












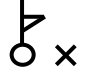

Disability Competition Requirements 2013-2016

All requirements are as per Code of Points (COP) / mainstream Competition Requirements for the relevant age group, other than as set out below.

DIFFICULTY

Body Movement Difficulties

All values are one category higher than in the COP (i.e. a 0.1 move in COP, has value of 0.2; a 0.2 move in COP has value of 0.3). In addition, the following 'X' moves (value 0.1) may be used:-

Leaps:-		Balances:-	
	Tuck jump, no turn		Passé on flat foot
	Passé jump, no turn		Knee balance with support on one hand
	Straight (vertical) jump, ½ turn		Back bend on knees (to 90°)
	Cat Leap, no turn		Front attitude on flat foot
Rotations:-			
	Low leg 45° to front or side		
	Passe with 270° rotation		
	Horizontal to front, side or back with 270° rotation		

Apparatus

Reasonable attempts (i.e. even if dropped or with technical fault) at large throws will earn the gymnast 0.3 for each attempt. This is written on the gymnast's official form as follows:-

Value	0.3
↗	

This is in addition to any points which the gymnast may earn if the throw is also part of mastery or DER.
For example:-

Value	0.3 + 0.2 = 0.5

Value	0.3 + 0.5 = 0.8

Fundamental Apparatus Technical Groups predominance is still required.

Dance Steps

Min. of 4 seconds

No need for Fundamental Apparatus Technical Group – can be Other Apparatus Technical Group

May be used in free routines

No requirement to have any dance steps in routine

Value 0.3

DER

As per COP

Also can do single rotation DER for 0.1 value, written as 1

No decrease in value for minor adjustment (1 small step standing or on the floor) during the catch

Mastery

No need to be innovative; can be ordinary

As per COP, should consist of min. 3 components for 0.2 value (i.e. 1 base + 2 criteria, or 2 bases + 1 criteria)

May also consist of 2 components for 0.1 value (i.e. 1 base, plus 1 criteria)

Pre-acrobatic Elements

No limit on repetition of pre-acrobatic elements

EXECUTION

To be judged as per the novice execution form, with the exception that there is no deduction for not having a balance of left/right hand work