



Disability Men's Artistic Gymnastics National Development Plan 2020

Version 1

**British
Gymnastics**

British Men's Artistic Disability Grades 2020

These grades have been designed to complement the existing MAG club and elite grade structure. They have been created with the aim of developing performance level disabilities gymnasts and to provide more opportunities for these gymnasts to compete at local, regional and national level. The routines and apparatus required align with the existing grade apparatus set ups. This should enable the inclusion of disabilities MAG gymnasts at club and regional grades competitions in 2020.

The routines cater for a wide level of abilities and provide a solid foundation for progressive gymnastics performance and the development of essential MAG skills on each apparatus. Each level progressively develops techniques and themes that will underpin higher level performance. The gymnasts should develop routines by learning elements following these progressive themes.

Gymnasts new to the sport should follow the structure from level 1-6. However we appreciate gymnasts with a disability can enter the performance pathway at any age and stage and we encourage coaches to place gymnasts at the appropriate level to match their skills.

Initially these routines should be offered at club/regional level and this will be reviewed after 2020 with the aim of incorporating the higher levels into the National Finals

Disabilities gymnasts should also use these routines to improve and build their voluntary routines and skills for the appropriate level for the Disability British Championships. They should help coaches construct routines for level B, A and Open <https://www.british-gymnastics.org/technical-information/discipline-updates/mens-artistic/10564-mens-artistic-disability-code-of-points-2019-v1-0/file>

Structure

Routines are offered from level 1-6. The levels progressively include more apparatus and skills and provide a solid foundation to the development of key elements for MAG performance level gymnastics. Levels 1-3 are aimed at beginners and development level gymnasts. Levels 4-6 include more skills on every apparatus and progress towards open level routines.

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
PPP	✓	✓	✓	✓	✓	✓
Floor	✓	✓	✓	✓	✓	✓
Pommel	✓	✓	✓	✓	✓	✓
Rings			✓	✓	✓	✓
Vault	✓	✓	✓	✓	✓	✓
Parallel Bars		✓	✓	✓	✓	✓
High Bar	✓	✓	✓	✓	✓	✓

Guidelines for Scores to consider progressing through the levels

- Average score 7 - Pass
- Average score 8.5 – must move up to next level

Whilst we encourage gymnasts to compete on all 6 pieces + PPP we appreciate that some circumstances or ability groups may not allow for this. In these cases in order to pass each level gymnasts should compete on at least 4 pieces +PPP. They will also receive an average score to allow them to progress through the levels.

Disability NDP Grades Apparatus Requirements Table

	Floor	Pommel	Rings	Vault	P Bars	H Bar	PPP
Level 1	12 x 2 Strip	Floor	x	Springboard with 30cms landing mat and agility mat	x	Gloves and loops	Floor area (max 12x2)
Level 2	12 x 2 Strip	Medium height mushroom (60cm)	x	Springboard with 60cms landing mat with 10cm agility mat	Red block underneath. P bars below shoulder height	Gloves and loops	Floor area (max 12x2)
Level 3	12 x 2 Strip	Medium height mushroom (60cm)	10cms landing mat 30cms optional	Springboard with 60cms landing mat with 10cm agility mat	Springboard Height as required	Gloves and loops	Floor area (max 12x2)
Level 4	12 x 2 Strip or diagonal	Low height mushroom (floor) Pommel horse	10cms landing mat 30cms optional	Springboard with 100 cms landing mat with 10cm agility mat	180cm	Gloves and loops	Floor area (max 12x2)
Level 5	12 x 2 Strip or diagonal	Pommel horse (low) no handles Pommel horse	10cms landing mat 30cms optional	Springboard with 100 cms landing mat with 10cm agility mat	180cm	Gloves and loops	Floor area (max 12x2)
Level 6	12 x 2 Strip or diagonal	Pommel horse	10cms landing mat 30cms optional	Vaulting table at 125cm (junior), 135cm (senior). FIG landing area	180cm	Chalk bar 10cms landing mat 30cms optional	Floor area (max 12x2)

PPP

PPP - Please note these are signposts of some available deductions	
Element	C of P Consideration
All hold elements	No stop is non-recognition
Bridge	Performance expectation – shoulders at least vertical above hands. If shoulders not vertical, away from hands towards feet use angular deviations away from perfect hold positions: $0^{\circ}-15^{\circ} = 0.1$, $16^{\circ}-30^{\circ} = 0.3$, $31^{\circ}-45^{\circ} = 0.5$
D shape	Performance expectation – shoulders at least vertical above hands/heels. If shoulders not vertical, away from rest of body, use angular deviations away from perfect hold positions: $0^{\circ}-15^{\circ} = 0.1$, $16^{\circ}-30^{\circ} = 0.3$, $31^{\circ}-45^{\circ} = 0.5$
Splits	Hips not square: $16^{\circ}-30^{\circ} = 0.1$, $31^{\circ}-45^{\circ} = 0.3$, $>45^{\circ} = 0.5 +$ non-recog. Legs not flat: $0^{\circ}-15^{\circ} = 0.1$, $16^{\circ}-30^{\circ} = 0.3$, $31^{\circ}-45^{\circ} = 0.5$
Press elements	Interrupted upward movement - 0.1, 0.3, 0.5 Two or more attempts strength/hold part - 0.3, 0.5

Level 1 - 3 PPP Physical Preparation Programme

Description	Performance considerations
<p>1.In stand show a straight shape with arm above head (1.0)</p> <p>2.Lower into crouch and Bunny hop return to crouch (1.0) and stand into</p> <p>3.Forward roll to L sit (1.0) stretch to sit arms sideways</p> <p>4.Open legs to Straddle sit (1.0) lower to</p> <p>5.Japana held for 3 seconds (1.0)</p> <p>6.Lie flat on back and hold Dish for 3 seconds (1.0)</p> <p>7.Roll over to stomach to Arch hold 3 seconds (1.0) return to flat lie</p> <p>8.Circle arms and push to Front support held 3 seconds (1.0), jump feet into crouch, jump to stand (1.0)</p> <p>9.Straight jump to land (1.0) and finish</p>	<p>Exercise should be performed fluently and moving towards virtuous presentation</p> <p>End positions to be clearly shown but do not need to be held for excessive amount of time</p> <p>Coaches should put an emphasis towards artistic performance and clean lines</p>
<p align="center">TOTAL SCORE - 10 Deductions as FIG</p> <p align="center">Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

Level 4 - 6 PPP Physical Preparation Programme

Description	Performance considerations
<p>1.Straddle press from straddle stand to handstand roll to L (1.0 plus bonus 0.5)</p> <p>2.From Stand step kick to handstand hold 3 seconds forward roll to L sit (1.0)</p> <p>3.Slide legs to Straddle sit, and fold forwards to show japana(1.0)</p> <p>4.Rotate into preferred split any variation (1.0)</p> <p>5.Lie back and push to bridge (1.0)</p> <p>6.Lie flat and two dish rocks hold dish 3 seconds (1.0)</p> <p>7.Roll sideways to arch and two arch rocks, hold arch 3 secs (1.0)</p> <p>8.Press up to Front support slide out to long front support (1.0)</p> <p>9.Circle arms and perform 2 press ups (1.0)</p> <p>10.Jump feet into crouch, jump to stand (0.5)</p> <p>11.Jump full turn to land (1.0)</p>	<p>Exercise should be performed fluently and moving towards virtuous presentation</p> <p>End positions to be clearly shown but do not need to be held for excessive amount of time</p> <p>Coaches should put an emphasis towards artistic performance and clean lines</p>
<p align="center">TOTAL SCORE - 9.5 + 0.5 Bonus Deductions as FIG</p> <p align="center">Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

FLOOR

Element	C of P Consideration
All - Performance Considerations	Deviation from performance considerations stated are technical deductions 0.1, 0.3, 0.5
Handspring, rebound jump; all flight elements.	Lack of height or amplitude on flight elements: 0.1, 0.3, 0.5
Dive roll	Non-distinct position: 0.1, 0.3, 0.5
Holds	<2 secs = 0.3. No stop = 0.5 and non-recognition.
Handstand into front support	Controlled, otherwise use technical error: 0.1, 0.3, 0.5
Landings - See performance considerations also.	Unsteadiness, minor adjustment of feet, or excessive arm swings: 0.1 Slight imbalance, small step or hop: 0.1 per step Large step or hop, or touch mat with 1 or 2 hands: 0.3
Floor area deductions -	Routines performed on a strip will not be penalised for going over the 12 metres. Other routines are judged as per performance considerations
Number of steps	Exceeding the number of steps stated will incur a 0.3 deduction regardless of how many extra taken.

Article 10.3 Specific Deductions for Floor Exercise.

E Jury

Error	Small 0.10	Medium 0.30	Large 0.50
Insufficient height in acrobatic elements.	+	+	
Lack of flexibility during static elements.	+	+	
Roll-out elements without hand support.		On back of hands	Without support
Pause 2 sec. or more before element or acrobatic series.	+		
Uncontrolled momentary landings (also in transitions).	+	+	+ fall 1.00
Simple steps or transitions to arrive to the corners.	+		
Jump to prone landing after salto			+

Level 1 Floor Exercise (12m x 2m Strip)	
Description	Performance considerations
<p>1.From stand stretch forward roll in tuck to stand (1.5)</p> <p>2.90 degree turn forward into 2 side chase steps (1.0)</p> <p>3.90 degree turn forwards step kick into lunge position(1.0)</p> <p>4.Kick in to half handstand (1.5) return to stand</p> <p>5.Any single leg balance (1.0) return to stand</p> <p>6.Crouch down and rock backwards and forwards (hands by ears) to finish in tuck sit (1.0)</p> <p>7.Stretch leg and press to back support (1.0)</p> <p>8.Turn over to front support jump feet in to stand (1.0)</p> <p>9.Tuck jump to stand (1.0)</p>	<p>In lunge arm to be by ears with chest in and front knee bent Technical excellence in each of the individual elements.</p> <p>Rhythm and artistry throughout the routine.</p> <p>Landings should be controlled and well presented.</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG</p> <p>Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

Level 2 Floor Exercise (12m x 2m Strip)	
Description	Performance considerations
<p>1.From stand stretched forward roll straight arms to stand (1.0)</p> <p>2.Turn 90 degrees forward into 2x side chase steps (1.0) and side to side cartwheel (1.0)</p> <p>3.Turn 90 degrees forward step kick to handstand (not held) (1.0)</p> <p>4. Return to stand and single leg balance (straight leg 45 degrees) held for 3 seconds (1.0)</p> <p>5. Stand and crouch into tuck backward roll (1.0) to finish in crouch position</p> <p>6. Rock backward into shoulder stand, held 3 secs (hands support permitted)(1.0)</p> <p>7. Rock forwards into back support, held 3 secs (1.0)</p> <p>8. Turn to front support jump feet into stand (1.0)</p> <p>9. Straight jump ½ turn to land (1.0)</p>	<p>Technical excellence in each of the individual elements.</p> <p>Rhythm and artistry throughout the routine.</p> <p>Landings should be controlled and well presented.</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG</p> <p>Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

Level 3 Floor Exercise (12m x 2m Strip)	
Description	Performance considerations
<ol style="list-style-type: none"> 1. Step kick into handstand forward roll to stand (1.5) 2. Hurdle step into cartwheel ¼ turn immediate (1.5) 3. Backward roll to front support (1.5) 4. Swing leg into any split variation held 3 seconds (1.5) return to stand 5. Arabesque above 45 degrees from floor return to stand (1.0) 6. 2-3 step run into dive forward roll to stand (1.5) 7. Straight jump 1/1 (1.5) 	<p>Handstand forward roll can be performed with bent arms</p> <p>Technical excellence in each of the individual elements.</p> <p>Rhythm and artistry throughout the routine.</p> <p>Landings should be controlled and well presented.</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG</p> <p>Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

Level 4 Floor Exercise (12m x 2m Strip or diagonal)	
Description	Performance considerations
<p>1. 2-3 steps into hurdle step, handspring rebound jump to stand (2.5)</p> <p>2. Kick Step into handstand hop roll forwards (1.0) to stand immediate straight jump half turn (0.5)</p> <p>3. Hurdle step, round off rebound jump (1.0) into immediate backward roll to front support (1.0)</p> <p>4. From front support turn back support lower to pike sit (1.0), rock back in tuck position and rock forwards to stand (0.5)</p> <p>5. 2 -3 steps dive forward roll (2.5)</p>	<p>Technical excellence in each of the individual elements.</p> <p>Rhythm and artistry throughout the routine.</p> <p>Landings should be controlled and well presented.</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG</p> <p>Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

Level 5 Floor Exercise (12m x 2m Strip or diagonal)	
Description	Performance considerations
<p>1. 2 – 3 steps handspring rebound jump into immediate dive forward roll to stand (2.0)</p> <p>2. Step forward into any ½ turn (0.5)</p> <p>3. Jump into round off, back flip, rebound jump (2.0)</p> <p>4. Step into handstand hop forward roll to straddle stand (1.0), lift to handstand hold forward roll (1.0) chasse scissor kick into arabesque hold (1.0) step forward ½ turn (0.5)</p> <p>5. 2 -3 steps front somersault to stand (2.0)</p>	<p>Technical excellence in each of the individual elements.</p> <p>Rhythm and artistry throughout the routine.</p> <p>Landings should be controlled and well presented.</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG</p> <p>Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

Level 6 Floor Exercise (12m x 2m Strip or diagonal)	
Description	Performance considerations
<ol style="list-style-type: none"> 1. 2-3 steps into <i>Backwards Tumble</i> (Round backflip OR Round Tuck Back) (2.0) 2. 2-3 steps into <i>Forwards Tumble</i> (Front Somi, dive roll OR handspring front somi) (2.0) 3. Step into Series - Cartwheel cartwheel $\frac{1}{4}$ inwards backward roll to handstand (2.0) 4. <i>Non Acro</i> element (Double Leg Circle or Elephant lift to handstand) (2.0) 5. Run into <i>Dismount</i> (Straight Front somi (2.0) OR tuck front somi (1.0)) 	<p>Technical excellence in each of the individual elements.</p> <p>Rhythm and artistry throughout the routine.</p> <p>Landings should be controlled and well presented.</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG</p> <p>Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

POMMEL HORSE

Pommel Horse – Please note these are signposts of some available deductions	
Element	C of P Consideration
All – Performance Considerations	Deviation from performance considerations stated are technical deductions: 0.1, 0.3, 0.5
All	Touching apparatus – 0.1 Hitting apparatus – 0.5
Circle elements	Skewing deductions, taken for each circle: >15°- 30° = 0.1, >30°- 45° = 0.3, >45° = 0.5
Circle elements	Shoulders moving from start direction on mushroom: >15°- 30° = 0.1, >30°- 45° = 0.3, >45° = 0.5

E Jury

Error	Small 0.10	Medium 0.30	Large 0.50
Lack of amplitude in scissors and single leg swings.	+	+	
Handstand with visible strength or bent arms.	+	+	+
Pausing or stopping in handstand.	+	+	+
Hip Breaks with circles.	+	+	
Lack of body extension in circles or flairs. Each element	+		
Bent or legs apart during elements.	+	+	+
Angular deviations in cross support circles and travels.	>15°- 30°	>30°- 45°	>45° no - recog.
Landing oblique or not facing out from the long axis of horse.	+ deviation >45	+ deviation 90°	
Non handstand dismounts, body position under 30° over shoulder horizontal line.		+	
Scissor to handstand with hip bend.	+	+	+ no - recog.
Scissors to handstand without closing the legs.	+	+	
Extra ½ swing on mount without a leg changing sides.		+	
Unsteadiness in the handstand dismount, turning problems.	+	+	
Lowering of legs on elements to a handstand (from original position)	0 - 15°	16°-30°	31° - 45° >45° no-recog.

Level 1 Pommel Horse (Floor)	
Description	Performance considerations
<p>1.Begin in front support hold of 3 seconds (2.0)</p> <p>2.Walk feet in direction of circle to ¼ (Side support) hold for 3 seconds (2.0)</p> <p>3.Continue to walk feet to back support hold for 3 seconds (2.0)</p>	<p>Supports must be held as per prescribed</p> <p>Walking between supports should be done with artistic perfection</p>

<p>4.Continue in direction of circle walk feet to $\frac{3}{4}$ (side support) hold for 3 seconds (2.0)</p> <p>5.Continues in direction of circle and return to front support held of 3 seconds (2.0)</p>	<p>Side support arm should be kept close to body</p>
<p style="text-align: center;">TOTAL SCORE - 10.0 Deductions as FIG</p> <p style="text-align: center;">Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

Level 2 Medium Height Mushroom (60cm)	
Description	Performance considerations
<p>1.Show front support (2.5)</p> <p>2.Circle to back support hold back support (2.5)</p> <p>3.Continue in direction of circle and walk to side support hold side support (2.5)</p>	<p>The circles should be fluent and well extended from the shoulders.</p>

4. Continue walking in direction or circle and return to front support (2.5)	<p>Side support arm should be kept close to body</p> <p>Supports must be held as per prescribed</p> <p>Walking between supports should be done with artistic perfection</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG</p> <p>Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

<p>Level 3</p> <p>Gymnasts should perform both routines below</p> <p>Gymnasts will receive the average score from both routines</p> <p>Medium Height Mushroom (60cm)</p>	
Description	Performance considerations
<p>5 x double leg circle (each circle 2.0)</p> <p>5 attempts</p>	<p>The circles should be fluent and well extended from the shoulders.</p>

	<p>Control should be demonstrated throughout the routine.</p> <p>Shoulder displacement should be symmetrical through side support positions.</p> <p>Shoulders should remain in the same direction throughout the routine.</p> <p>For circle to count must complete more than ½ circle 1.0 deduction if ½ to ¾ circle, ¾ to complete circle 0.5 deduction</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

<p>Level 3 Pommel Horse</p>	
Description	Performance considerations
<p>1.From spring board (if required) Jump to front support on handles (2.0)</p> <p>2.Transfer weight and lift opposite hand off handle (2.0)</p> <p>3.Transfer weight back to both handles (1.0)</p> <p>4.Transfer weight and lift opposite hand off handle (2.0)</p> <p>5. Return to two handles and 2x pendulum swing (1.5 each pendulum swing)</p>	<p>From board must jump to support with straight arms</p> <p>Must have lifted each hand off handles cannot lift same hand twice</p> <p>Pendulum swings are be deducted as per FIG but all will be given value</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

<p>Level 4 Gymnasts should perform both routines below Gymnasts will receive the average score from both routines</p> <p style="text-align: center;">Floor Mushroom</p>	
Description	Performance considerations

<p>5 x double leg circle (each circle 2.0)</p> <p>5 attempts</p>	<p>The circles should be fluent and well extended from the shoulders.</p> <p>Control should be demonstrated throughout the routine.</p> <p>Shoulder displacement should be symmetrical through side support positions.</p>
<p align="center">TOTAL SCORE - 10.0 Deductions as FIG</p> <p align="center">Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

<p align="center">Level 4 Pommel Horse</p>	
<p>Description</p>	<p>Performance considerations</p>
<ol style="list-style-type: none"> 1. From springboard jump to front support on leather (1.0) 2. Step up onto handles (1.0) 3. Transfer weight and lift opposite hand off handle (1.0) 4. Transfer weight back to both handles (1.0) 5. Transfer weight and lift opposite hand off handle (1.0) 6. Return to two handles and 2 pendulum swings (1.5 each swing) 7. Swing leg in to astride (1.0) 8. Single leg flank ¼ turn (1.0) 	<p>From board must jump to support with straight arms</p> <p>Must have lifted each hand off handles cannot lift same hand twice</p> <p>Pendulum swings are be deducted as per FIG but all will be given value</p> <p>Shears should be fluent and exhibit virtuosity with deductions as per FIG. Half shear and shear can all be on the same leg. Other execution faults will be judged as per FIG</p>
<p align="center">TOTAL SCORE - 10.0 Deductions as FIG</p> <p align="center">Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

<p align="center">Level 5</p> <p align="center">Gymnasts should perform both routines below</p> <p align="center">Gymnasts will receive the average score from both routines</p> <p align="center">Low Horse No Handles</p>	
<p>Description</p>	<p>Performance considerations</p>

<p>5 x Inward Loops (each circle 2.0) 5 attempts</p>	<p>The circles should be fluent and well extended from the shoulders.</p> <p>Control should be demonstrated throughout the routine.</p> <p>Shoulder displacement should be symmetrical through side support positions.</p>
<p style="text-align: center;">TOTAL SCORE - 10.0 Deductions as FIG</p> <p style="text-align: center;">Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

<p style="text-align: center;">Level 5 Pommel Horse</p>	
<p>Description</p>	<p>Performance considerations</p>
<p>1.From front support ½ circle to back support (2.0) 2.Cut single leg back to (0.5) 3.Astride swing x 2 (1.0 per swing) 4.Full scissor (2.0) 5.Astride swing leg backward to front support (0.5) 6.Pendulum swing x2 (1.0 per swing) 7. Cut leg in to Single leg flank with ¼ turn (1.0)</p>	<p>The circles should be fluent and well extended from the shoulders. Control should be demonstrated throughout the routine.</p> <p>Shoulder displacement should be symmetrical through side support positions.</p> <p>Shears should be fluent and exhibit virtuosity with deductions as per FIG.</p> <p>Half shear and shear can all be on the same leg.</p> <p>Other execution faults will be judged as per FIG</p>
<p style="text-align: center;">TOTAL SCORE - 10.0 Deductions as FIG</p> <p style="text-align: center;">Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

<p style="text-align: center;">Level 6 Pommel Horse</p>	
<p>Description</p>	<p>Performance considerations</p>

<ol style="list-style-type: none"> 1. Start facing front of horse Inward loop (1.5) 2. into ¼ turn to support one hand on leather, one hand on handle (1.0) 3. Leg in single leg travel to handles (1.0) 4. Pendulum swing (1.0) 5. Scissor backwards (1.5) 6. Scissor forwards (1.5) 7. Into double leg circle on handles (1.5) 8. Into flank vault (1.0) 	<p>The circles should be fluent and well extended from the shoulders.</p> <p>Control should be demonstrated throughout the routine.</p> <p>Shoulder displacement should be symmetrical through side support positions.</p> <p>Shears should be fluent and exhibit virtuosity with deductions as per FIG.</p> <p>Half shear and shear can all be on the same leg.</p> <p>Other execution faults will be judged as per FIG</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG</p> <p>Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

RINGS

<p>Rings – Please note these are signposts of some available deductions</p>	
<p>Element</p>	<p>C of P Consideration</p>

All – Performance Considerations	Deviation from performance considerations stated are technical deductions: 0.1, 0.3, 0.5 For example: Touching straps with arms in held positions: 0.3, Support on straps with arms in held positions: 0.5
Legs apart or other poor execution during jump or lift to rings	0.3
All	Touching cables with arms, feet or other parts of body: 0.3 Support on cables with feet or legs: 0.5 and non-recognition.
All	Non-distinct body position: 0.1, 0.3, 0.5
All	Strength with swing or vice versa: 0.1, 0.3, 0.5
Holds	<2 secs – 0.3. No stop – 0.5 and non-recognition.
Dismounts	Shape, height, landing.
Inlocations and dislocations	No deductions for the height of the shoulders unless stated. 0.1, 0.3, 0.5 deductions each time for excessive arching / piking / lack of shoulder flexibility
Arm bending	Note that cast from pike with bent arms into swings is acceptable
Additional full intermediate swings	Given 0.5 deduction for chronological error.

E Jury

Error	Small 0.10	Medium 0.30	Large 0.50
Pre-swing before start of exercise.		+	
Coach gives gymnast an initial swing.	+		
Layaway on the back swing.		+	
Crossing cables during any element.		+	
Hold of a non-listed part for 2 s. or more.	per element		
Compositional errors.		+	
Legs apart or other poor execution during jump or lift to Rings.		+	
False grip (over grip) during strength holds (each time).	+		
Bent arms during swing to strength hold parts or to establish hold position.	+	+	+
Touching cables or straps with arms, feet or other parts of body		+	
Supporting or balancing with feet or legs on cables.			+ no-recog
Fall from handstand.			+ no-recog
Excessive swing of cables.	per element		
Preceding strength hold high angle- press to strength (also apply to 2nd element).	+	+	

Level 3 Rings	
Description	Performance considerations
<ol style="list-style-type: none"> 1. Assisted to grasp rings and show long hang 2. Chin up and hold 3 seconds return to long hang (2.0) 3. Lift with straight legs to inverted pike (1.0) 4. Kip to swing into swing backwards (1.0) 5. Swing forwards and backwards (2.0) 6. Swing forwards and backwards (2.0) 7. Swing forwards and backwards (2.0) 8. Swings forwards and backwards to release rings and land 	<p>Swings should show fluency and amplitude, achieving an end position with the body towards the vertical line.</p> <p>Held elements should show clear body positions with rings minimum parallel and wrists and elbows clear of the straps.</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG</p> <p>Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

Level 4 Rings	
Description	Performance considerations
<ol style="list-style-type: none"> 1. Assisted jump and show long hang 2. Chin up and hold 3 seconds return to long hang (1.0) 3. Lift with straight legs to inverted hang (1.0) 4. Roll down to German hang (1.0) 5. Lift to pike inverted hang (1.0) 6. Kip to swing backwards (1.0) 7. Swing forwards and backwards (1.0) 8. Swing forwards and backwards (1.0) 9. Swing forwards and backwards (1.0) 10. Tuck back dismount (2.0) 	<p>Swings should show fluency and amplitude, achieving an end position with the body towards the vertical line.</p> <p>Held elements should show clear body positions with rings minimum parallel and wrists and elbows clear of the straps.</p>
TOTAL SCORE - 10.0 Deductions as FIG	
Non- recognised elements will lose the value of the element plus FIG deduction if applicable	

Level 5 Rings	
Description	Performance considerations
<ol style="list-style-type: none"> 1. Assisted muscle up to support and show support (1.5) 2. From support circle back to inverted hang (0.5) 3. Lower to German hang (1.0) 4. Lift to inverted pike and kip dislocate into (2.0) 5. Swing forwards and backwards (1.0) 6. Swing forwards and backwards (1.0) 7. Swing forwards and backwards (1.0) 8. Tuck back dismount (2.0) 	<p>Swings should show fluency and amplitude.</p> <p>Held elements should show clear body positions with rings minimum parallel and wrists and elbows clear of the straps.</p> <p>Swings through the rings should show increasing amplitude on each swing.</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG</p> <p>Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

Level 6 Rings

Description	Performance considerations
<ol style="list-style-type: none"> 1. Muscle Up to support and show support (1.5) 2. Lift to ½ Lever (1.5) 3. Roll back to Inverted hang (1.0) 4. Kip to Inlocation swing (1.5) 5. Swing backwards, swing forwards into (1.0) 6. Dislocation swing (1.5) 7. Straight Back dismount (2.0) 	<p>Swings should show fluency and amplitude.</p> <p>Held elements should show clear body positions with rings minimum parallel and wrists and elbows clear of the straps.</p> <p>Swings through the rings should show increasing amplitude on each swing.</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG</p> <p>Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

Vault

Vault - Please note these are signposts of some available deductions	
Phases	C of P Consideration
All- Performance Considerations	Deviation from performance considerations stated are technical deductions: 0.1, 0.3, 0.5
All	Non-distinct body position: 0.1, 0.3, 0.5
2nd flight / flight	Insufficient height, no conspicuous rise of the body: 0.1, 0.3, 0.5
Landing	Lack of extension in preparation for landing: 0.1, 0.3
All	An incomplete vault or vault recognised as a different vault to the one denoted in the grade book is deemed an invalid vault and will score 0.00. For example, straight front salto into immediate dive roll – if tucked salto performed, vault scores 0.00. A straight front salto into immediate dive roll – if no dive roll performed, penalty of 1.0 will be taken plus other relevant execution deductions

Straight front salto shape



Article 13.3 Table of Specific Errors and Deductions for Vault D jury

Error	Small 0.10	Medium 0.30	Large 0.50
Landing or touching with one foot or one hand outside the landing area.	0.1 from the final score		
Touching with feet, hands, foot and hand or with any other part of the body outside of the landing area.	0.3 from the final score		
Landing directly outside the landing area.	0.3 from the final score		
Exceeding 25 meter run for Vault.	0,50 from the Final Score		
Illegal or invalid vaults.	Score of 0,00 for the vault		
Failure to use vault board safety collar for round-off entry vaults.	Score of 0,00 for the vault		
Repeating 1st vault in Qualification or in Vault-Final.	Score of 0,00 for the vault		
Repeating 1st vault group in Qualification or in Vault-Final.	2,0 point deduction for the 2nd vault		
Same or similar 2nd flight phase for the two vaults in Qualification or in Vault-Final (Table page 2).	2,0 point deduction for the 2nd vault		
Additional run approach.	1,00 point deduction		

E Jury deductions

Error	Small 0.10	Medium 0.30	Large 0.50
Execution errors in 1st flight.	+	+	+
Technical errors in 1st flight.	+	+	+
Passing the handstand position not through the vertical.	+	+	+
Execution errors in 2nd flight.	+	+	+
Technical errors in 2nd flight.	+	+	+
Insufficient height, no conspicuous rise of the body.	+	+	+
Lack of extension in preparation for landing.	+	+	

Level 1 Vault	
Description	Performance considerations
Springboard onto landing area of 30cms landing mat with agility mat. From a run up to 15 metres 1. Hurdle step into straight jump to land (10.0)	Powerful, dynamic run up. Distinct body shape on springboard.
TOTAL SCORE - 10.0 Deductions as FIG Non- recognised elements will lose the value of the element plus FIG deduction if applicable	

Level 2 Vault	
Description	Performance considerations
Springboard onto landing area of 60cms landing mat with 10cms agility mat. From a run up to 15 metres 1. Straight Jump onto higher landing (10.0)	Powerful, dynamic run up. Distinct body shape on springboard.
TOTAL SCORE - 10.0 Deductions as FIG Non- recognised elements will lose the value of the element plus FIG deduction if applicable	

Level 3 Vault	
Description	Performance considerations
Springboard onto landing area of 60cms landing mat with 10cms agility mat. From a run up to 15 metres 1. Handspring to back lie(10.0)	Powerful, dynamic run up. Distinct body shape on springboard leading to heel acceleration.
TOTAL SCORE - 10.0 Deductions as FIG Non- recognised elements will lose the value of the element plus FIG deduction if applicable	

Level 4 Vault	
Description	Performance considerations
Springboard onto landing area of 100cms landing mat with 10cms agility mat. From a run up to 15 metres <ul style="list-style-type: none"> • Handspring flat back (10.0) or <ul style="list-style-type: none"> • Tuck salto to back (8.0) 	Powerful, dynamic run up. Distinct body shape on springboard leading to heel acceleration.
TOTAL SCORE - 8.00/10.0 Deductions as FIG Non- recognised elements will lose the value of the element plus FIG deduction if applicable	

Level 5 Vault	
Description	Performance considerations
Springboard onto landing area of 100cms landing mat with 10cms agility mat. From a run up to 15 metres 1. Straight front to back. (10.0)	Powerful, dynamic run up. Distinct body shape on springboard leading to heel acceleration with heels touching first.
TOTAL SCORE - 10.0 Deductions as FIG Non- recognised elements will lose the value of the element plus FIG deduction if applicable	

Level 6 Vault	
Description	Performance considerations
Vaulting table (125cm junior, 135cm senior), FIG landing Handspring (10.0)	Powerful, dynamic run up. Distinct body shape on springboard leading to powerful dynamic first flight. The point of contact with the table (block) should show a clear elevation into the second flight phase. A distinctive body shape should be maintained throughout the second flight. Clean and clear preparation for landing.
TOTAL SCORE - 10.0 Deductions as FIG Non- recognised elements will lose the value of the element plus FIG deduction if applicable	

Parallel Bars

Parallel Bars – Please note these are signposts of some available deductions	
Element	C of P Consideration
All – Performance Considerations	Deviation from performance considerations stated are technical deductions: 0.1, 0.3, 0.5
Holds	<2 secs – 0.3. No stop – 0.5 and non-recognition.
Angular deviations on perfect held positions	Up to 15° = 0.1 ded 16° - 30° = 0.3 ded 31° - 45° = 0.5 ded > 45° = 0.5 ded + non-recognition from D Jury
Additional full intermediate swings	Given 0.50 deduction for chronological error plus 0.5.

Article 14.3 Specific Deductions for Parallel Bars

Error	Small 0.10	Medium 0.30	Large 0.50
One leg step or swing on mount.		+	
Layaway on the back swing.		+	
Not controlled momentary handstand positions on 1 or 2 rails.	+		
Elements Chiaro type, excessive hand separation and/or body deviation (each).	+	+	+
Pre-element.			+
Stepping or hands adjustments in handstand.	+ each time		
Lack of extension at horizontal regrasping after saltos.	+	+	
Uncontrolled regrasping after saltos.		+	+
Non respect of the official warm up time (50").	0.30 from the Final Score (D1 Judge) for individual competition or 1.00 from team score for team competition.		

Level 2 P-Bars	
180 cm with 60 cm block underneath bars	
1. Description	Performance considerations
<ol style="list-style-type: none"> 1. With straight arms Jump to support hold support 3 seconds (1.5) 2. Lift legs to tucked lever hold for 3 seconds (1.5) 3. Kick legs forwards into (1.0) 4. Swing backwards swing forwards to below horizontal (1.5) 5. Swing backwards swing forwards to below horizontal (1.5) 6. Swing backwards swing forwards to below horizontal (1.5) 7. Swing backwards and push backwards to land on the block between the Parallel Bars (1.5) 	<p>Swings in support should be dynamic and extended and achieve good end positions.</p> <p>Held parts should be clearly shown with distinct line.</p> <p>Elements through hang should be dynamic, clear of the floor, and show good understanding of technique, with minimal movement of the hands.</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG</p> <p>Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

Level 3 P-Bars
(Height to be adjusted per gymnast requirements)

Description	Performance considerations
<ol style="list-style-type: none"> 1. From spring board jump to upper arm support (1.0) 2. Upper arm swing forwards and backwards (1.0) 3. Upper arm swing forwards and backwards (1.0) 4. Upper arm swing forwards into straddle front uprise to finish in straddle sit (1.0) 5. from straddle sit lift leg together and join to ½ lever hold (1.0) 6. Kick out into backward swing (1.0) 7. Swing forwards and backwards (1.0) 8. Swing forwards and backwards (1.0) 9. Swing forwards and backwards into face vault dismount (2.0) 	<p>Swings in support should be dynamic and extended and achieve good end positions.</p> <p>Held parts should be clearly shown with distinct line.</p> <p>Elements through hang should be dynamic, clear of the floor, and show good understanding of technique, with minimal movement of the hands.</p>

TOTAL SCORE - 10.0 Deductions as FIG

Non- recognised elements will lose the value of the element plus FIG deduction if applicable

Level 4 P-Bars
(Height to be adjusted per gymnast requirements)

Description	Performance considerations
<p>From a short run or jump</p> <ol style="list-style-type: none"> 1. From spring board perform float swing and return to stand (2.0) 2. Jump to upper arm support (1.0) 3. Straddle travel in upper arm (1.0) 4. From upper arm straddle uprise (1.0) 5. ½ lever held 3 secs, kick out into backward swing (1.0) 6. Swing forwards and backwards to horizontal (1.0) 7. Swing forwards and backwards to horizontal (1.0) 8. Face vault dismount (2.0) 	<p>Swings in support should be dynamic and extended and achieve good end positions.</p> <p>Held parts should be clearly shown with distinct line.</p> <p>Elements through hang should be dynamic, clear of the floor, and show good understanding of technique, with minimal movement of the hands.</p>

TOTAL SCORE - 10.0 Deductions as FIG

Non- recognised elements will lose the value of the element plus FIG deduction if applicable

Level 5 P-Bars
(Height to be adjusted per gymnast requirements)

Description	Performance considerations
<p>From a short run or jump</p> <p>1.Jump into float upstart to support (1.5)</p> <p>2.lift legs to ½ lever hold (1.0)</p> <p>3.lift to shoulder stand (1.0)</p> <p>4.Should roll into back uprise (1.0)</p> <p>5.Swing forwards and backwards to horizontal (1.0)</p> <p>6.swing forwards and backwards to handstand (1.5)</p> <p>7.Swing forward and backwards to handstand (1.5)</p> <p>8.Swing forwards and backwards into face vault dismount above 45 degrees (1.5)</p>	<p>Swings in support should be dynamic and extended and achieve good end positions.</p> <p>Held parts should be clearly shown with distinct line.</p> <p>Elements through hang should be dynamic, clear of the floor, and show good understanding of technique, with minimal movement of the hands.</p>

TOTAL SCORE - 10.0 Deductions as FIG

Non- recognised elements will lose the value of the element plus FIG deduction if applicable

**Level 6 P-Bars
(Height to be adjusted per gymnasts requirements)**

Description	Performance considerations
<p>From a short run or jump</p> <ol style="list-style-type: none"> 1. Float upstart to support (1.5) 2. Lift legs to ½ lever hold (1.0) 3. Drop upstart back to support (1.5) 4. Swing backwards to upper arm (1.0) 5. Front uprise (1.0) 6. Swing forwards and backwards to above horizontal (1.0) 7. Swing forwards and backwards to handstand hold (2 secs) (1.5) 8. Dismount options (Face vault OR tuck back between the bars) (1.5) 	<p>Swings in support should be dynamic and extended and achieve good end positions.</p> <p>Held parts should be clearly shown with distinct line.</p> <p>Elements through hang should be dynamic, clear of the floor, and show good understanding of technique, with minimal movement of the hands.</p> <p>Dismount should show amplitude and a visible lift from the bars.</p>

TOTAL SCORE - 10.0 Deductions as FIG

Non- recognised elements will lose the value of the element plus FIG deduction if applicable

High Bar

Horizontal Bar – Please note these are signposts of some available deductions	
Element	C of P Consideration
All – Performance Considerations	Deviation from performance considerations stated are technical deductions: 0.1, 0.3, 0.5 Well described expectations on Horizontal Bar.
swings	Strength with swing or vice versa: 0.1, 0.3, 0.5
Skills to handstand	Apply the FIG CoP deductions: 16°- 30° = 0.1, 31°- 45° = 0.3, Below 45° = 0.5 and non-recognition (Unless stated)
All	Deviation from plane of movement: 0.1, 0.3
Additional full intermediate swings	Given 0.50 deduction for chronological error plus 0.50 deduction for the intermediate swing.

Level 1 High Bar (Gloves and Loops)	
Description	Performance considerations
<ol style="list-style-type: none"> 1. From straight hang show dish hold for 3 seconds (2.0) 2. Show arch hold for 3 seconds (2.0) 3. Lift legs piked to the bar (0.5) into dynamic body shaper into (1.0) 4. 3 swings to below 45 degrees of horizontal (each swing worth 1.5) 	<p>Swings should exhibit a hang phase through the bottom of the bar leading to a dynamic swing.</p> <p>Head neutral throughout.</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

Level 2 High Bar (Gloves and Loops)	
Description	Performance considerations
<ol style="list-style-type: none"> 1. Still hang Chin up return to hang (2.0) 2. Lift legs piked to the bar (1.0) into dynamic body shaper into (1.0) 3. 3x swing backwards and forwards towards horizontal (above 45 degrees) (2.0 per swing) 	<p>Swings should exhibit a hang phase through the bottom of the bar leading to a dynamic swing.</p> <p>Head neutral throughout.</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

Level 3 High Bar (Gloves and Loops)	
Description	Performance considerations
<ol style="list-style-type: none"> 1. Chin up circle round to support (1.5) 2. Cast to 45 degrees into (1.5) 3. Undershoot swing backwards to horizontal (1.5) 4. Swing forwards and backwards towards handstand (1.5) 5. Swing forwards and backwards towards handstand (1.5) 6. Swing forwards and backwards towards handstand (1.5) 	<p>Swings should exhibit a hang phase through the bottom of the bar leading to a dynamic long swing, which passes through handstand.</p> <p>Head neutral throughout.</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

Level 4 High Bar (Gloves and Loops)	
Description	Performance considerations
<ol style="list-style-type: none"> 1. Chin up circle round to support (1.0) 2. Cast (above horizontal) (1.5) 3. Back hip circle (1.5) 4. Cast, push away from the bar into swing (1.0) 5. Swing forwards and backwards towards handstand (1.5) 6. Swing forwards and backwards towards handstand (1.5) 7. 1 giant swing backwards (2.0) 	<p>Swings should exhibit a hang phase through the bottom of the bar leading to a dynamic long swing, which passes through handstand.</p> <p>Head neutral throughout.</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

Level 5 High Bar (Gloves and Loops)	
Description	Performance considerations
<p>From still hang</p> <ol style="list-style-type: none"> 1. Lift legs piked to the bar into dynamic body shaper (1.0) 2. Into float upstart cast to handstand (1.5) 3. Into Clear circle to front support push away from the bar (1.5) 4. 3 backward long swings (Each longswing is worth 2.0) 	<p>Swings should exhibit a hang phase through the bottom of the bar leading to a dynamic long swing, which passes through handstand.</p> <p>Head neutral throughout.</p> <p>Clear circle to 45degree = 0.5 deduction Clear circle to Horizontal = 1.0 deduction</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

Level 6 High Bar (Gloves and Loops)	
Description	Performance considerations
<ol style="list-style-type: none"> 1. Jump to catch bar 2. Lift legs piked to the bar into dynamic body shaper 3. Float upstart (2.0) 4. into cast above 45 (1.0) 5. Back hip circle (1.5) 6. Into undershoot to swing with regrasp (1.0) 7. Swing ½ turn (1.0) 8. Swing forwards and circle up (1.5) 9. Dismount options (Tuck Back / Straddle Undershoot) (2.0) 	<p>Swings should exhibit a hang phase through the bottom of the bar leading to a dynamic long swing, which passes through handstand.</p> <p>Head neutral throughout.</p> <p>Dynamic entry and exit for in bar elements.</p> <p>Turns should exhibit good control and body posture to the vertical line.</p> <p>Dismounts should show visible flight combining a controlled kick with no head movement, in preparation for a controlled landing.</p>
<p>TOTAL SCORE - 10.0 Deductions as FIG Non- recognised elements will lose the value of the element plus FIG deduction if applicable</p>	

