

## Regional & National Grades Q&A

### Club 6 Bars

What is the deduction if you perform more than 5 fish swings? **Any additional fish swings will be deductible as well as the best 3 performed. Remember that these gymnasts are very young and in their first competition and can't always count too well.**

### Club 5 Bars

As the trolley swing is not an element of value does it have to be performed in a particular manner to be recognised as a trolley swing and therefore not take a 2.00 penalty for non-attempt? **No, this move has no value and hence no non-attempt can be taken. The trolley swing can however incur execution penalties as per the text.**

### Regional 4 Bars

If the gymnast doesn't release the bar to land after the 2<sup>nd</sup> float swing what is the deduction? **There will be a standard deduction of 0.3 for not meeting the technical requirements of the element. The book will be updated to reflect this.**

Does the upward circle need to show a chin up position? **No.**

### Regional 3 & 2 Bars

On bars where it asks for a cast to minimum horizontal if the cast is lower is it cast penalties and VM or just cast penalties? **No this is just cast penalties of 0.1 & 0.3 as stated in the book. The 0.50 VM is specifically for:**  
**Regional 3- back hip circle / baby giant**  
**Regional 2 – Layaway upstart / back hip circle**

### Regional 3 & 2 Beam

On the split jump/ leap W jump, if you fall after the split jump / leap and get back and perform either the whole series or the W jump on its own is the deduction a VM and non attempt as the book states element missing (including following a fall) VM and non attempt of 2<sup>nd</sup> element – or should it just be a series break and the fall? **No the Non-attempt of the 2<sup>nd</sup> element is only relevant if the gymnast doesn't perform the element after the fall. The gymnast would incur a deduction for SB and the fall if she has performed the element.**

### Regional 1 Floor

Can the gymnast run into the straight front salto? **Yes the entry into the straight front salto is optional. It is confirmed that the gymnast can just run and perform the straight front salto.**

## National 2 Floor

Can the gymnast run into the straight front salto? **Yes the entry into the straight front salto is optional. It is confirmed that the gymnast can just run and perform the straight front salto.**

## National 2 Vault

What happens if a gymnast lands in shoulder stand instead of flat back as stated in the book? **Only a flat back is required, however if a gymnast rotates through to shoulders the vault is likely to have shown more amplitude and therefore there will be no penalty for performing the vault to shoulder stand. The penalties for maintaining a straight shape will apply to both techniques.**

## National 1 Bars

Is it correct that if either of the close bar elements to handstand aren't completed within 10° of handstand then the gymnast loses the value of the move? **For close bar elements that pass over the bar but are more than 10° from handstand please see the diagram on page 33 for penalties. If the gymnast fails to pass over the bar (peels off) and falls, she will only lose the VM if she is not within 10° of the handstand.**

## National 1 Floor

The Dance passage of change leg, change leg ½ - if the change leg ½ is not considered to have been successfully performed is it a VM deduction or VM and a series break as specified in book? **The text should read VM for incomplete turn. The SB can only be taken if the FIG dance principal of a dance passage has not been fulfilled. The book will be amended to reflect this.**