

British
Gymnastics

2022
Women's Artistic
Disability Championships

Revised 27/03/2022 – All levels

WOMEN'S ARTISTIC DISABILITY GYMNASTICS CHAMPIONSHIPS RULES 2022

Philosophy

Women's artistic gymnastics at whatever level and ability of the competitor is about the pursuit of technical excellence in the elements performed and the composition and connection value of the Cycle 15 Code of points. The Women's Artistic programme adapts these basic principles to be able to accommodate the various different aspects of the Women's programme.

The Women's Artistic Disability Competition is about inclusion, a level playing field, fair play philosophies, and is pro-choice. This category must not be deemed to be "lesser" or of a "lower class", and coaches, judges, gymnasts and parents are discouraged from framing it that way.

The overriding aim is to allow Gymnasts with a disability a meaningful competition structure that is ACHIEVABLE. The new structure will allow gymnasts to fulfil the rules within their ability level and promotes self-value, self-worth and pride in their achievement.

Gymnasts will be able to compete at the Disability Championships providing the necessary classification forms have been completed and submitted. Gymnasts with classification are also eligible to compete in the mainstream Classic Challenge Championships. The Disability Championship Rules are largely based on the Classic Challenge rules at zinc, copper & bronze level.

Introduction

These new Women's Artistic Disability Rules have been adapted from the Classic Challenge Championship Rules which are largely based on FIG rules and directives, yet they provide much more choice and increased variety for a more personal and suitable choice of a lower number of counting elements and compositional requirements, thereby reducing potential stress and injury. Considering the impacts of Covid-19, every effort has to be made to keep gymnasts in the sport, and so save the clubs. Our hope is that this revised code contributes to those efforts.

Framework

These new rules fall under the new "**Classic Challenge**" heading. An annual review with the WTC will occur to make any necessary changes.

So as to not require a whole new set of judging awards, the judging system is based on current FIG D and E evaluations with the addition of uncoded elements being recognised and counted towards the start value of the exercise. Gymnasts have a choice of Compositional Requirements (CR) which have also been modified to reflect the difficulty level. It is hoped that by allowing a choice of CR's the gymnasts will be better able to work within their ability. Execution will remain as FIG (unless otherwise stated), encouraging clean, aesthetic work.

Competition Structure

The different levels are called Competition B, Competition A & Open Competition.

Competition B (8+ years) is largely based on Zinc rules, Competition A (9+ years) on Copper rules & Open Competition (10+ years) on Bronze & silver rules. It is hoped that these new levels will enable & encourage regions to include performance gymnasts with a disability within their existing competition structure and allow these gymnasts additional competition opportunities.

The evaluation of exercises is broken down into two main areas:-

D Score & E Score

The D score is the:

Difficulty value of the elements (2 or 3 acro (including the dismount), 2 or 3 dance & 1 or 2 optional elements - depending on competition level)

Composition Requirements (CR's)

Bonus (including any FIG CV)

The E score is the:

Execution score this is the total deductions taken for how the elements and connections are performed.

It is important to understand that it is not compulsory to fulfil all the composition requirements. The gymnast is encouraged to perform skills within their capabilities with the best technique they can.

Additional Clarifications for Competition B

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

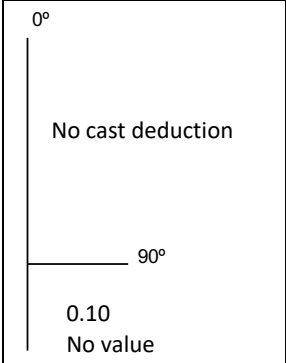
Maximum D score includes any bonus awarded.

Vault:

- Only the specified vaults may be performed. If performing 2 vaults, the same vault / vault height should be performed for both.
- For All Around ranking, the first vault performed will count towards the all around score.
- To be eligible for apparatus ranking, 2 vaults must be performed and the score will be averaged.
- Additional modified 4 & 5 coil springboards will be available

Bars:

- **Deductions as per FIG unless stated otherwise**
- There is no penalty for performing less than 4 elements
- There is no penalty for using only the low bar and no requirement to use both bars.
- Gymnasts using only the low bar, may start their exercise between the bars and dismount away from the bars.
- **If using both bars, the coach must stand between the bars and be present for the transition between the bars (or 1.00 penalty)**
- There is no penalty for bent legs in a sole circle
- There is no penalty for performing a jump from LB to HB either from a sole circle or from a squat / stoop / straddle on
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.

	Handstand (0°) to 90°	No cast deduction With value (D panel)
	Below 90°	0.10 deduction No value (D panel)

Beam:

- 5 elements only are required - **1.00 penalty for each missing element**
- A backward roll on one shoulder will class as a backwards element at this level.
- A forward roll will count as a forwards element for CR.
- Additional 20cm safety mat under the entire length of the beam and / or a jersey style mat (depth 10cm) is allowed for dismounts (optional).
- Any mount can be used.

Floor:

- 5 elements only are required - **1.00 penalty for each missing element**
- **An acro element may be repeated without DV for purposes of fulfilling a mixed series.**
- Backward and forward rolls can be performed with optional exit.

WAG DISABILITY GYMNASTICS CHAMPIONSHIPS 2022

COMPETITION A – 9 Years+

<p>Uncoded = 0.10 A = 0.10 B = 0.20 C = 0.30 Moves of higher value are not permitted</p>	<p>Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 15 Code of Points [2022] Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 6 highest elements including dismount BEAM/FLOOR – 2 acrobatic + 2 dance + 2 optional FLOOR - 1 acro line only required BARS/BEAM/FLOOR The dismount must be included in the counting elements Elements higher than a C are not allowed and no Difficulty Value, CR or bonus will be given if they are performed. Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.</p>			
Short Exercises	<p>On Beam & Floor, an exercise with less than 6 elements will be deducted 1.00 for each missing element. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element.</p>			
	Vault	Bars	Beam	Floor
Apparatus	<p>FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.</p>	<p>FIG Bars Regulations with: A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view. 1.00 penalty for not using both bars.</p>	<p>A FIG Beam Regulations with: Additional safety mat (depth 20cm) under the complete length of the beam may be used without penalty. A jersey style mat (depth 10cm) is allowed for dismounts (optional).</p>	<p>FIG Floor Regulations except acro lines where an acro line will be considered to be 2 x directly connected flighted elements no salto required. A routine with only 1 acro line will not incur dismount deductions.</p>
Requirements	<p>Height of vault 105, 110, 115, 120 or 125cm 1 x springboard</p> <p>Any vault without a salto from the new vault table</p> <p>Execution deductions of 0.1, 0.3, 0.5 & 0.8 for height will apply</p>	<p>A Gymnast should fulfil 4 of the 6 CR's (Maximum awarded 2.0):</p> <ul style="list-style-type: none"> ▪ FIG coded mount on LB ▪ Close bar circle element (back hip circle allowed) ▪ Any bar change LB to HB ▪ Cast to within 45° handstand ▪ An additional different close bar element ▪ An element on HB (not dismount) <p>A/B/C elements only allowed D or move – no DV</p> <p style="text-align: center;">Maximum D Score 3.00</p>	<p>A Gymnast should fulfill 5 of the 6 CR's (Maximum awarded 2.50):</p> <ul style="list-style-type: none"> ▪ ½ spin ½ turn or 1/1 spin ▪ Connection 2 different dance elements (no split required) ▪ Leap or jump with 180° split (cross or side) or straddle ▪ 1 x acrobatic element -Non flighted OK ▪ Mixed Series (Minimum 2 element – no flight required on acro element) ▪ 'A' valued salto dismount <p>A/B/C elements only allowed D or move – no DV</p> <p style="text-align: center;">Maximum D Score 3.50</p>	<p>A Gymnast should fulfill 5 of the 6 CR's (Maximum awarded 2.50):</p> <ul style="list-style-type: none"> ▪ Acro line with a backward salto ▪ Forward salto (in or out of an acro line) ▪ A dance passage of 2 different leaps / hops – No split required ▪ Additional leap, hop or jump ▪ 360° spin ▪ Mixed series minimum 2 directly connected elements <p>A/B/C elements only allowed D or move – no DV</p> <p style="text-align: center;">Maximum D Score 3.50</p>
Uncoded (U) Permitted Elements (receive 0.1 DV)	<p style="text-align: center;">Or</p> <p style="text-align: center;">DV 1.00</p> <p>Handspring Flat Back from Table onto Pile of Safety Mattresses</p> <p style="text-align: center;">Or</p> <p style="text-align: center;">DV 0.70</p> <p>Vault table - Squat through / Straddle over</p>	<p>Float swing (from board, back to board) Chin up circle over mount Cast to within 45° handstand Squat onto low bar (<i>There will be no penalty for performing a jump from LB to HB</i>) ¾ Giant from LB to HB Straddle or pike on undershoot dismount</p>	<p>Tuck jump Stretched or arched jump & Stretched jump ½ Changement Stag leap & Stag jump Forward roll Backward roll ½ spin on one foot Cartwheel rebounding straight jump dismount Round off dismount</p>	<p style="text-align: right;">Backward walkover Forward walkover Tic-toc Handstand forward roll Backward roll to front support and / or handstand Scissor kick Cartwheel</p> <p>Tuck jump Tuck jump ½ Straight jump ½ W Jump or hop with ½ Changement Stag leap</p>
Notes	<p>2.00 penalty for coach support. Applies to each vault.</p>	<p>The sole circle (5.108) may be performed with bent legs without incurring execution penalty)</p>	<p>Any mount may be used Coaches are encouraged to be present for dismounts</p>	
GBR Bonus (in addition to FIG)		See Bonus sheet	See Bonus sheet	See Bonus sheet

Additional Clarifications for Competition A

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

Maximum D score includes any bonus awarded.

Vault:

- 2 different vaults may be performed
- For All Around ranking, the first vault performed will count towards the all around score.
- To be eligible for apparatus ranking, 2 vaults must be performed and the score will be averaged.
- Additional modified 4 & 5 coil springboards will be available

Bars:

- Deductions as per FIG unless stated otherwise
- 5 elements only are required
- The coach is encouraged to stand between the bars and be present for the transition between the bars without deduction.
- An additional 20cm mat can be placed underneath through-out the bars without deduction.
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.

	Handstand / Close Bar (0°) to 45°	No deduction
	>45° to 90°	0.10 deduction
	Handstand	No value (D panel)
	Close Bar	D Panel still give value
	Below 90°	0.30 deduction No value (D panel) for either move

Beam:

- 6 elements only are required - 1.00 penalty for each missing element
- Forward and backward rolls can be used as DV, CR & bonus unless the backward roll goes over one shoulder and therefore will not class as a backwards element at this level and not receive no value, CR or bonus.
- Additional 20cm safety mat under the entire length of the beam and / or a jersey style mat (depth 10cm) is allowed for dismounts (optional).

Floor:

- 6 elements only are required - 1.00 penalty for each missing element
- An acro element may be repeated without DV for purposes of fulfilling a mixed series
- A routine with only 1 acro line will not incur dismount deductions.
- A routine with no acro lines will incur a 1.00 penalty.

WAG DISABILITY GYMNASTICS CHAMPIONSHIPS 2022

BG WTC
Updated 27/03/2022

OPEN COMPETITION – 10 years+

Uncoded = 0.10 A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50	Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 15 Code of Points [2017] Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 7 highest elements including dismount BEAM/FLOOR – 3 acrobatic + 3 dance + 1 optional BARS/BEAM/FLOOR The dismount must be included in the counting elements Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.			
Short Exercises	On Beam & Floor, an exercise with 6 elements or less will be deducted 1.00 for each missing element. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element.			
	Vault	Bars	Beam	Floor
Apparatus	FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.	FIG Bars Regulations with: A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.	A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional).	FIG Floor Regulations with: for D+ Saltos, a jersey mat (depth 10cm) is allowed, no restrictions or deductions (2 jersey mats available, & can be moved). The mat(s) must be removed once no longer needed.
Requirements	<p style="text-align: center;">Any vault from the new vault table</p> <p style="text-align: center;">Height of vault 115, 120 or 125cm 1 x springboard</p> <p style="text-align: center;">Execution deductions of 0.1, 0.3, 0.5 & 0.8 for height will apply</p>	<p>A Gymnast should fulfil 5 of the 7 CR's (Maximum awarded 2.5):</p> <ul style="list-style-type: none"> ▪ FIG Coded mount ▪ Close bar circle element ▪ A different close bar element min B ▪ An element LB to HB (uncoded OK) ▪ A giant circle in any direction ▪ Cast to within 30° handstand ▪ An element with min 180° turn (including mount & dismount) <p>Dismount must be included in counting elements Maximum D Score 4.00</p>	<p>A Gymnast should fulfill 5 of the 6 CR's (Maximum awarded 2.50):</p> <ul style="list-style-type: none"> ▪ Turn (Grp 3) or Roll / Flairs ▪ Connection of minimum 2 different Dance elements to include one Leap or jump with 180° split (cross or side) or straddle ▪ 1 x acrobatic series with 2 elements [minimum] Non flighted OK ▪ Acro elements in different directions [fwd/swd & bwd] ▪ Mixed Series (Minimum 2 element – no flight required on acro element) may include mount ▪ Dismount min B or an A salto directly connected to an acro skill <p style="text-align: center;">Maximum D Score 4.00</p>	<p>A Gymnast should fulfill 5 of the 6 CR's (Maximum awarded 2.50):</p> <ul style="list-style-type: none"> ▪ Acro line with min 2 saltos ▪ A dance passage of 2 different leaps / hops – 1 with 180° split (cross or side) or straddle ▪ Mixed series minimum 3 directly connected elements (any order) ▪ Spin on one foot (minimum 360°) ▪ Saltos in different directions (no aerials). Acro line not necessary, no stationary skills. ▪ Salto with LA Turn (min 180) (must be in acro line) <p style="text-align: center;">Maximum D Score 4.00</p>
Uncoded (U) Permitted Elements (receive 0.1 DV)		Squat onto low bar (There will be no penalty for performing a jump from LB to HB) ¾ Giant from LB to HB	Tuck jump Stretched or arched jump Stretched jump ½ Changement Stag leap Stag jump	Tuck jump ½ W Jump or hop with ½ Changement Stag leap
Notes	<p>All Around Score: First vault score from Any FIG Coded Vault</p> <p>Apparatus Ranking: Average of 2 different FIG coded vaults.</p>	The sole circle (5.108) may be performed with bent legs without incurring execution penalty) Upstart (kip) after "Shaposhnikova" type elements – no penalty Stopping to adjust handguards on the bar – penalty 0.50 (intermediate swing)		Minimum 2 acro lines must be performed. Penalty 1.00 if less than 2 acro lines are performed. Any travelling isolated salto may be performed at any point in the routine and be credited.
GBR Bonus (in addition to FIG)		See Bonus sheet	See Bonus sheet	See Bonus sheet

Clarifications for Open Competition

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

Maximum D score includes any bonus awarded.

Vault:

- Additional modified 4 & 5 coil springboards will be available
- For All Around ranking, the first vault performed will count towards the all around score.
- To be eligible for apparatus ranking, 2 different vaults must be performed. These can be from the same or different group but must have different numbers.

Bars:

- Short exercise penalties - A routine with less than 5 elements will be deducted 1.00 penalty for each missing element
- A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.
- A sole circle can count as CR2
- No D dismounts are permitted. If performed no DV, CV, CR can be awarded.

Beam:

- 7 elements only are required – 3 dance, 3 acro and 1 optional
- Short exercise penalties - A routine with 6 elements or less will be deducted 1.00 penalty for each missing element
- CR 1, 2, 3, 4 must be performed on the beam, CR 5 can include mount and / or on the beam
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).
- No D dismounts are permitted. If performed no DV, CV, CR can be awarded.

Floor:

- 7 elements only are required – 3 dance, 3 acro and 1 optional
- Short exercise penalties - A routine with 6 elements or less will be deducted 1.00 penalty for each missing element
- Minimum 2 acro lines to be performed (penalty 1.00)
- An acro element may be repeated without DV for purposes of fulfilling a mixed series
- For D+ Saltos, a jersey mat (depth 10cm) is allowed, no restrictions or deductions (2 jersey mats available, & can be moved). The mat(s) must be removed once no longer needed.

WAG DISABILITY GYMNASTICS BONUS SHEET 2022

COMPETITION B

Maximum possible bonus on each apparatus = 1.00. This includes any FIG bonus
Bonus can only be awarded if performed without a fall

Bonus' in addition to FIG	Bars		Beam		Floor	
Bonus awarded each time	0.30	Upstart	0.20	1 leap, jump or hop with 180° split (cross or side) or straddle	0.20	A dance passage of 2 different leaps / hops, 1 with 180° split (cross or side) or straddle
Bonus awarded once only	0.30	Cast above 45°			0.20	Acro line minimum 2 connected flighted elements
	0.30	Using both bars				
Dismount Bonus (once only)	0.10	Stuck Dismount				

COMPETITION A

Maximum possible bonus on each apparatus = 1.00. This includes any FIG bonus
Bonus can only be awarded if performed without a fall

Bonus' in addition to FIG	Bars		Beam		Floor	
Bonus awarded each time	0.30	Close Bar (not back / fwd hip circle)	0.20	1 x acrobatic series with 2 elements [minimum] Non flighted OK	0.20	A dance passage of 2 different leaps / hops, 1 with 180° split (cross or side) or straddle
Bonus awarded once only	0.30	2 x Upstarts in routine	0.20	Acro elements in different directions [fwd/swd & bwd] (not including mount)	0.20	A routine with 2 FIG Acro lines
Dismount Bonus (once only)	0.10	Stuck Dismount	0.20	Dismount A salto directly connected to an acro skill		Straight salto forwards or backwards

OPEN COMPETITION

Maximum possible bonus on each apparatus = 1.00. This includes any FIG bonus
Bonus can only be awarded if performed without a fall

Bonus' in addition to FIG	Bars		Beam		Floor	
Bonus awarded each time	0.10	Close bar element to handstand (no tolerance)	0.10	Dance series B+B or more (elements must be different)	0.10	2 directly connected saltos
	0.30	Flighted element LB to HB	0.10	Mixed series B+A or more	0.10	B spin or more (any position)
			0.10	Spin B Value or more		
Bonus awarded once only	0.10	A Close bar to minimum 30° from handstand	0.10	Mixed series 3 or more different elements min BBA	0.20	Minimum 3 dance elements B or more throughout routine
	0.20	2 x close bar to a minimum 45° from handstand (may be the same or different)	0.10	1 x acrobatic series with 2 min elements at least one with flight	0.10	1/1 twist (LA) salto, acro line not necessary
	0.20	Cast to handstand (no tolerance)	0.20	1 x acrobatic series with 2 min flighted elements	0.20	Or 'C+' salto - acro line not necessary
	0.10	2 different Upstarts in routine	0.20	2 different flighted acro elements on the beam		
Dismount Bonus (award once only)	0.10	Dismount minimum value B	0.10	Dismount A from Acro flight	0.10	Dismount (last acro line) B or more
	0.10	Back away (any shape)	0.20	Or Dismount B value or more from Acro flight	0.20	Or Dismount (last acro line) C or more

Classic Challenge Championships

GROUP I
HANDSPRING / YAMASHITA
with or without LA turn
(no salto in second flight)

	D Score
1.101 Handspring	1.60
1.102 Handspring with ¼	2.00
1.103 Yamashita	2.00
1.104 Yamashita with ¼	2.40
1.105 ¼ - ½ turn on & repulsion off	1.60
1.106 ½ on ¼ off or ¼ on ½ off	2.40
1.107 ¾ on 1/1 or ¼ on 1¼ off	2.60
1.108 ¾ on 1½ or ¼ on 1¾ off	3.20
1.109 ¾ on 2/1 off or ¼ on 2¼ off	3.60
1.201 Handspring with 1/1 turn	2.60
1.202 Handspring with 1½ turns	3.20
1.203 Yamashita with 1/1 turn	2.80
1.205 Handspring with 2/1	3.60
1.206 Handspring with 2½	4.00
1.301 H/Y 1/1 on H/Y off	3.20
1.302 H/Y 1/1 on H/Y ½ off	3.40
1.303 H/Y 1/1 on H/Y 1/1 off	3.60
1.304 H/Y 1/1 on 1¼ off	4.00

GROUP II
HANDSPRING
with or without LA turn and
SALTO FORWARD/BACKWARD

	D Score
2.301 Handspring FWD Salto Tuck	3.60
2.302 Handspring FWD Salto Tuck ¼	3.80
2.303 Handspring ¾ BWD Salto Tuck (Cuervo Tuck)	3.80
2.304 Handspring FWD Salto Pike	3.80
2.305 Handspring FWD Salto Pike ¼	4.00
2.306 Handspring ¾ BWD Salto Pike (Cuervo Pike)	4.00

GROUP III
TSUKAHARA or KASAMATSU
SALTO with or without turn
All Group 3 Vaults - allow a 90° to 180° LA turn in first flight

	D Score
3.101 Tsukahara Tuck	3.20
3.102 Tsukahara Pike	3.40
3.103 Tsukahara Tuck ¼	3.40
3.104 Tsukahara Tuck 1/1 (Kasamatsu Tucked)	3.80
3.201 Tsukahara Straight	3.80
3.202 Tsukahara Straight ¼	4.00
3.203 Tsukahara Straight with 1/1 (Kasamatsu)	4.40

All FIG deductions apply
but for Height take 0.10, 0.30, 0.50 or 0.80
to create a greater spread between the majority of vaults performed

GROUP IV
YURCHENKO: R/O Flic on with/without
SALTO BWD with/without LA turn
or **R/O Flic on LA turn & SALTO FWD**
with or without LA turn

	D Score
4.101 RO, Flic with Repulsion	2.00
4.102 RO, Flic with Repulsion ¼	2.20
4.103 RO, Flic with Repulsion 1/1	2.50
4.104 RO, Flic with Repulsion 1½	2.70
4.201 RO, Flic Salto Tuck	3.00
4.202 RO, Flic Salto Tuck ¼	3.20
4.203 RO, Flic Salto Tuck 1/1	3.60
4.205 RO, Flic Salto Pike	3.20
4.301 RO, Flic Salto Straight	3.60
4.302 RO, Flic Straight ¼	3.80
4.303 RO, Flic Straight 1/1	4.20

GROUP V
R/O Flic with ¼ turn on, Handspring off
with/without **SALTO FWD**
with/without LA turn

	D Score
5.101 RO, Flic w ¼ turn, Handspring off	2.20
5.102 RO, Flic w ¼ turn, Handspring ¼ off	2.60
5.103 RO, Flic w ¼ turn, Handspring 1/1	3.00
5.104 RO, Flic w ¼ turn, Handspring 1½	3.40
5.201 RO, Flic w ¼ turn, Salto Tuck	3.80
5.202 RO, Flic w ¼ turn, Salto Tuck ¼	4.00
5.203 RO, Flic w ¼ turn, Salto Pike	4.00
5.203 RO, Flic w ¼ turn, Salto Pike ¼	4.20

GROUP VI
R/O Flic with 1/1 turn on with/without SALTO BWD
Vaults performed with 1/1 on allow for tolerance of ¼ (270°) to 1/1 (360°)

	D Score
5.301 RO, Flic w ¾ + with Repulsion	2.40
5.302 RO, Flic w ¾ + with Repulsion ¼	2.80
5.303 RO, Flic w ¾ + with Repulsion 1/1	3.20
5.401 RO, Flic w ¾ + Salto Tuck	3.60
5.402 RO, Flic w ¾ + Salto Pike	3.80
5.403 RO, Flic w ¾ + Salto Straight	4.20