775
- 10cm x 8m Line Ref: 213 to be placed approx. 1metre from edge of the floor area and in front of the Head Judge



Range and Conditioning


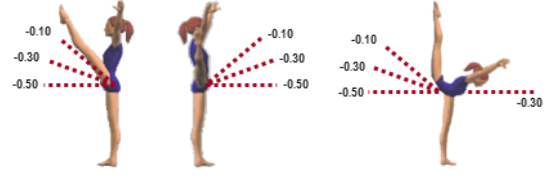
Compulsory Grade 4

	Grade 4 Range & Conditioning set	Penalties
0.50	Standing forward leg lift on first leg, show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position Return to stand	Penalties as per diagram at each shown position Chest below horizontal in arabesque 0.30
0.50	Standing leg lift on second leg show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position Return to stand	Chest below horizontal in arabesque 0.30
0.50	Pike fold with hands FLAT on floor (fingers facing backwards) HOLD 2 seconds	No hold 2 sec – 0.30 deduction
1.00	Bend legs and push backwards into backward roll through handstand to front support, straight arms (no deduction if straight legs into b/roll)	Bent Arms 0.1 0.3 Failure to pass through handstand – 0.3 Failure to keep tight shape (flat back) in front support - 0.3
0.50	Drag legs through to straddle lever, (feet above hips in lever position) HOLD 2 seconds	No hold 2 sec – 0.30 deduction
0.50	Lift to handstand to show and lower to bridge HOLD 2 seconds	No hold 2 sec – 0.30 deduction
0.50	Kick back to split handstand – Hold 2 sec	No hold 2 sec – 0.30 deduction
	Join legs in handstand	
0.50	Show controlled static (opposite) split handstand HOLD 2 seconds	Lack of split 0.10 > 0.30
0.50	Return legs together	
	Pike down	
0.30	Semi Squat into straddle jump	Split deductions apply
0.30	Split jump	Split deductions apply
0.30	Split jump on opposite leg	Split deductions apply
0.30	Jump full turn (jumps to be linked but not rebounding)	Lack of height 0.10 0.30 Loss of balance 0.10 0.30

Range & Conditioning

Firm non-springy mat approximately 2m x 8m (similar to tumble track top mat Gymnova Ref: 6160)

Range and Conditioning Leg Hold diagrams

VALUE	DESCRIPTION	DEDUCTIONS
0.50	Standing forward leg lift on first leg, show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position Return to stand. Deductions apply to each phase	
0.50	Standing leg lift on second leg show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position Return to stand. Deductions apply to each phase	 <p>Chest below horizontal in arabesque 0.30</p> <p>Deductions apply to each phase fwd, bwd, swd</p>

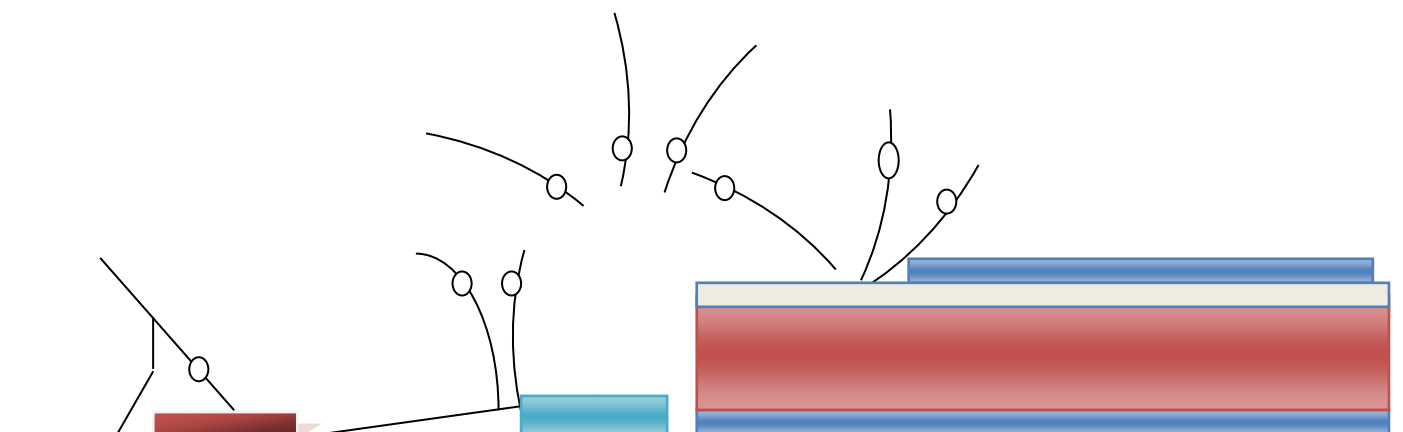
Compulsory Grade 3

Vault

Compulsory Grade 3

Round off straight back salto from the board - D score 4.00

Land on feet and FALL to back lying, jump not permitted - Level landing - Softer/thicker round off hand placement mat can be positioned up to 10cm onto the bottom of the springboard.



Specific Apparatus Deductions (E panel)

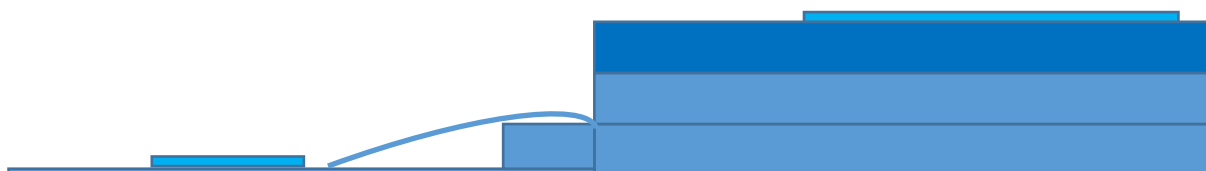
Faults	0.10	0.30	0.50
Run up distance Less than 17m or more than 25m deduction		X	
Lack of acceleration or deceleration shown during run up	X	X	
First phase onto the board			
• Incorrect hand placement on floor in round off	X		
• Feet landing off centre in any direction	X		
• Bent arms in round off	X	X	
Second phase take off the board			
• Failure to take off in vertical position	X	X	
• Failure of arms to reach the ears whilst feet in contact with the board	X	X	
• Leg or knee separations	X	X	
• Bent legs	X	X	X
Third phase body to inverted position			
• Failure to maintain arms by ears until inverted position	X	X	X
• Failure to maintain correct body position into inverted position (excessive arch/pike)	X	X	X
• Body alignment in the inverted position	X		
• Leg or knee separations	X	X	
• Bent legs	X	X	X
Fourth phase from inverted position to landing			
• Failure to maintain correct body position (excessive pike down)	X	X	X
• Leg or knee separations	X	X	

Landing faults			
• Under rotation of salto			
○ without falling forwards	X		
○ with fall forwards		X	
• Steps	X	X	Max 0.80
• Fall			1.00
• Jump after landing moving the centre of mass in the opposite direction	X	X	X
• Deviation from straight direction on landing (on 1st contact)	X	X	
• Legs apart on landing	X		
• Dynamics throughout	X	X	
• Failure to land feet first – invalid vault			0.00

NB: Safety collar compulsory – score 0 if not used

Gymnova Reference Numbers

- Run up mat Ref: 2106
- Springboard (4-5S-5) Ref: 2198 – 2199 – 2187
- Springboard guard Ref: 2115
- Round off mat (≤ 5 cm) Ref: 2117
- F.I.G. Landing mat 20cm Ref: 1440
- Safety mat 20 cm Ref: 7041
- Mat 10 cm Ref: 7012



Vault Compulsory Grade 3 – Round off straight back salto vault

≤ 5 cm depth round off mat

Springboard (4 spring, 5 spring adapted, FIG 5 spring)

Springboard 'safety collar' (To be used for all vaults)

Gymnastic landing/safety mats to height 60 cm from the floor

Gymnova jersey mat (Ref: 7011) to be replaced as the mat to fall on - compulsory

Bars

Compulsory Grade 3

Single Bar HB 2.55m	D SCORE 4.00 + bonus	Use FIG deductions throughout the exercise except where specified
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Value of element taken as specified in each text	No attempt at an element VM + 2.00	Cast & circle deductions taken according to diagrams
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Please refer to uneven bars guidelines on page 9 and 10

Extra skills are allowed to construct the routine, but they will be open to deductions

VALUE	ELEMENTS (performed in optional order)	NOTES
	Mount - From long hang, in regular grip, trolley swing	Arch pike fold to bar – trolley swing.
0.50	Long upstart	
1.00	Cast to handstand	No hip angle GBR cast penalties apply Cast with straddle and/or hips bent is not allowed (VM) Bonus 0.30 for cast to within 10° of handstand
1.00	Backward close bar element to handstand	GBR circle penalties apply Deductions apply on the both the upswing and downswing side of the circle plus any fall that may occur
0.50	Backward giant to handstand	GBR circle penalties apply Deductions apply to the upswing
0.50	Backward giant to handstand	
1.00	Dismount Straight backaway to stand (Height of dismount to height of bar)	Gymnast must dismount away from LB uprights

BONUS

- ****Each additional consecutive different close bar element within 30° of vertical (bonus 0.50)**
- Bonus 0.30 for additional backward giant(s) or close bar with ½ turn to within 30°
- Can perform 1 x backward giant ½ for 0.50 bonus -a backward giant must be performed immediately afterwards
- Can perform 2 x backward giants ½ turn, close bar ½ or a combination of the 2 consecutively for 1.00 bonus – Only 2 ½ turns can be attempted
- Must be performed in combination to achieve full mark
- Turn must be completed above 45° to be awarded bonus
- GBR swing with turn penalties apply except - Below 45° = No bonus
- Clear pike circle min 45° bonus 0.50 Can be performed separately
- 0.30 bonus for cast to within 10° of handstand

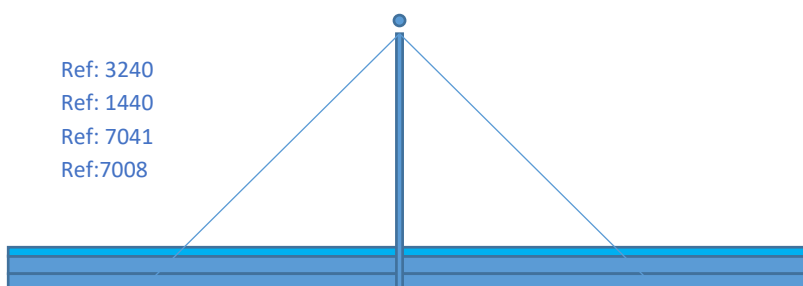
Gymnova Reference Numbers

- A Bar modified to single
- F.I.G. Landing mat 20cm
- Safety mat 20 cm
- F.I.G Top mat

Ref: 3240
Ref: 1440
Ref: 7041
Ref:7008

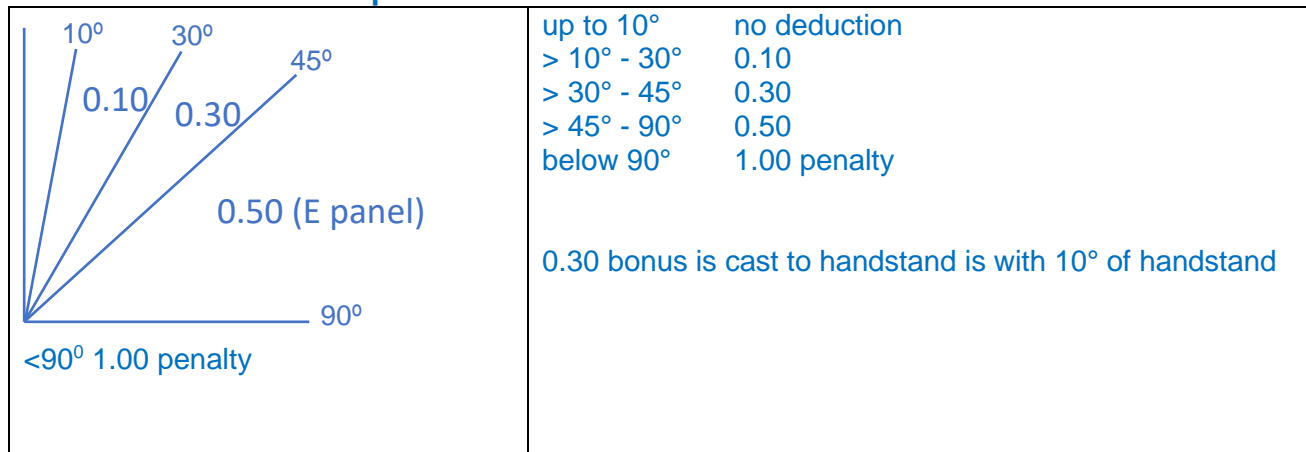
Bars Level 3

Single wood bar – height 255 cm
Mats to height 50 cm from the floor

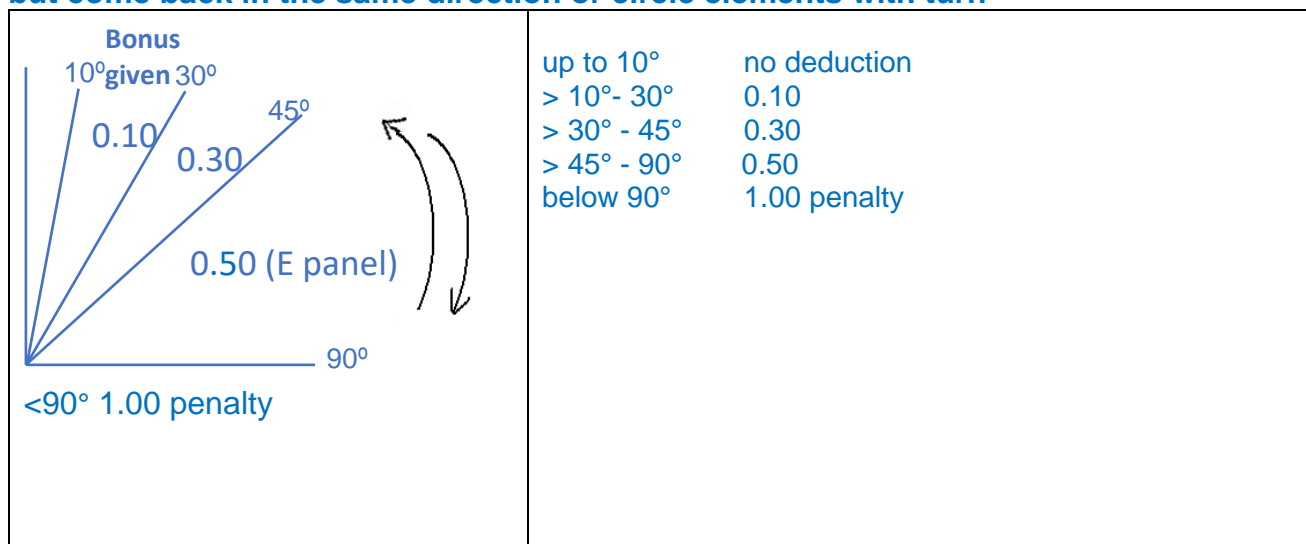


Uneven bars diagrams for Compulsory 3 elements

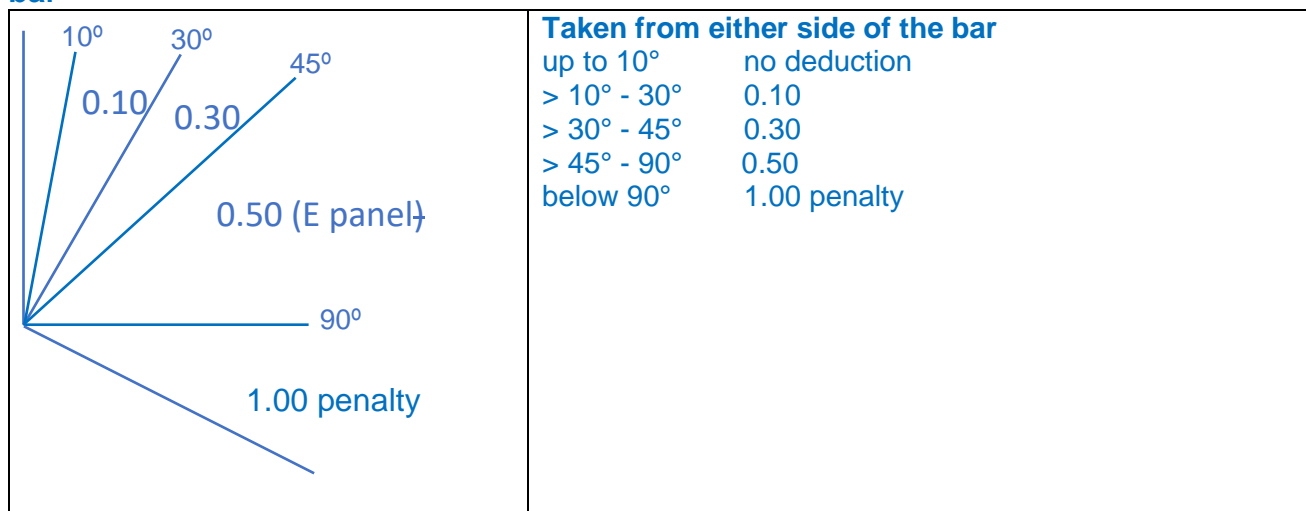
GBR cast to handstand penalties



GBR Compulsory 3 swing ½ penalties - swings that do not go over the bar but come back in the same direction or circle elements with turn



Compulsory 3 & 2 GBR circle penalties - elements without turn (giant circles, clear hips circles, Stalder circles, Endo circles, toe on and off circles fwd & bwd, stoop in and out, Weiler kips) deductions for these elements are taken from either side of the bar

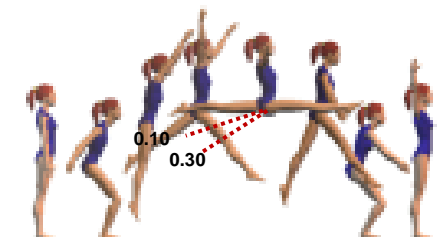


Beam

Compulsory Grade 3

Optional routines with compulsory elements in optional order

Splits with no tolerance. Missing 180° split
D panel 1.00 penalty



Split deductions E panel
 > 0° - 20° deduct 0.10
 > 20° deduct 0.30

Time 1.30 max	D SCORE 4.00 plus bonus	Use FIG Deductions
General <ul style="list-style-type: none"> On beam if a fall occurs between two connected elements the gymnast must complete the elements after the fall If the gymnast falls between the dismount connection, the whole connection may be repeated once Within the exercise there must be one jump/leap with 180° split (no tolerance). All split jumps/leaps are subject to FIG deductions All holds must be 2 seconds FIG landing mats soft side uppermost Lack of relevé throughout exercise 0.50 penalty Pending FIG confirmation. 		VM and NA for missing element 0.30 lack of hold on value elements

Value	Elements (performed in optional order)	Notes
0.50	F.I.G. optional Coded Mount	All mounts without DV will be commonly recognised as “A” value, except straddle over to sit or squat on.
0.50 0.50 Or 1.00	Backward walkover connected to Flic step out Or Flic step out connected to flic step out	<ul style="list-style-type: none"> Split handstand is permitted at this level in the backward walkover 1.00 penalty for no connection on either option Bonus 0.30
1.00	Forward walkover	
0.30 0.30 0.30	Cat leap connected to Cartwheel connected to Straight jump	Cartwheel to finish arms forward, immediate raise arms above head to jump 0.30 penalty for each stop in connection
0.30 0.30 0.30	Split leap connected to sissonne connected to sissonne in land in arabesque FIG rhythm penalty 0.10 each time applies	180° split no tolerance for one of the splits Arabesque not held at end of 2nd sissonne - 0.30 0.30 penalty for each stop in connection
1.00	Flic to 2 feet	
0.50	Full spin	Full spin can be performed in either direction
0.50 0.50	Round off Straight back salto (stop between elements 1.00)	

FIG Artistry and composition and specific apparatus deductions apply except where stated otherwise (current at time of competitions)

Gymnova Reference Numbers

- A Bar modified to single Ref: 3240
- F.I.G. Landing mat 20cm Ref: 1440
- Safety mat 20 cm Ref: 7041
- F.I.G Top mat Ref:7005

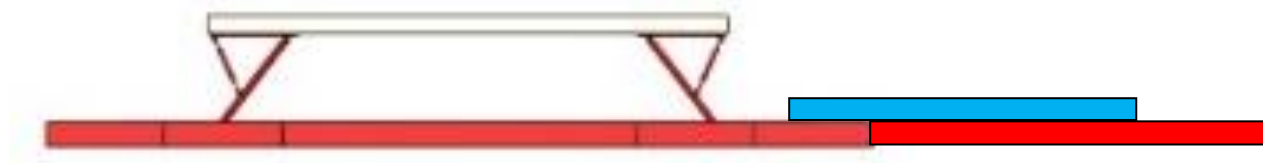


FIG Landing mats (dismount area soft side uppermost)

Floor

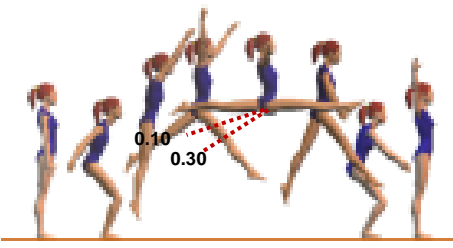
Compulsory Grade 3

Optional routines with compulsory elements in optional order

D SCORE 4.00 + bonus	Use FIG Deductions
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General <ul style="list-style-type: none"> All elements in an acrobatic series on floor must be completed continuously Leaps/jumps are not allowed to be done immediately after tumblers to control landings and eradicate landing deductions Attempt without performance of an element (e.g. additional hurdle) 0.30 deduction will apply. (Each Time) 	Value of series
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Splits with no tolerance. Missing 180° split
D panel 1.00 penalty



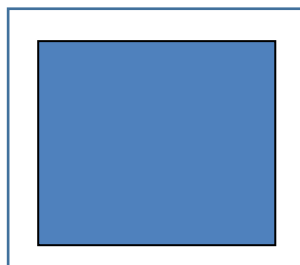
Split deductions E panel
 > 0° - 20° deduct 0.10
 > 20° deduct 0.30

VALUE	ELEMENTS (series & elements performed in optional order)	NOTES
1.00	Round off, flic, straight back salto with ½ twist	<ul style="list-style-type: none"> Body alignment deductions as per FIG If series broken deduct 1.00 Missing VM and non- attempt 2.00 deduction for missing series If no salto then lose VM + non-attempt
1.00	Handspring to 1 foot step out, handspring to 2 feet, and salto forward tuck	<ul style="list-style-type: none"> If series broken deduct 1.00 Missing VM and non- attempt 2.00 deduction for missing series If no salto then lose VM + non-attempt No join of legs during handspring to 1 leg - 0.30 penalty
Or 1.00	OR Handspring to 2 feet, flyspring salto forward tuck.	
1.00	Step hurdle RO 3 flics straight salto	Elements must be performed in same acro line. If only do 2 elements lose VM + non attempt if break series. i.e. steps between elements then lose 1.00. If no salto then lose VM + non attempt.
1.00	Free forward walkover or free cartwheel into or out of optional dance element	<ul style="list-style-type: none"> No steps allowed between elements – 0.30 series break. If no dance element then lose VM (1.00)

1.00	Any spin minimum value 'B'	
0.50	Dance passage to include: Change leg leap, step immediate change leg leap (opposite leg) dance passage into Change leg ¼ side (Johnson) or tour jeté	<ul style="list-style-type: none"> 180° split no tolerance on one of the leaps
0.50	Choice of one of the following jumps with a 1/1 turn: W jump Straddle jump OR Split jump	FIG Penalties apply

FIG Artistry and composition and specific apparatus deductions apply except where stated otherwise
(current at time of competitions)

Floor – FIG Regulation floor (Ref: 6775)



Range and Conditioning

Compulsory Grade 3


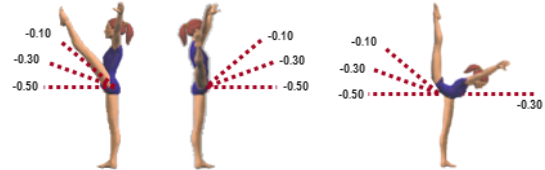
	Grade 3 Range & Conditioning set	Penalties
0.50	Standing forward leg lift on first leg, show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position, Return to stand	Chest below horizontal in arabesque 0.30
0.50	Standing leg lift on second leg show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position Return to stand	Chest below horizontal in arabesque 0.30
0.50	Pike fold with hands FLAT on floor (fingers facing backwards)	
0.50	Bend legs and push into backward roll to handstand ½ turn forward roll pike to pike stand (no deduction if straight legs into b/roll)	Bent arms 0.10 0.30 Arched back 0.30 Late turn 0.10 0.30 ½ turn not performed VM ¼ turn performed 0.30 Bent legs to stand up 0.10 0.30 For each extra hand movement 0.10 (the support arm of the turn can be moved once and the transfer onto the 2nd arm only once.)
0.50	Lower to straddle lever, (feet above hips in lever position) HOLD 2 sec	No hold 2 sec – 0.30 deduction
0.50	Lift to handstand	
0.50	Show controlled static split handstand * HOLD 2 sec	No hold 2 sec – 0.30 deduction
	Join legs in handstand*	
0.50	Show controlled static (opposite) split handstand * HOLD 2 sec	Lack of split 0.10 > 0.30 No hold 2 sec – 0.30 deduction
0.50	Return legs together and lower to show bridge, rock and Pull back to handstand HOLD 2 sec	Feet not together in bridge 0.10 0.30 No hold 2 sec – 0.30
0.50	Pike down	
0.50	Semi squat into straddle jump	Split deductions apply (jumps to be linked but not rebounding)
0.50	Split jump	
0.50	Split jump on opposite leg	
0.50	Jump 1 ½ turn	Lack of height 0.10 0.30 Loss of balance 0.10 0.30

Range & Conditioning

Firm non-springy mat approximately 2m x 8m (similar to tumble track top mat Gymnova Ref: 6160)

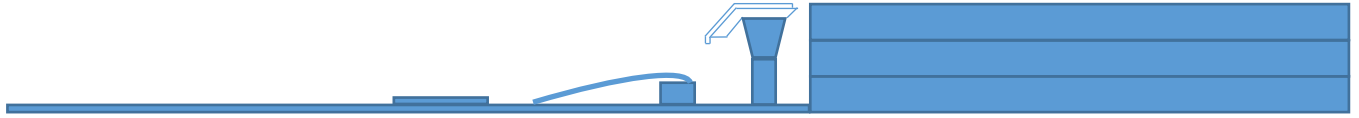


Range and Conditioning Leg Hold diagrams

VALUE	DESCRIPTION	DEDUCTIONS
0.50	Standing forward leg lift on first leg, show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position Return to stand. Deductions apply to each phase – fwd, bwd & swd	
0.50	Standing leg lift on second leg show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position Return to stand. Deductions apply to each phase – fwd, bwd & swd	 <p>Chest below horizontal in arabesque 0.30</p> <p>Deductions apply to each phase fwd, bwd, swd</p>

Compulsory Grade 2

Vault Compulsory Grade 2



Option of:
Yurchenko/Tsukahara/Handspring
Best score of 2 performed vaults to count (may be the same or different)

- | | |
|-----------------------------|-------------------------|
| ○ Run up mat (≤ 5 cm) | Ref: 2106 |
| ○ Springboard | Ref: 2198 – 2199 – 2187 |
| ○ Springboard guard | Ref: 2115 |
| ○ Round off mat | Ref: 2117 |
| ○ Vaulting top mat | Ref: 3411 |
| ○ Vaulting table | Ref: 3404 |
| ○ F.I.G. Landing mat 20cm | Ref: 1440 |
| ○ Safety mat 20/30 cm | Ref: 7041-7051 |

≤ 5 cm depth round off mat

Springboard (4 spring, 5 spring adapted, FIG)

Table 120 cm

Mat on table only, - 5 cm

Landing/Safety mat 130cm from the ground

Gymnova jersey mat (Ref: 7011) to be replaced as the mat to fall on - compulsory

Vault

Compulsory Grade 2

Option 1 - Yurchenko timer with straight body to upper back D Score 4.00

From the table onto built-up surface - Land on-the upper back, optional arms - Level landing OR optional one 20 cm mat higher, not for bonus but for safety. Additional mat placed in line with other matting.

Softer/thicker round off hand placement mat can be positioned up to 10cm onto the bottom of the springboard.

Specific Apparatus Deductions (E panel)

Faults	0.10	0.30	0.50
Run up distance 25m maximum			
• Lack of acceleration, or deceleration shown, during run up	X	X	
First Flight Phase and feet landing on board			
• Landing off centre in any direction	X		
• Incorrect body position	X	X	
• Too high onto table	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
Repulsion Phase			
• Shoulder angle	X	X	
• Failure to pass through vertical	X		
• Bent arms	X	X	X
Second Flight Phase			
• Height	X	X	X
• Failure to maintain correct body position	X	X	X
• Feet hitting the landing mat			X
• Bent knees	X	X	X
• Leg or knee separations	X	X	
Distance			
• Insufficient length	X	X	X
• Landing with feet on the table/mat			0.80
General			
• Dynamics	X	X	X
○ Brushing feet through to back	X	X	X
• Deviation from straight direction	X		

NB: Safety collar compulsory – score 0 if not used

Option 2 - Handspring

D score 3.00

From the table land on feet and FALL to front lying onto built up mats, jump not permitted - Level landing

Specific Apparatus Deductions (E panel)

Faults	0.10	0.30	0.50
Run up distance 25m maximum			
• Lack of acceleration, or deceleration shown, during run up	X	X	
First Phase & Feet Landing on board			
• Feet landing off centre in any direction	X		
• Hip angle	X	X	
• Arch	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
Repulsion Phase			
• Staggered/alternate hand placement	X		
• Shoulder angle	X	X	
• Failure to pass through vertical	X		
• Lack of repulsion from hands	X	X	
• Bent arms	X	X	X
Second Flight Phase			
• Height	X	X	X
• Failure to maintain stretched body	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
Distance			
• Insufficient length	X	X	X
• Jump after landing moving the centre of mass in the opposite direction	X	X	X
• Landing with feet on the table			0.80
General & Landing Faults			
• Dynamics	X	X	X
• Failure to maintain correct body position during fall	X	X	
• Under rotation			
○ without falling backwards	X		
○ with fall backwards		X	
• FIG body posture on landing penalties apply	X	X	X
• Deviation from straight direction on landing (on 1st contact)	X		

NB: Safety collar compulsory – score 0 if not used

From table onto built up mats, Land on the upper back, optional arms.
Level landing

Specific Apparatus Deductions (E panel)

Faults	0.10	0.30	0.50
Run Up distance 25m maximum			
• Lack of acceleration, or deceleration shown, during run up	X	X	
First Flight Phase and feet landing on board			
• Feet landing off centre on board in any direction	X		
• Hip angle	X	X	
• Arch	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
Repulsion Phase			
• Shoulder angle	X	X	
• Failure to pass through vertical	X		
• Bent arms	X	X	X
Second Flight Phase			
• Height	X	X	X
• Failure to maintain correct body position	X	X	X
• Bent knees	X	X	X
• Leg or knee separations	X	X	
Distance			
• Insufficient length	X	X	X
• Landing with feet on the table/mat			0.80
General			
• Dynamics	X	X	X
• Under rotation			
○ Brushing feet through to back	X	X	X
• Deviation from straight direction	X		

NB: Safety collar compulsory – score 0 if not used

Bars

Compulsory Grade 2

FIG Asymmetric Bars	D SCORE 4.00 + Bonus	Use FIG deductions throughout the exercise except where specified
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No attempt VM + 2.00	Cast & circle deductions taken according to diagrams
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Please refer to uneven bars guidelines on page 9 and 10
Extra skills are allowed to construct the routine, but they will be open to deductions

VALUE	ELEMENTS (performed in optional order)	NOTES
Routine uses High Bar only – low bar in pace at maximum FIG distance No mat allowed on LB		
	Mount From long hang, regular grip, trolley swing	
1.00	Long upstart directly into: Cast to handstand	Cast with straddle and/or hips bent is allowed No tolerance in handstand VM
1.00	Giant circle backwards to handstand [Regular]	(deductions taken on the upswing side) GBR circle penalties apply
1.00	Giant circle forwards (in reverse or 'L' grip) This is a mandatory element and MUST be performed without turn	(deductions taken on the upswing side) GBR circle penalties apply Straddled forward giants are permitted with a 0.30 deduction
1.00	Close bar circle element to handstand ** This is a mandatory element and MUST be performed without turn: (subsequent close bar elements can be used to fulfil other requirements)	GBR circle penalties apply
1.00	Element with grip change from regular to reverse/'L' grip to handstand This can be a back giant or close bar element	GBR circle or circle with turn penalties apply
1.00	Element with grip change from reverse/'L' grip to regular handstand This would be a second forward element – such as front giant with half turn, or endo with half turn or forward toe on toe off to handstand with half turn	
1.00	Giant circle backwards to handstand (accelerated) into immediate	Accelerated giant with hip and shoulder action no deduction
1.00	Straight back-away	Hip only 0.10 Shoulder only 0.10 No acceleration in giant VM (1.00)
1.00	Alternative dismount -Straight front-away	If performing straight front-away dismount the accelerated giant can be performed elsewhere in the routine

BONUS

0.50 ea x 2 = 1.00 max applicable to 'L' grip

> 'L' grip element to handstand or/and

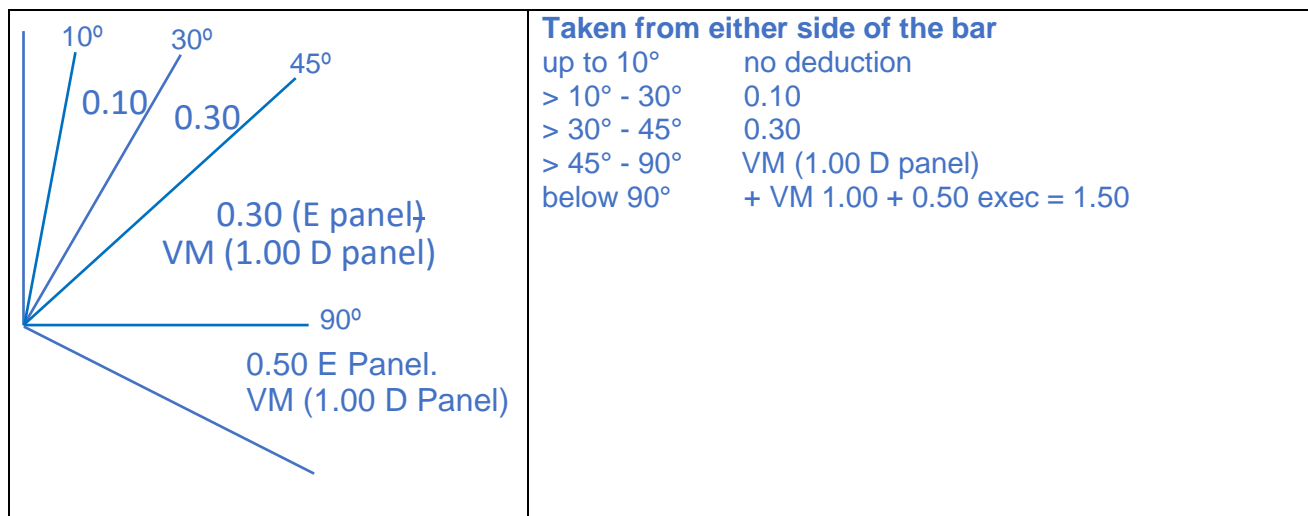
> 'L' grip element with ½ turn (180°)

Clear pike circle min 45° – bonus 0.50 (Can be performed as single element)

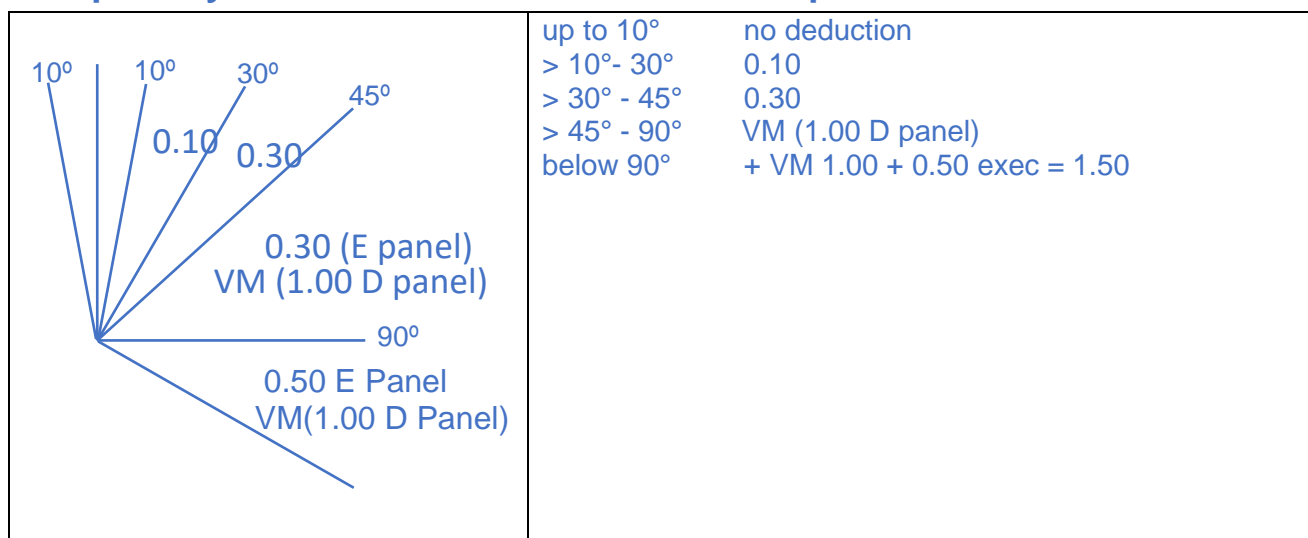
** Each additional consecutive different close bar element within 30° (bonus 0.3)

Uneven bars diagrams for Compulsory 2 elements

Compulsory 2 GBR circle penalties - elements without turn (giant circles, clear hips circles, Stalder circles, Endo circles, toe on and off circles fwd & bwd, stoop in and out, Weiler kips) deductions for these elements are taken from either side of the bar

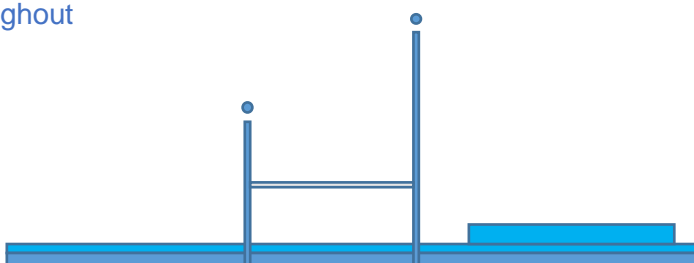


Compulsory 2 GBR circle elements with turn penalties



- F.I.G. Landing mat 20cm Ref: 1440
- A Bar (HB 255cm LB 175cm) Ref: 3240
- F.I.G. Landing mat 20cm Ref: 1440
- F.I.G Top mat Ref: 7008
- Safety mat 20 Ref: 7041

Asymetric bars FIG Specification
 Safety Mats 20 cm
 Supplementary mat 10cm throughout
 Additional 20cm landing mat



Beam

Compulsory Grade 2

Optional routines with compulsory elements in optional order

Splits with no tolerance. Missing 180° split (once in routine)
D panel 1.00 penalty

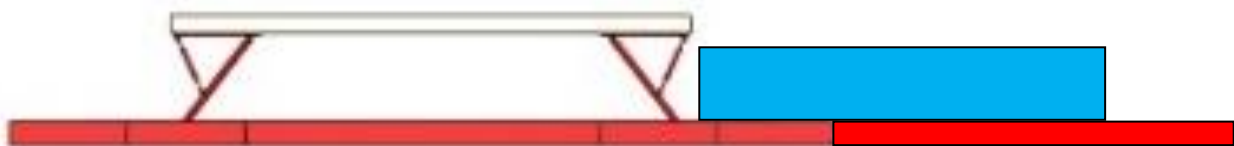
Split deductions E panel
 > 0° - 20° deduct 0.10
 > 20° deduct 0.30

Time 1.30 max	D SCORE 4.00 plus bonus	Use FIG Deductions
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<p>General</p> <ul style="list-style-type: none"> On beam if a fall occurs between two connected elements the gymnast must complete the elements after the fall If the gymnast falls between the dismount connection, the whole connection may be repeated once All holds must be 2 seconds FIG landing mats soft side uppermost <p>Lack of relevé throughout routine – 0.50 penalty</p>	<p>VM and NA for missing element</p> <p>0.30 lack of hold on value elements</p>
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VALUE	Elements (performed in optional order)	NOTES
0.00	F.I.G optional coded mount	All mounts without DV will be commonly recognised as “A” value, except straddle over to sit or squat on.
1.00 1.00 1.00	Backwards series of 3 elements from the following options to land on beam, NOT connected to dismount: <ul style="list-style-type: none"> • Flic –flic –flic (optional split of legs) • Valdez –flic –flic (optional split of legs) • Backward roll to handstand –flic –flic (optional split of legs) (Flics may be the same or not the same)	<ul style="list-style-type: none"> • 1.00 penalty for each stop in connection • If none of the 3 skills are connected then a non-attempt penalty of 2.00 will also be applied • All 3 skills must be completed
0.50 0.50 0.50	Forward walkover, one step only into Change leg leap into Flic to 2 feet or Korbut flic e.g. FWO land on R leg step L leg and change leg leap (0.10 deduction for each extra step)	0.50 penalty for each stop in connection
0.50	Full spin – Spin must finish knee up for 2 sec	0.30 for not holding knee up
0.50 0.50	<ul style="list-style-type: none"> ▪ One connection of at least two different dance elements, one of which is a change leg split leap or change leg ¼ (Johnson) 	0.50 penalty for stop in connection
0.30	Sideways jump min B	Can be performed as part of your dance connection
0.50	Optional flighted entry into straight back salto onto safety mats	0.50 Bonus If performing 2 flighted elements into the straight back salto

FIG Artistry and composition and specific apparatus deductions apply except where stated otherwise (current at time of competitions)



Beam

FIG Beam

FIG Landing mats

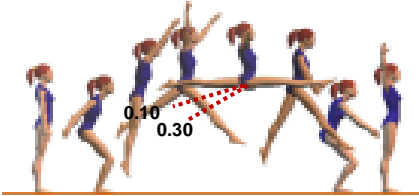
Safety mats 60 cm depth above the FIG landing mats

- Beam Ref: 3610
- F.I.G. Landing mat 20cm Ref: 1726
- Safety mat 20/30 cm Ref: 7041-7051

Floor

Compulsory Grade 2

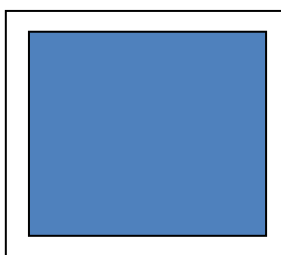
Optional routines with compulsory elements in optional order

D SCORE 4.00 bonus		Use FIG Deductions
General <ul style="list-style-type: none"> All elements in an acrobatic series on floor must be completed continuously Leaps/jumps are not allowed to be done immediately after tumblers to control landings and eradicate landing deductions Attempt without performance of an element (e.g. additional hurdle) 0.30 deduction will apply. (Each time) 		Value of series
Missing element VM No Attempt VM + 2.00	<p>Splits with no tolerance. Missing 180° split (once in routine) D panel 1.00 penalty</p>  <p>Split deductions E panel > 0° - 20° deduct 0.10 > 20° deduct 0.30</p>	Series break deductions as indicated in the text

VALUE	ELEMENTS (series & elements performed in optional order)	NOTES
1.00	An acro line with minimum 2 saltos one of which must be a straight back salto with full twist	<ul style="list-style-type: none"> If series broken, deduct 1.00 VM and non-attempt 2.00 deduction for missing series
1.00 Or 1.00 Or 1.00	<ul style="list-style-type: none"> Handspring, straight front salto to rebound salto OR Straight front salto immediate straight front salto (Handspring optional) OR Straight front salto immediate straight front 1/1 salto (Handspring optional) bonus 0.50 	Elements must be performed in same acro line. If only do 2 elements lose VM + non- attempt if break series. i.e. a run between elements then lose 1.00. If no salto then lose VM + non-attempt.
1.00	Optional series to include the following elements (choice of elements to go in the series is optional along with those required) <ul style="list-style-type: none"> Round off Whip salto Straight back salto 	<ul style="list-style-type: none"> If series broken, deduct 1.00 VM and non-attempt 2.00 deduction for missing series If no salto then lose VM + non-attempt
1.00	Any spin minimum value 'B'	
0.50	Jump full turn split or straddle or W jump	
0.50 0.50	Dance passage of: Change split leap into or out of: <ul style="list-style-type: none"> An additional different leap, minimum value 'B' 	<ul style="list-style-type: none"> Arms straight and behind hips, step forward into change leg split leap, both arms swing forward and parallel to horizontal and out to the side in the leap and land.

FIG Artistry and composition and specific apparatus deductions apply except where stated otherwise (current at time of competitions)

Floor – FIG Regulation floor (Gymnova Ref: 6775)



Range & Conditioning

Compulsory Grade 2

Range & Condition Leg Holds Appendix – See Appendix

General penalties to be applied throughout <ul style="list-style-type: none"> HOLDS 2 Seconds Failure to hold 0.30 FIG deductions for bent arms, bent legs, body alignment apply to all elements Neutral deductions, eg holds, taken from final score. Sitting between elements (parellettes section) 0.50 (this is a specific penalty and not a fall. 	
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	Grade 2 Range & Conditioning set	Penalties
0.50	Backward walk over to finish in splits on floor	foot touching floor before splits 0.10 0.30 Split penalties 0.10 0.30
0.50	Rotate to box split (without hands)	Split penalties 0.10 0.30 Use of hands 0.50 penalty
0.50	Rotate to split on 2nd leg (without hands – pick up a floor bar on both sides of the body	Split penalties 0.10 0.30 Use of hands 0.50 penalty
0.50	From splits drag legs together and Lift to Russian lever (legs together) HOLD 2 sec	Legs not to face in fold 0.10 0.30 No hold 2 sec – 0.30 deduction
0.30	Lift to straddle lever	Legs resting on arms 0.30 Feet not above level of hips 0.10 0.30
0.50	Lift to handstand HOLD 2 seconds	Feet brushing floor during lever 0.30 Feet not getting past hands in attempt to lift NA + VM Failure to reach handstand <ul style="list-style-type: none"> >300 – 450 = 0.10 >450 = 0.30 No hold 2sec – 0.30 deduction
0.30	Pike down to stand (Previous elements to be performed continuously) release floor bars and place hands on floor fingers facing backwards	Sitting between elements 0.50 each (this is a specific penalty and not a fall)
1.00	Bend legs and push into Backward roll full pirouette to handstand (no deduction if straight legs into b/roll)	Bent arms 0.10 0.30 Arched back 0.30 Full turn not performed VM ½ - ¾ turn performed 0.30 Lack of control in turn 0.10 0.30 Bent legs to stand up 0.10 0.30 More than 2 hand movements deduct 0.10 for each. up to 10° from h/st no deduction > 10°- 30° from h/st 0.10 > 30°- 45° from h/st 0.30 > 45° - 90° from h/st VM (1.00 D panel)

0.50	Lower through Planche to front support drag legs up to pike fold with hands on floor	Arched back in front support 0.30
0.50	Show needle scale on 1 leg	Split penalties 0.10 0.30 Chest not touching standing leg 0.10
0.50	Show needle scale on other leg	Split penalties 0.10 0.30 Chest not touching standing leg 0.10
0.50	From needle scale on 2nd leg Forward walkover to stand one leg (minimum horizontal), with free HOLD for two seconds	Leg dropping below horizontal 0.30 Using hands to hold leg 0.30 Failure to hold deduct 0.50
0.30	Lift leg with hand support to front scale and HOLD for two seconds	Lack of split 0.10 0.30 No 2 sec hold – 0.30 deduction
	Join legs	
0.3	Split jump	
0.30	Split jump ½ (turn must be performed in 1st half or 2nd half of jump)	Bent legs 0.10 0.30 Split penalties 0.10 0.30 Turn in 2nd half – 0.30 deduction
0.30	Straddle jump	Split deductions apply
0.50	Tuck back salto (grab legs behind or in front – optional) (Jumps and salto to be linked but not rebounding)	Salto without grabbing legs 0.10 deduction Lack of height 0.10 0.30 Lack of neutral head position throughout (throwing head out) 0.10 – 0.30 Lack of tuck 0.10 Landing with chest down 0.10 0.30

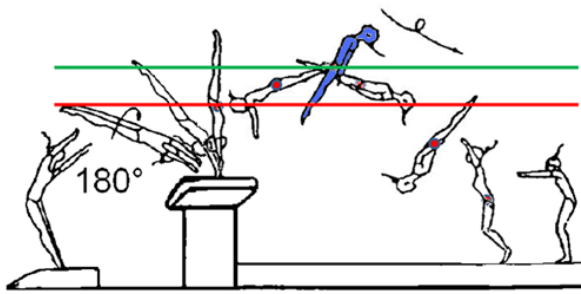
Range & Conditioning

Firm non-springy mat approximately 2m x 8m (similar to tumble track top mat Gymnova Ref: 6160)
Floor balancing bars (Parallettes) Gymnova Ref:3985 (400Lx 135mmH)

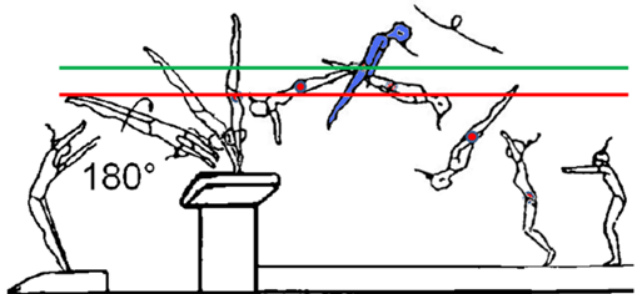


Second Flight Phase

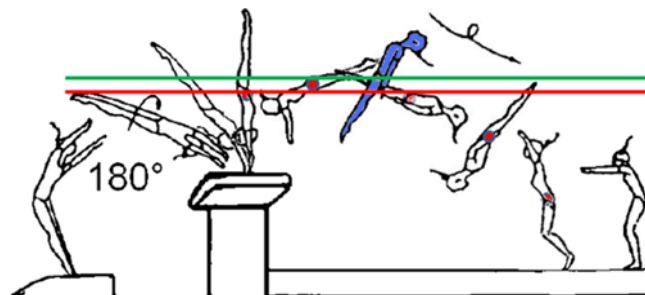
- Height: 0.10 / 0.30 / 0.50



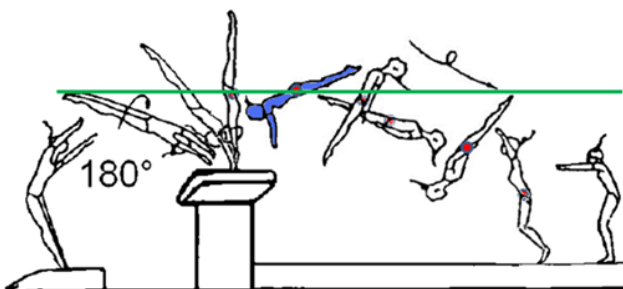
No deduction



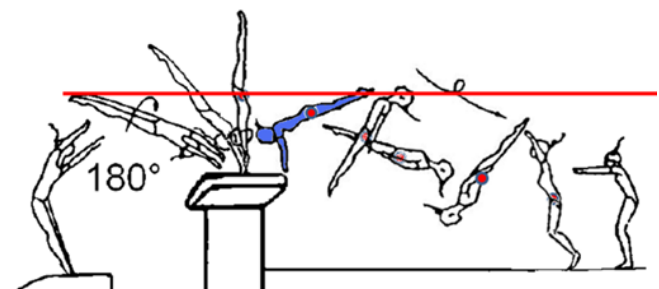
- 0.10



- 0.30



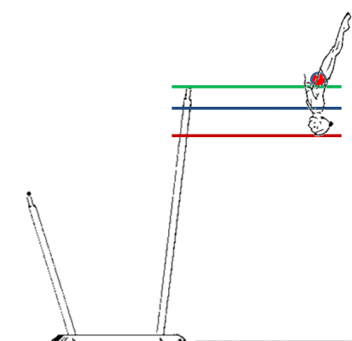
- 0.50



- 0.50

Hip position after releasing the bar

- At HB 0.00
- Slightly below HB 0.10
- Well below HB 0.30



No deduction

- 0.10

- 0.30

Section 8.3 – Table of General Faults and Penalties

Faults		Small	Med.	Large	Very Large
		0.10	0.30	0.50	1.00 or more
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 posture (<i>pike too early</i>)	each time	X	X		
– Hesitation during performance of elements	each time	X			
– Attempt without performance of an element (<i>empty run</i>)	each time		X		
– Deviation from straight direction	each time	X			
Body and/or leg position in elements (<i>non-dance</i>)					
– Body alignment	each time	X			
– Feet not pointed/relaxed	each time	X			
– Insufficient split in acro elements (<i>non-flight</i>)	each time	X	X		
– Failure to fulfil technical requirements in dance elements (<i>body shape</i>) (as per Sec. 9 for list of errors in dance elements)	each time	X	X	X	
– Precision	each time	X			
– Performance of DMT too close to the apparatus (<i>UB & BB</i>)			X		
Landing Faults (all elements including dismounts)		If there is no fall the maximum landing deduction may not exceed 0.80			
– Legs apart on landing	each time	X			
– Extra arm swings		X			
– Lack of balance	each time	X	X		
– Extra steps, slight hop	each time	X			
– Very large step or jump (<i>guideline – more than shoulder width</i>)	each time		X		
– Body posture fault	each time	X	X		
– Deep squat	each time			X	
– Brushing/touching apparatus/mats with hands, but not falling	each time		X		
– Support on mat/apparatus with 1 or 2 hands	each time				1.00
– Fall on mat to knees or hips	each time				1.00
– Fall on or against apparatus	each time				1.00
– Failure to land feet first on landing from element	each time				1.00

VAULT Specific Apparatus Deductions (E- Panel)

Faults	0.10	0.30	0.50
First Flight Phase			
– For missing degrees of LA turn during flight phase: <ul style="list-style-type: none"> • Gr. 1 with ½ (180°) turn • Gr. 3 with ¼ turn • Gr. 4 with ¾ (270°) turn • Gr. 1 or 2 with 1/1 turn (360°) 	≤ 45°	≤ 90° ≤ 45°	> 90°
– Poor technique: <ul style="list-style-type: none"> • Hip angle • Arch • Bent knees • Leg or knee separations 	X X X X	X X X X	X
Repulsion Phase			
– Poor technique <ul style="list-style-type: none"> • Staggered hand placement Gr. 1, 2 & 5 • Bent arms • Shoulder angle • Failure to pass through vertical • Prescribed LA turn begun too early (<i>on the table</i>) 	X X X X X	X X X X X	X
Second Flight Phase			
– Excessive snap	≥ 90°	< 90°	
– Height	X	X	X
– Exactness of LA turn (<i>includes Cuervo</i>)	X		
– Body position <ul style="list-style-type: none"> • Exactness of tuck/pike position in salto • Exactness of tuck/pike position in salto with twist • Body alignment in stretched salto • Body alignment in stretched salto with twist • Failure to maintain stretched body position (<i>piking too early</i>) • Insufficient and/or late extension (<i>tuck/pike vaults</i>) 	X X X X X X	X X X X	
– Bent knees	X	X	X
– Leg or knee separations	X	X	
– Under-rotation of salto without a fall <ul style="list-style-type: none"> • With a fall 	X	X	
– Distance (<i>insufficient length</i>)	X	X	
– Deviation from a straight direction	X		
– Dynamics	X	X	
Landing deductions	See Sec.8		

BARS Composition deductions (E- Panel)

Faults	0.10	0.30	0.50
– Jump from LB to HB			X
– Hang on HB, put feet on LB, grasp LB			X
– More than 2 of the same elements directly connected to the dismount	X		

BARS Specific Apparatus Deductions

Faults <i>If there is no fall the maximum execution deduction may not exceed 0.80 per element</i>	0.10	0.30	0.50 or more
– Body alignment in HSTD and cast to HSTD	X	X	
– Adjusted grip position	X		
– Brush on mat		X	
– Hit on apparatus with feet			0.50
– Hit on mat with feet (<i>fall</i>)			1.00
• Uncharacteristic element (<i>elements with take-off 2 feet or thighs</i>)			0.50
– Poor rhythm in elements	X		
– Insufficient height of flight elements	X	X	
– Under rotation of flight elements	X		
– Insufficient extension in kips	X		
– Intermediate swing			0.50
– Empty swing			0.50
– Angle of completion of elements	X	X	X
Amplitude of:			
– Swings fwd or bwd under horizontal	X		
– Casts	X	X	
– Excessive flexion of hip joint in the leg tap (<i>DMT</i>)	X	X	

BEAM Artistry & Composition Deductions (E- Panel)

Faults	0.10
Artistry of Performance	
– Insufficient artistry of performance throughout the exercise:	
• Poor body posture (head, shoulders, trunk)	X
• Insufficient amplitude (maximum elongation of the movements)	X
• Insufficient amplitude of leg swings or kicks	X
• Poor foot work	
○ Feet not pointed/relaxed/turned in	X
○ Lack of work in relevé	X
• Insufficient involvement of the body parts	X
– Rhythm & Tempo	
• Insufficient variation in rhythm & tempo in movements (<i>no DV</i>)	X
• Performance of the entire exercise as a series of disconnected elements & movements (<i>lack of fluency</i>)	X
Composition	
– Mount without DV (<i>All mounts without DV will be commonly recognised as “A” except lifting one leg over to sit, squat on, simple jump to sit or kneel or to land on two feet</i>)	X
– Insufficient use of entire apparatus:	
• Lack of complex movements sideways (<i>no DV</i>)	X
• Missing combination of movements/elements close to the beam with a part of the torso (including thigh, knee or head) touching the beam (<i>element not necessary</i>) (<i>A complex and creative movement is one that requires training time, coordination and previous preparation</i>)	X
– One-sided use of elements:	
• More than one ½ turn on 2 feet with straight legs throughout exercise	X

BEAM Specific Apparatus Deductions (E- Panel)

Faults	0.10	0.30	0.50
– Poor rhythm in connection (<i>with DV</i>)	ea X		
Excessive preparation			
– Adjustment (<i>steps without choreography & unnecessary movements</i>)	ea X		
– Excessive arm swing before dance elements	ea X		
– Pause (apply at 2 sec.)	ea X		
– Additional support of leg against the side surface of the Beam		X	
– Grasp of Beam in order to avoid a fall			X
– Additional movements to maintain balance	X	X	X

FLOOR Artistry & Composition Deductions (E- Panel)

Faults	0.10	0.30
Artistry of Performance <ul style="list-style-type: none"> – Insufficient artistry of performance throughout the entire exercise: <ul style="list-style-type: none"> • Poor body posture (head, shoulders, trunk) • Insufficient amplitude (maximum elongation of the movements) • Poor foot work <ul style="list-style-type: none"> ◦ Feet not pointed/relaxed/turned in • Insufficient involvement of the body parts • Poor expressive engagement according to the style of the music – Performance of the entire exercise as a series of disconnected elements & movements (lack of fluency) 	X X X X X X	 X
Composition <ul style="list-style-type: none"> – Insufficient complexity or creativity of movements: (A complex and creative movement is one that requires training time, coordination and previous preparation) <ul style="list-style-type: none"> • Throughout the exercise • Poor choreography in the corner/lack of variety – Missing movement touching floor (including minimum trunk, or thigh, or knee or head) 	 X X X	
Music and Musicality <ul style="list-style-type: none"> – Editing of music (e.g. no opening, ending, or accents): <ul style="list-style-type: none"> • No structure to the music – Musicality: <ul style="list-style-type: none"> • Lack of synchronisation between movement and musical beat at the end of exercise • Background music (the exercise is connected to the music partly or only at the beginning and end of the exercise) 	 X X X	 X

FLOOR Specific Apparatus Deductions (E- Panel)

Faults	0.10
Excessive preparation <ul style="list-style-type: none"> – Adjustment (steps without choreography) – Excessive arm swing before dance elements – Pause (apply at 2 seconds) 	ea X ea X ea X
Distribution of elements <ul style="list-style-type: none"> – Exercise starts immediately with an acro line/acro element – Subsequent acro line performed after previous line along the same diagonal without choreography in between (long acro line allowed) – More than 1 subsequent acro line – Exercise ends with acro element (no choreography after last acro) 	X ea X ea X X