

**A.BARS CR = 2.50**

Short Exercise less 5 els.
Deduct 1.00 each missing el.

Gymnast may start on LB or HB (coded Mount)

1. Flight el. **NOT REQUIRED AWARD 0.50**
2. 2 x Different grips (no cast, mount or dismount)
3. Close bar circle element (non flight) (back/fwd hip circle **not allowed**)
4. Non flight el. 360° LA turn (*not mount*)
5. **Dismount – FIG B or C Salto only allowed or No DV / CR**
(*'A' value dismount can be performed but will not receive CR*)

UNCODED PERMITTED**ELEMENTS DV = 0.10****Squat on LB to catch HB**

(Jump from LB to HB no penalty)

BONUS: + 0.50

Bwd double Tuck salto or Frontaway with 540° LA turn

BARRED

Back hip circle (2.105)

Flight el. on same bar

Flight el. from HB to LB & LB to HB

DISMOUNTS

Salto bwd with 180°/540°/900° turn

Salto fwd with 360°/720° turn

**BEAM CR = 2.50**

1. Connection of min 2 diff. Dance els
1 x leap/jump/hop with 180° split (cross or side) or straddle position
To include 1 x C leap/jump/hop
2. Min. 1/1 Spin
3. 1 x Bwd Acro series with 2 flight els.
Min. 1 x salto
4. Acro els. in different directions (fwd or side & bwd)
5. **Dismount – FIG B or C salto only allowed or No DV / CR**
(*'A' value dismount can be performed but will not receive CR*)

BONUSES: + 0.30

Connection 1/1 spin & Jump/leap with (min) 180° split (no tolerance allowed)

Can be performed in any order

Free walkover/free cartwheel/side salto in series with dance element

Can be performed in any order

BARRED

Salto fwd from 2 feet (mount or content)

**FLOOR CR = 2.50**

1. Dance passage of min 2 different leaps or hops to include 1 x 180° split (cross or side) or straddle position
2. 1 x Acro line with 2 different saltos
3. 2 x saltos in different directions fwd / side & bwd
4. Straight salto with 360° LA turn (fwd or bwd)
5. **Dismount – FIG B or C salto only Allowed or No DV or CR**
(*'A' value dismount can be performed but will not receive CR*)

BONUSES:**INDIRECT CONNECTION**

3 x saltos **+0.10**

2 x saltos (1 x straight 360° LA turn) **+ 0.10**

DIRECT CONNECTION

2 x Saltos fwd (1 x straight 360° LA turn) **+ 0.20**

Double back salto **+ 0.50**

BARRED

Salto bwd >720° turn

Hops/jumps/leaps to front support

Double front (4.501 4.601)

Double Arabian(4.505 4.605 4.705)

>1 dble BA salto in routine NO DV

CR		Acro	Dance	Total	DV
FGH 0.50					CR
1	.5 E				CV
2	.4 D				D - Score
3	.3 C				
4	.2 B				E - Score
5	.1 A				
Execution			Artistry		FINAL
CR		Acro	Dance	Total	DV
FGH 0.50					CR
1	.5 E				CV
2	.4 D				D - Score
3	.3 C				
4	.2 B				E - Score
5	.1 A				
Execution			Artistry		FINAL
CR		Acro	Dance	Total	DV
FGH 0.50					CR
1	.5 E				CV
2	.4 D				D - Score
3	.3 C				
4	.2 B				E - Score
5	.1 A				
Execution			Artistry		FINAL



**SINGLE BAR – HIGH BAR 2.50M
CR = 2.50**Short Exercise less 5 els.
Deduct 1.00 each missing el.**Routine to begin from static hang with hands in overgrasp**

1. NOT REQUIRED – AWARD 0.50
2. NOT REQUIRED – AWARD 0.50
3. Close bar circle el. (non flight)
(Back/fwd hip circle **not allowed**)
4. 180° (min) non flight el. (not mount)
5. **Dismount – FIG A only allowed or No DV / CR**

BONUS: + 0.502 Different Grips
(given once only)
Not within flight or dismount

Bwd Giant can receive DV twice

BARREDCast to hstd with legs straddled (2.101)
Cast to hstd straddled legs & ½ turn (2.201)
Back hip circle (2.105)
Flight on same bar (release)**DISMOUNTS**Salto bwd tucked or piked (6.104)
Salto fwd tucked or piked(6.108)
DV higher than salto bwd straight**BEAM CR = 2.50**

1. Connection of min 2 diff. Dance els
1 x leap/jump/hop with 180° split
(cross or side) or straddle position
2. Any coded 1/1 fwd Spin on 1 foot
3. 1 x Acro series with (min) 2 x flight elements (salto not required and not connected into dismount)
4. Acro els in different directions
(fwd / side & bwd)

**5. Dismount – FIG A or B only allowed
Or No DV / CR****BONUS + 0.30**Connection 1/1 spin & jump/leap with
(min) 180° split –
No tolerance allowed
(Can be performed in any order)**BARRED**Salto fws from 2 feet (mount or content)
Salto sideward (5.412)
Hops/jumps/leaps with LA turn
Hops/jumps/leaps to front support**FLOOR CR = 2.50**

1. Dance passage to include min 2 different
Leaps or hops 1 x 180° split (cross or side)
or straddle position
2. 1 x Acro Line with 2 different saltos
3. 2 x Saltos in different directions
(fwd / side & bwd)
4. Straight Salto with min 360° LA turn
(fwd or bwd)
5. **Dismount – FIG A or B only allowed
Or No DV / CR**

BARRED
Connections from
salto bwd with
540° double saltoHops/jumps/leaps
to front supportSato bwd with LA
turn > 720°

CR		Acro	Dance	Total	DV
	FGH 0.50				CR
1	.5 E				CV
2	.4 D				D - Score
3	.3 C				
4	.2 B				E - Score
5	.1 A				
Execution			Artistry		FINAL
CR		Acro	Dance	Total	DV
	FGH 0.50				CR
1	.5 E				CV
2	.4 D				D - Score
3	.3 C				
4	.2 B				E - Score
5	.1 A				
Execution			Artistry		FINAL
CR		Acro	Dance	Total	DV
	FGH 0.50				CR
1	.5 E				CV
2	.4 D				D - Score
3	.3 C				
4	.2 B				E - Score
5	.1 A				
Execution			Artistry		FINAL



A, BARS CR = 2.50
 Short Exercise less 5 els.
 Deduct 1.00 each missing el.
FIG Coded element may be repeated for DV

Only CR required is dismount CR 2.50

Dismount – FIG A only allowed
Or No DV / CR
Incorrect Dismount CR 2.00

BONUS + 0.50
 Bwd giant without fall
 (given once only)

UN-CODED ELEMENTS 0.10 each
 Cast above 45°
 ¾ Giant from LB to HB
 Squat onto Low Bar jump to catch HB
 Jump from LB to HB no penalty
DISMOUNTS
 Straddle/Pike on undershoot*
 ¾ sole circle *(*Will fulfil dismount CR)*
BARRED
 Cast to hstd with legs straddled (2.101)
 Cast to hstd straddle legs & ½ turn (2.201)
 Back hip circle (2.105)
DISMOUNTS
 Salto bwd tucked or piked (6.104)
 Sato fwd tucked or piked (6.108)
 DV higher than salto bwd straight



BEAM CR = 2.50

1. Connection of min 2 diff. Dance els
 1 x leap/jump/hop with 180° split
 (cross or side) or straddle position
 2. Any coded 1/1 fwd Spin on 1 foot
 3. 1 x Acro series with 2 elements
 1 x with flight (not salto) (not
 connected into dismount)
 4. Acro els in different directions
 (fwd / side & bwd)
- 5. Dismount – FIG A only allowed or No DV / CR**

UN-CODED ELS 0.10 each

Forward Roll
 Cat leap
 Tuck jump

BARRED
Any saltos (other than dismount)
 Free cartwheel, side salto, free
 walkovers

Hops/jumps/leaps with LA turn
 Hops/jumps/leaps to front
 support



FLOOR CR = 2.50

1. Dance passage to include min x 2 different
 Leaps or hops (To include 1 x 180° split
 (cross or side) or straddle position
 2. Any coded 1/1 fwd Spin on 1 foot
(D panel deduction)
 3. 2 x Saltos in different directions
 (fwd / side & bwd)
 4. 1 x Acro line with 2 different saltos
- 5. Dismount – FIG A or B salto only allowed or No DV / CR**

UN-CODED ELS 0.10 each

Cartwheel
 Backward walkover
 Forward walkover
 Valdez
 Bwd roll to handstand
 Handstand forward roll
 Headspring
 Cat leap
 Tuck jump

BARRED
 All elements above B in DV
 Hops/jumps/leaps to front
 support

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4	.2 B				E - Score
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Execution			Artistry		FINAL
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Execution			Artistry		FINAL

