

**2023**  
**Women's Artistic National**  
**Compulsory Levels**  
**for Coaches & Judges**

**Listed by Level**  
Published December 2021  
Revised April 2022  
**Revised March 2023**

# National High Performance Compulsory Programme

This development programme has been designed by the British Gymnastics National Coaching Staff in conjunction with the Women's Technical Committee and Brevet Judges to further develop the programme already started. It will be the building blocks for the high-performance path.

## Compulsory Exercises 2021-2025 Philosophical Review

- The Compulsory Exercises are an integral part of British Gymnastics Women's Artistic Performance Program.
- This is done by a competitive framework that profiles range and conditioning as well as difficulty and execution.
- It is the recommended pathway by the National Coaching Staff.
- It provides a progressive systematic pathway to help gymnasts develop their potential.
- It is also a training and developmental tool assisting coaches and judges alike.
- The routines are designed to help build a solid foundation and mastery of basic elements to assist with future FIG construction.
- It helps to identify gymnasts and coaches for the National Squad system.

## The framework comprises of the following:

- Three years of compulsory and voluntary work to promote a broad base of gymnasts well-rehearsed in their preparations.
- Then time to be in line with the expectations of the work for the Aspire Levels and beyond.
- This program is for gymnasts who aspire, have aims and dreams, of being amongst the best.
- This program is not for every gymnast (and nor is it for every coach/club), but suffice to say that without strong basics, compositional requirement development, strength, and range of motion, then much is left to chance.

Compulsories (mastery of basics)	Voluntaries (development of FIG content)
Compulsory 4 minimum age 9	Voluntary 4
Compulsory 3 minimum age 10	Voluntary 3
Compulsory 2 minimum age 11	Voluntary 2
Aspire Year 1 aged 12	
Aspire Year 2 aged 13	
Junior Year 1 aged 14	
Junior Year 2 aged 15	
Senior aged 16+	

## Parameters and changes for the immediate future:

From 2023, gymnasts **must** pass Compulsory 4 to progress to Compulsory 3. There will be a National Final for Level 3 but only regional team representation. The Aspire Development Squad (formerly Espoir Squad) is now a BG Squad, not a GBR Squad. Gymnasts will not be considered official GBR Gymnasts until they represent Great Britain as a Junior or Senior gymnast, not before.

- |              |  |
|--------------|--|
| Compulsory 4 | Pass mark will remain unchanged at 51.00.  |
| Compulsory 3 | Pass mark will remain unchanged at 51.00 (with a minimum score of 10.00 on Range & Conditioning) |
| Compulsory 2 | The pass mark will be 54.00 (there will be no minimum pass mark for Range & Conditioning)        |

Gymnasts of Aspire & Junior age\* who have **not** previously competed in a British Championships, will need to achieve a minimum score of 54.00 at Compulsory 2 and receive a combined score at Voluntary 2 in order to progress to British Championships in 2024.

\* Junior age allows for “out of age” gymnasts to progress through the system for up to two more years.

At the end of this developmental journey, it is hoped that the gymnast has been furnished with the correct skill set to go forward to the British Championships and beyond and enjoy the experience.

All pass marks are subject to review following the current National Final competition – please see the Competition Handbook.

Please visit our **Newsletters and Updates** page for a rolling Question and Answer sheet which will give further insight to this document.

## Questions and Answers

The screenshot shows the 'Women's Artistic Gymnastics National Elite Compulsory Levels' page on the British Gymnastics website. The page features a blue header with the British Gymnastics logo and a navigation menu with options for Level 1, Level 2, Level 3, and Level 4. A 'PDF's ~' link is also visible. The main content area includes a welcome message and a 'How to use this resource' section with four callout boxes: 'Select an apparatus', 'Select a tab to view extra content', 'Select Level menu to get started', and 'Select home to return to main menu'. A background image of a gymnast performing on a ribbon is visible on the right side of the page.

# General Rules

## Judging

All the deductions are based on the FIG COP 2022 execution deductions and specific GBR deductions.

- Some deductions vary from level to level, this is deliberate and designed to reinforce and highlight key areas as identified by the National Coaches.
- D score will be 4.00 + any bonus (except where stated otherwise). If the D score is negative the gymnast will be awarded 0.00 for the D score. Any additional deductions will be neutral deductions from the Final Score.
- Bonus will only be awarded if the element is successfully completed with no fall.
- Split leap – any entry except where stated otherwise. Deductions are only taken for lack of split according to the diagrams plus height and amplitude of jumps.

### Procedure for calculating the Final Score

*Who takes what from where?*

The aim is to avoid having a negative D score. If it becomes negative, award 0.00 D score. The principle for taking the value of the element and deductions in the case of Compulsory Levels is based on the following:

- The technical requirements of the element being completed successfully to be credited with the value (VM). This is indicated in the text.
- Other situations that are decided by the D panel which are FIG considerations or specific criteria laid down in the Compulsory levels text, for example stops in connection, no tolerance in split jumps on Beam and Floor, holds on Beam and R&C.
- FIG execution deductions, taken by E panel, e.g. bent arms, bent legs, insufficient tuck/pike/straight position etc and artistry deductions on Floor and Beam.

Compulsory 4 Pass mark 51.00

Compulsory 3 Pass mark 51.00 including a minimum score of 10.00 on R&C

Compulsory 2 Pass mark at the Final 54.00

#### Compulsory 3 additional information:

- The first four gymnasts who pass Compulsory 3 will be invited to represent their Region in the National Finals.
- Gymnasts who score 56.50 or more in their Regional competition but do not finish in the first four may enter the National Finals as an individual.
- Gymnasts who achieve a total of 51.00 but fail to achieve 10.00 in their first attempt on R&C can have one additional attempt at the end of the competition in order to pass.
- Gymnasts who achieve a total of 56.50 but fail to achieve 10.00 in their first attempt on R&C can have one additional attempt at the end of the competition in order to pass. If successful, the gymnast may enter National Finals as an individual but not as a member of the Regional Team.

## Final Score = D score + E score + Bonus - Penalties

<p>Value of element (VM)</p> <p>Element not completed to the technical requirement</p> <ul style="list-style-type: none"> <li>• Technical requirements of elements are indicated in the text, e.g. spins incomplete</li> </ul>	Taken by D panel	From D score
<p>Faults considered by D panel but are taken as neutral deductions (penalties)</p> <ul style="list-style-type: none"> <li>• Elements considered as non-attempt (NA)</li> <li>• No tolerance in split elements indicated in text</li> <li>• Stop in connections</li> <li>• Holds</li> </ul>	Taken by D panel	Record as penalties and take from Final Score
<p>E score</p> <p>FIG deductions for execution, e.g.</p> <ul style="list-style-type: none"> <li>• Bent arms, bent legs</li> <li>• Body posture</li> <li>• Insufficient tuck/pike/straight in elements</li> <li>• Height</li> <li>• Flight</li> <li>• Rotation</li> <li>• Falls</li> <li>• Artistry Composition and Specific Apparatus Deductions on Bars, Beam &amp; Floor</li> </ul>	Taken by E panel	From 10.00

## General information

- Please read this document alongside the current Women's Artistic Gymnastics Competition Handbook that can be found on the British Gymnastics website [www.british-gymnastics.org](http://www.british-gymnastics.org)

# Compulsory Level 4

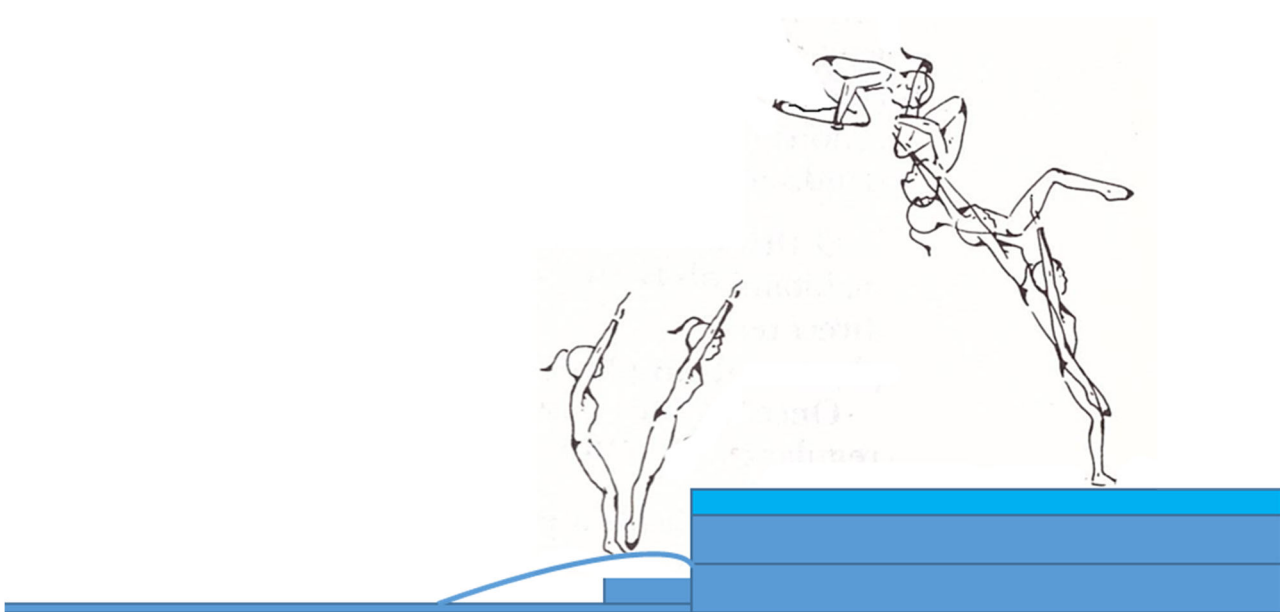
## Vault

### Compulsory Level 4

Best score of 2 vaults to count

Tuck front salto from the board to land on 50cm of mats  
*(the requirement is to land on the feet and not fall forward)*

D score 4.00



### Gymnova Reference Numbers

- Run up mat Ref: 2106
- Springboard (4-5S-5) Ref: 2198 – 2199 – 2187
- Springboard guard Ref: 2115
- FIG Landing mat 20cm Ref: 1440 3 x 1613 – (2.6m x 4m) x 6 & 1 x 1610 & 2 x 1611 (2m x 6m)
- Safety mat 20cm Ref: 7041
- Mat 10cm Ref: 7008

## Specific Apparatus Deductions (E panel)

<b>Faults</b>	<b>0.10</b>	<b>0.30</b>	<b>0.50</b>
Run up distance - less than 17m or more than 25m deduction		X	
Lack of acceleration, or deceleration shown, during run up	X	X	
<b>First phase onto the board</b>			
• Feet landing off centre in any direction	X		
<b>Second phase take off from the board to inverted position</b>			
• Insufficient height/rotation into the inverted position	X	X	X
• Leg or knee separations	X	X	
• Hands not placed on front of knee in tuck position		X	
• Insufficient tuck position (90° at hip and knee)	X	X	X
<b>Third phase from inverted position to landing</b>			
• Failure to maintain correct body position to landing (excessive pike)	X	X	X
• Leg or knee separations	X	X	
• Lack of extension before landing	X	X	X
<b>Landing faults</b>			
• Under rotation of salto			
○ without falling backwards	X		
○ with fall backwards		X	
• Steps	X	X	Max 0.80
• Fall			1.00
• Jump after landing moving the centre of mass in the opposite direction	X	X	X
• Deviation from straight direction on landing (on 1 <sup>st</sup> contact)	X	X	
• Legs apart on landing	X		
• Dynamics throughout	X	X	
• Failure to land feet first – invalid vault			0.00

# Bars

## Compulsory Level 4

### Guidelines

All body parts must reach the required angle

- If there is a pike in the body, the line is from the hands to the feet or lowest body part
- If there is excessive arch which puts the feet in the higher sector, the line is through the centre of mass

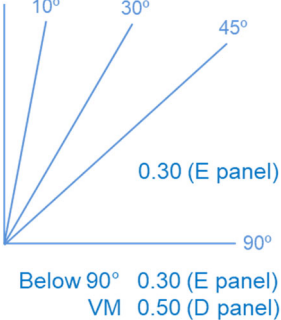
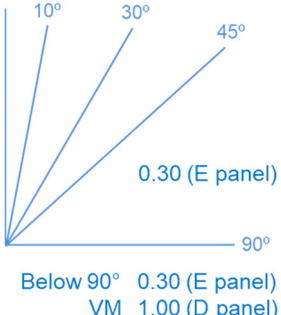
#### Technical Direction from HNC:

- All skills must have straight arms
- Handstand must show a straight line

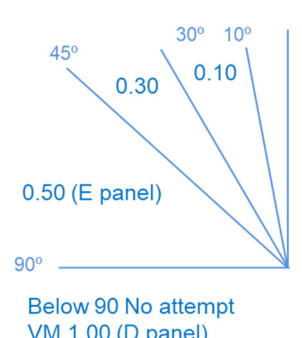
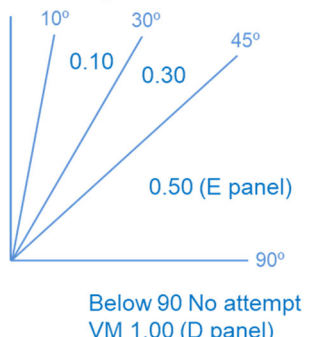
From 2024 onwards, deductions will apply

Strap Bar Height 2.55m	D SCORE 4.00 + bonus	Use FIG deductions throughout the exercise except where specified
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Value of element taken as specified in each text	Non-attempt at an element VM + 2.00	Cast & circle deductions taken according to diagrams
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VALUE	ELEMENTS (exercise must be performed in this order)	PENALTIES / NOTES
0.50	Mount - from long hang, in regular grip, trolley swing	
0.50	Long upstart	
0.50	Cast with straight arms to (minimum) 45°  Emphasis on shape and body alignment  <b>Award Bonus of 0.30 if within 10° of handstand</b>	Cast with straddle and/or hips bent is not allowed (VM)  
1.00	Clear hip circle to 45° minimum (emphasis on shape and body alignment) <b>Award Bonus of 0.30 if within 10° of handstand</b>  <b>Award Bonus of 0.30 each time</b> for immediate <u>different consecutive</u> close bar skill to 45° minimum <ul style="list-style-type: none"> <li>• Stalder</li> <li>• Clear pike circle</li> <li>• Toe on/off (feet together on entry/exit)</li> <li>• Forward toe on (no grip change of course)</li> <li>• Endo (no grip change of course)</li> <li>• Weiler (no grip change of course)</li> </ul>	Deductions apply for late exit of circle    Element completed within 10° of handstand swings back down (not into a forward close bar element) <span style="float: right;">0.50 and no bonus given</span>

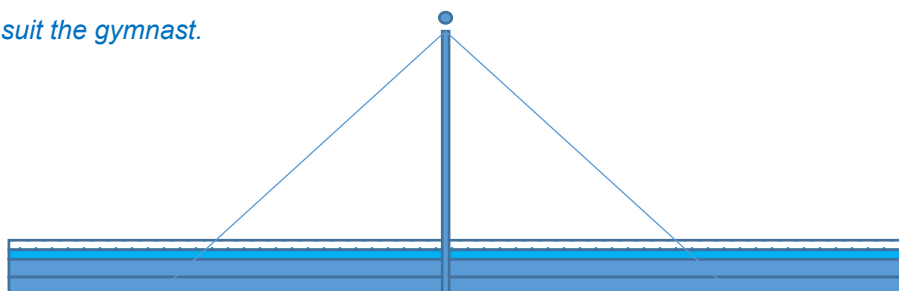


1.00	Backward giant to within 10° of handstand, change direction	Giant to scooped in upswing Attempt goes over top 1 <sup>st</sup> time Attempt goes over top 2 <sup>nd</sup> time Attempt goes over top 3 <sup>rd</sup> time  The aim is for continuity	0.10 / 0.30 0.50 extra swing 0.50 1.00 fall, stop get back to start pos to do bwd giant
			
1.00	Forward giant with heel drive to within 10° of handstand  If not heel driven deduct 0.50	Attempt goes over top 1 <sup>st</sup> time Attempt goes over top 2 <sup>nd</sup> time Attempt goes over top 3 <sup>rd</sup> time  The aim is for continuity	0.50 extra swing 0.50 1.00 fall, stop get back to start pos to do bwd giant
			
0.50	Backward giant circle through handstand	GBR circle penalties except	VM 0.50
0.50	Backward giant circle through handstand – Routine finishes	Below 90° Shoulder angle put in to slow down before vertical on upswing	VM + 2.00 NA 0.10 / 0.30
N.B Coach can assist the gymnast to stop after second giant			

### Gymnova Reference Numbers

- A single polished “strap/loop” bar Ref: 3240 Bar set at 2.55m (maybe adjusted to 2.45m if required)
- Steel rail Ref: 3110
- FIG landing mat base Ref: 4 x 1617 & 1 x 1610 (2m x 14m) **soft side uppermost**
- FIG landing mat Ref: 3 x 1617 (2m x 9m)
- Top layer Ref: 2 x 7008 (2m x 8m)
- Safety mat 20/30cm Ref: 7041-7051

Mats to height 50 or 60cm from the floor to suit the gymnast.  
A block for gymnasts to reach the bar.



# Beam

## Compulsory Level 4

### Optional routines with compulsory elements in optional order

Splits with no tolerance  
 Missing 180° split (once in routine from any of the required dance elements)  
 D panel deduct 1.00 penalty



COP body shape deductions applied on all dance elements

<b>Time 1.30 max</b>	<b>D SCORE 4.00 + bonus</b>	<b>Use FIG Deductions</b>
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<p>General</p> <ul style="list-style-type: none"> <li>On Beam if a fall occurs between two connected elements the gymnast must complete the elements after the fall</li> <li>If the gymnast falls between the dismount connection, the whole connection may be repeated once</li> <li>All holds must be 2 seconds</li> <li>FIG landing mats soft side uppermost</li> <li>Poor work in relevé throughout exercise <b>0.30</b> from Artistry deductions – E panel</li> <li>Leap series arm positions highly recommended – see notes</li> </ul>	<p>VM and NA for missing element</p> <p>0.30 lack of hold on value elements</p>
<p>Non-attempt (NA)          VM + 2.00</p> <p>These rules are applicable to all levels</p>	

#### **Technical Direction from HNC:**

- All walkovers must have hands side by side and parallel**
- All flics must have hands one in front of the other with no gap**

From 2024 deductions will apply

VALUE	ELEMENTS (performed in optional order)	PENALTIES / NOTES
	Mount – FIG optional coded mount (directly or indirectly) into:	All mounts without DV will be commonly recognised as “A” value, except straddle over to sit or squat on
0.50	Russian lever, with legs together - <b>hold 2 seconds</b>	The gymnast is allowed to sit on the beam before doing the Russian lever, straight legs throughout Lack of fold 0.10 / 0.30 Not held 2 sec 0.30
1.00	Kick to split handstand - <b>hold 2 seconds</b> (not handstand then split) join to flic step out	Not held 2 sec 0.30 Elements not connected 0.50 Tick toc after handstand 0.50
0.50	Backward walkover	FIG penalties apply
1.00	Split leap (180° split) (développé technique)	Arms straight and behind hips, step forward into split leap, both arms swing forward and parallel to horizontal and out to the side in the leap and land
1.00	Straddle jump (arm positions highly recommended)	In the straddle jump the arms are taken sideways horizontal to land forward horizontal and parallel
1.00 0.30	Split jump connect to straight jump	Series break in connection 0.50
0.30  1.00	Relevé on one foot - <b>hold 2 seconds</b> Step and prepare Full [360°] spin forward (passé développé) arms finish above head	Relevé not held 0.20  In spin preparation, one arm is “soft” forward (same as front foot) and horizontal and the other is out to the side in horizontal
0.50 0.50	Cartwheel connected to tucked back salto dismount	Series break in connection 1.00

FIG Artistry and Composition and Specific Apparatus Deductions apply except where stated otherwise (current at time of competitions)

### Gymnova Reference Numbers

- FIG Beam Ref: 3610
- FIG Landing mat 20cm + 10cm Ref: 1726 x 1 plus 1 additional 7008 to sit on top of 4 x 316
- Safety mat 20/30cm Ref: 7041-7051 4 x 316 (2m x 4m x 50cm)



# Floor

## Compulsory Level 4

### Optional routines with compulsory elements in optional order

Splits with no tolerance  
Missing 180° split (once in dance elements)  
D panel deduct 1.00 penalty



COP body shape deductions applied on all dance elements

**D SCORE 4.00 + bonus**

**Use FIG Deductions**

#### General

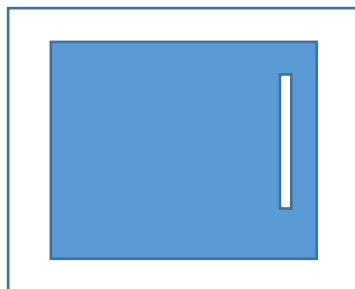
- All elements in an acro line on Floor must be completed continuously
- The handspring to 1 leg step out must be performed with a brief joining of the legs in the flight phase
- Attempt without performance of an element (e.g. additional hurdle) 0.30 deduction will apply (each time)

VALUE	ELEMENTS (series & elements performed in optional order)	PENALTIES / NOTES
0.50	Front salto tucked rebound/jump into hurdle	Lack of flight in handsprings 0.10 / 0.30
0.50	Handspring to 1	No join of legs during handspring to 1 leg 0.30
0.50	Handspring to 2	Series break in connection 1.00
		Missing series VM + 2.00 NA
		No salto VM + 2.00 NA
0.50	On a 10cm parallel line in front of Head Judge approx. 1m into the floor area	Both hands and both feet on the parallel line except for the flic where the hands are shoulder width apart
0.50	Step hurdle round off	During the RO, the flic & the salto (including its landing) both limbs not touching line: 0.50 each time, max 2.00
0.50	flic	Series break in connection 1.00
0.50	tuck back salto	Missing series VM + 2.00 NA
		No salto VM + 2.00 NA
1.00	Cat leap connected to Free cartwheel	Series break in connection 0.30
0.50	Step full spin,	Series break in connection 0.30
0.50	step full spin	
0.50	Split leap on one leg continuous two steps into	180° split no tolerance for one of the split leaps
0.50	split leap on opposite leg continuous dance passage into	
0.50	fouetté hop (element no. 2.204)	

FIG Artistry and Composition and Specific Apparatus Deductions apply except where stated otherwise (current at time of competitions) pending FIG confirmation.

## Gymnova Reference Numbers

- FIG regulation floor area Ref: 6776 red roll floor
- 10cm x 8m line Ref: 213 to be placed approx. 1m from edge of the floor area and in front of the D panel



# Range and Conditioning

## Compulsory Level 4


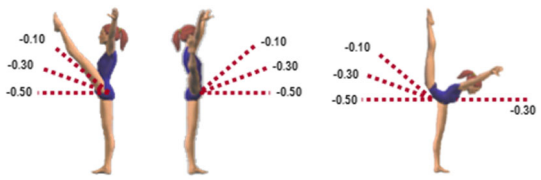
VALUE	RANGE & CONDITIONING SET	PENALTIES / NOTES
0.50	Standing forward leg lift on first leg, show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position, return to stand	Penalties as per diagram at each shown position  Chest below horizontal in arabesque 0.30
0.50	Standing leg lift on second leg, show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position, return to stand	Chest below horizontal in arabesque 0.30
0.50	Pike fold with hands FLAT on floor (fingers facing backwards) - <b>hold 2 seconds</b>	Not held 2 sec 0.30
1.00	Bend legs and push backwards into backward roll through handstand to front support, straight arms (no deduction if straight legs into bwd roll)	Bent arms 0.10 / 0.30 Failure to pass through hstd 0.30 Failure to keep tight shape (flat back) in front support 0.30
0.50	Drag legs through to straddle lever, (feet above hips in lever position) - <b>hold 2 seconds</b>	Not held 2 sec 0.30
0.50	Lift to handstand to show and lower to bridge - <b>hold 2 seconds</b>	Not held 2 sec 0.30
0.50	Kick back to split handstand - <b>hold 2 seconds</b>	Not held 2 sec 0.30
	Join legs in handstand	
0.50	Show controlled static (opposite) split handstand - <b>hold 2 seconds</b>	Lack of split 0.10 / 0.30 Not held 2 sec 0.30
0.50	Return legs together	
	Pike down	
0.30	Semi squat into straddle jump	Split deductions apply
0.30	Split jump	Split deductions apply
0.30	Split jump on opposite leg	Split deductions apply
0.30	Jump full turn (jumps to be linked but not rebounding)	Lack of height 0.10 / 0.30 Loss of balance 0.10 / 0.30

### Gymnova Reference Numbers

- o Firm non-springy mat approximately 2m x 8m (similar to tumble track top mat Gymnova Ref: 6160)



## Range and Conditioning Leg Hold diagrams

VALUE	DESCRIPTION	PENALTIES / NOTES
0.50	Standing forward leg lift on first leg, show position, circle free leg to side, show position, continue to circle leg backwards to arabesque, show position, return to stand	
0.50	Standing forward leg lift on second leg, show position, circle free leg to side, show position, continue to circle leg backwards to arabesque, show position, return to stand	 <p>Chest below horizontal in arabesque 0.30</p> <p>Deductions apply to each phase - fwd, bwd, swd</p>

# Compulsory Level 3

## Vault Compulsory Level 3

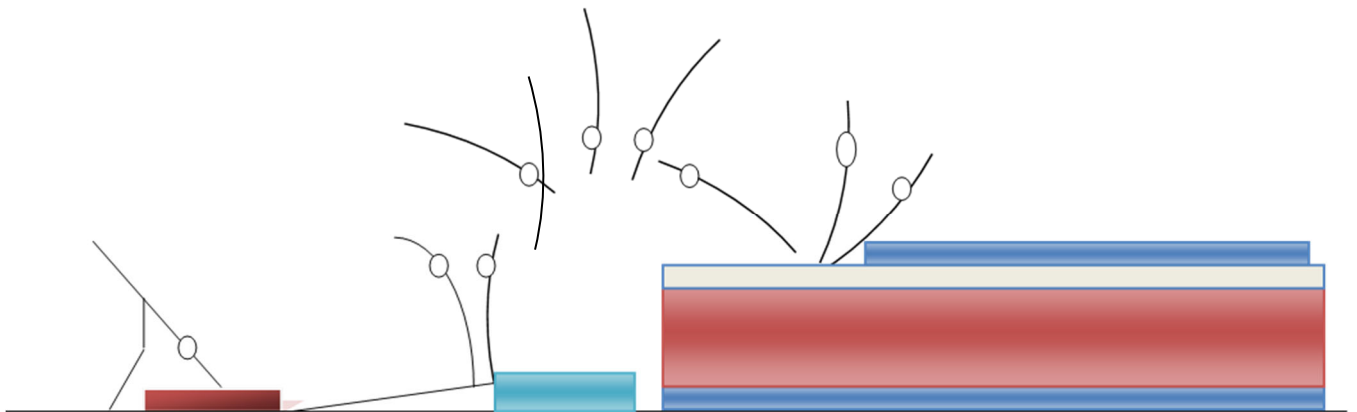
Best score of 2 vaults to count

### Round off straight back salto from the board - D score 4.00

Land on feet and FALL to back lying, jump not permitted.

Level landing.

Softer/thicker round off hand placement mat can be positioned up to 10cm onto the bottom of the springboard.



### Gymnova Reference Numbers

- Run up mat Ref: 2106
- Springboard (4-5S-5) Ref: 2198 – 2199 – 2187
- Springboard guard Ref: 2115
- Round off mat Ref: 2117
- F.I.G. Landing mat 20cm Ref: 1440
- Safety mat 20/30cm Ref: 7041-7051
- Mat 10cm Ref: 7012
- Gymnastic landing/safety mats to height 60 cm from the floor (plus additional 10cm to fall onto back)





## Specific Apparatus Deductions (E panel)

<b>Faults</b>	<b>0.10</b>	<b>0.30</b>	<b>0.50</b>
Run up distance Less than 17m or more than 25m deduction		X	
Lack of acceleration or deceleration shown during run up	X	X	
<b>First phase onto the board</b>			
• Incorrect hand placement on floor in round off	X		
• Feet landing off centre in any direction	X		
• Bent arms in round off	X	X	
<b>Second phase take off the board</b>			
• Failure to take off in vertical position	X	X	
• Failure of arms to reach the ears whilst feet in contact with the board	X	X	
• Leg or knee separations	X	X	
• Bent legs	X	X	X
<b>Third phase body to inverted position</b>			
• Failure to maintain arms by ears until inverted position	X	X	X
• Failure to maintain correct body position into inverted position (excessive arch/pike)	X	X	X
• Body alignment in the inverted position	X		
• Leg or knee separations	X	X	
• Bent legs	X	X	X
<b>Fourth phase from inverted position to landing</b>			
• Failure to maintain correct body position (excessive pike down)	X	X	X
• Leg or knee separations	X	X	
<b>Landing faults</b>			
• Under rotation of salto			
○ without falling forwards	X		
○ with fall forwards		X	
• Steps	X	X	Max 0.80
• Fall			1.00
• Jump after landing moving the centre of mass in the opposite direction	X	X	X
• Deviation from straight direction on landing (on 1st contact)	X	X	
• Legs apart on landing	X		
• Dynamics throughout	X	X	
• Failure to land feet first – invalid vault			0.00

NB: Safety collar compulsory – score 0.00 if not used

# Bars

## Compulsory Level 3

Single Bar HB 2.55m	D SCORE 4.00 + bonus	Use FIG deductions throughout the exercise except where specified
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Value of element taken as specified in each text	No attempt at an element VM + 2.00	Cast & circle deductions taken according to diagrams
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Please refer to Uneven Bars guidelines on page 9 and 10  
Extra skills are allowed to construct the routine, but they will be open to deductions

VALUE	ELEMENTS (performed in optional order)	PENALTIES / NOTES
	Mount - from long hang, in regular grip, trolley swing	Arch pike fold to bar – trolley swing
0.50	Long upstart	
1.00	Cast to handstand - no hip angle	GBR cast penalties apply Cast with straddle and/or hips bent is not allowed (VM) <b>Bonus 0.30 for cast to within 10° of handstand</b>
1.00	<b>Backward close bar element to handstand**</b>	GBR circle penalties apply Deductions apply on the both the upswing and downswing side of the circle plus any fall that may occur
0.50	Backward giant to handstand	GBR circle penalties apply
0.50	Backward giant to handstand	Deductions apply to the upswing
1.00	Dismount - Straight back-away to stand (height of dismount to height of bar)	Gymnast must dismount away from LB uprights

### BONUSES

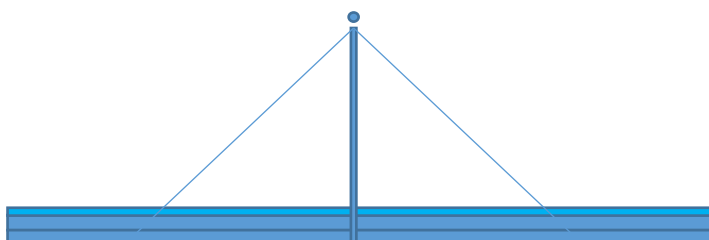
- Award 0.50 for \*\*each additional consecutive different close bar element within 30° of handstand
- Award 0.30 for Cast to within 10° of handstand
- Award 0.50 for Clear pike circle min 45° and can be performed separately
- Award 0.50 for 1 x backward giant ½, or close bar ½ (a backward giant must be performed immediately afterwards)
- Award 1.00 for 2 x backward giants with ½ turn, or close bar ½ (same or different) or a combination of the 2 **consecutively** (only 2 elements with ½ turns permitted plus a backward giant must be performed immediately afterwards)
- GBR swing with turn penalties apply (turns must be completed above 45° to be awarded bonus)

### Gymnova Reference Numbers

- A Bar modified to single Ref: 3240
- FIG Landing mat \* Ref: 4 x 1617 & 1 x 1610 (2m x 14m) \*soft- side uppermost
- Safety mat Ref: 3 x 1617 (2m x 9m)
- FIG Top mat Ref: 2 x 7008 (2m x 8m)

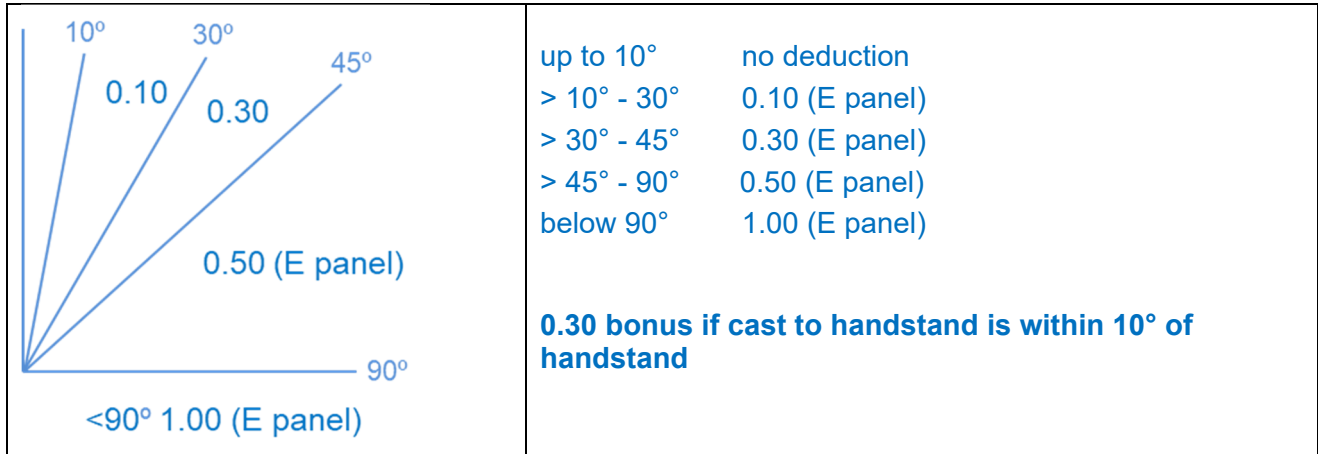
### Bars Level 3

Single wood bar – height 255cm  
Mats to height 50 cm from the floor

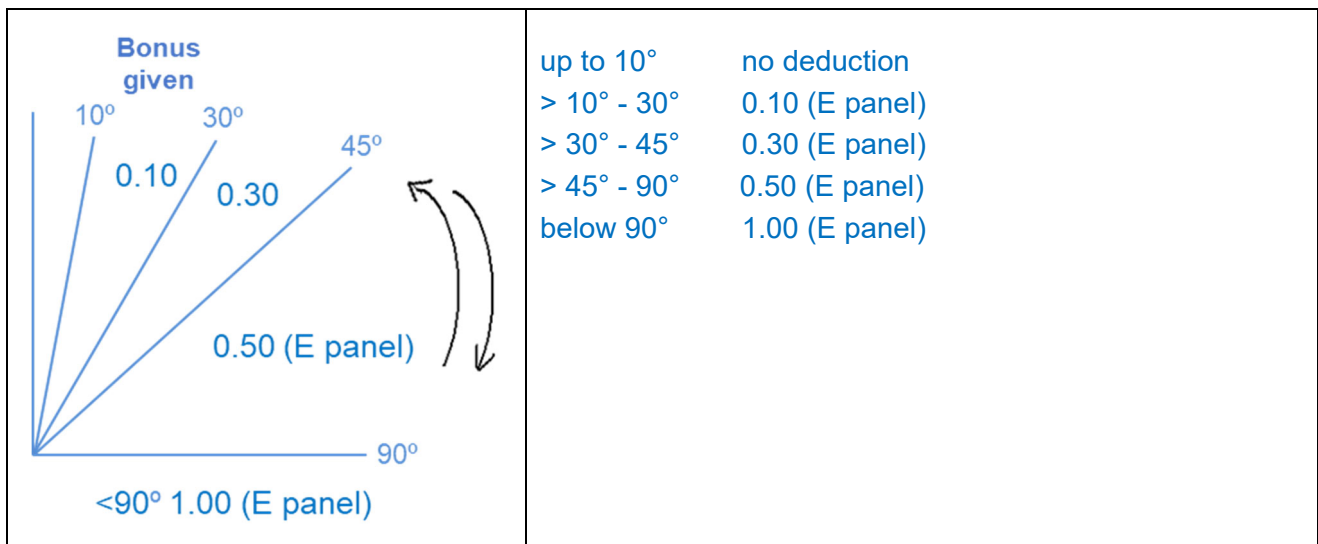


# Compulsory 3 Uneven Bars diagrams

## GBR Compulsory 3 cast to handstand penalties

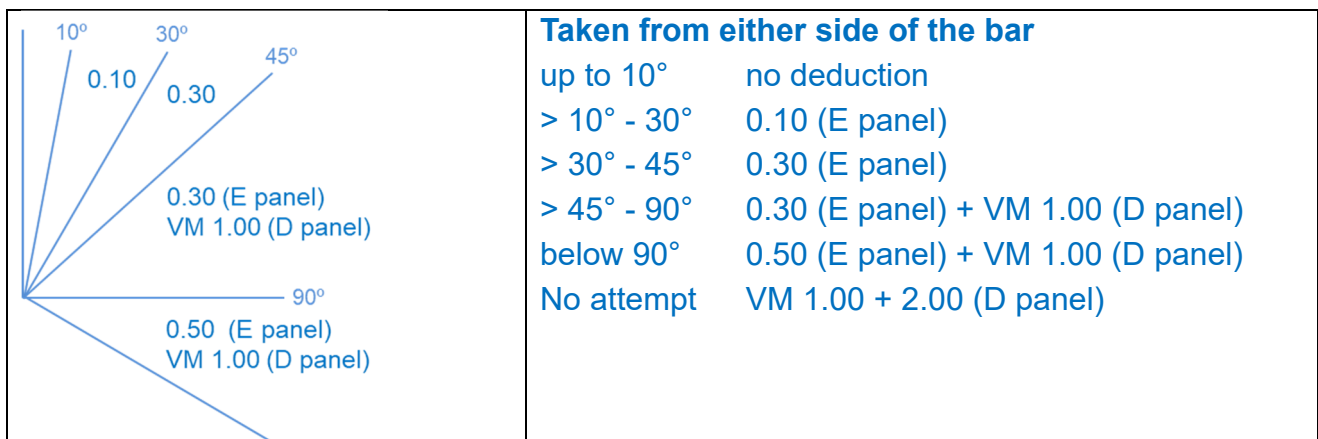


## GBR Compulsory 3 swing 1/2 penalties - swings that do not go over the bar but come back in the same direction or circle elements with turn



## Compulsory 3 GBR circle penalties - elements without turn

(giant circles, clear hips circles, Stalder circles, Endo circles, toe on and off circles fwd & bwd, stoop in and out, Weiler kips) deductions for these elements are taken from either side of the bar



# Beam

## Compulsory Level 3

### Optional routines with compulsory elements in optional order

Splits with no tolerance  
 Missing 180° split (once in dance elements)  
 D panel deduct 1.00 penalty



COP body shape deductions applied on all dance elements

Time 1.30 max	D SCORE 4.00 + bonus	Use FIG Deductions
<p>General</p> <ul style="list-style-type: none"> <li>• On Beam if a fall occurs between two connected elements the gymnast must complete the elements after the fall</li> <li>• If the gymnast falls between the dismount connection, the whole connection may be repeated once</li> <li>• All holds must be 2 seconds</li> <li>• FIG landing mats soft side uppermost</li> <li>• Poor work in relevé throughout exercise <b>0.30</b> from Artistry deductions – E panel</li> </ul>		<p>VM and NA for missing element</p> <p>0.30 lack of hold on value elements</p>

VALUE	ELEMENTS (performed in optional order)	PENALTIES / NOTES
0.50	FIG optional coded mount	All mounts without DV will be commonly recognised as "A" value, except lifting one leg over to sit, squat on, simple jump to sit or kneel or to land on two feet
0.50 0.50 OR 0.50 0.50	Backward walkover connected to Flic step out OR Flic step out connected to Flic step out	Split handstand is permitted at this level in the backward walkover Series break in connection (either option) 1.00  <b>Bonus</b> 0.30
1.00	Forward walkover	
0.30 0.30 0.30	Cat leap connected to Cartwheel connected to Straight jump	Cartwheel to finish arms forward, immediate raise arms above head to jump Series break in either connection 0.30 ea
0.30 0.30 0.30	Split leap connected to Sissonne connected to Sissonne in land in arabesque	180° split no tolerance for one of the splits  Arabesque not held at end of 2 <sup>nd</sup> sissonne 0.30  Series break in either connection 0.30 FIG rhythm penalty in either connection 0.10 ea
1.00	Flic to 2 feet	
0.50	Full spin	Full spin can be performed in either direction
0.50 0.50	Round off Straight back salto	Series break in connection 1.00

FIG Artistry and Composition and Specific Apparatus Deductions apply except where stated otherwise (current at time of competitions)

### Gymnova Reference Numbers

- FIG Beam Ref: 3610
- FIG Landing mat 20cm + 10cm Ref: 1726 x 1 plus 1 additional 7008 to sit on top of 4 x 316
- Safety mat 20cm Ref: 7041-7051 4 x 316 (2m x 4m x 50cm)



# Floor

## Compulsory Level 3

Optional routines with compulsory elements in optional order

**D SCORE 4.00 + bonus**

**Use FIG Deductions**

### General

- All elements in an acro line on Floor must be completed continuously
- Attempt without performance of an element (e.g. additional hurdle) 0.30 deduction will apply (each time)

Splits with no tolerance  
Missing 180° split (once in dance elements or required jump)  
D panel deduct 1.00 penalty



COP body shape deductions applied on all dance elements

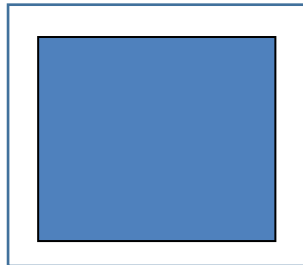
VALUE	ELEMENTS (series & elements performed in optional order)	PENALTIES / NOTES
1.00	Round off flic straight back salto with ½ twist	Body alignment deductions as per FIG Series break in connection 1.00 Missing series VM + 2.00 NA No salto VM + 2.00 NA
1.00	Handspring to 1 foot step out, handspring to 2 feet, salto forward tuck	Series break in connection 1.00 Missing series VM + 2.00 NA No salto VM + 2.00 NA
OR	OR	No join of legs during handspring to 1 leg 0.30
1.00	Handspring to 2 feet, flyspring, salto forward tuck	
1.00	Step hurdle RO, 3 flics, straight back salto	Elements must be performed in same acro line Series break in connection 1.00 Only 2 elements performed VM + 2.00 NA No salto VM + 2.00 NA
1.00	Free forward walkover or free cartwheel directly connected to stag jump landing on 1 leg	Series break in connection 0.30 No stag jump to 1 leg VM + 2.00 NA
0.50	Any spin minimum value 'B'	

	Dance passage to include:	180° split no tolerance on one of the leaps
0.50	Change leg leap step immediate	Series break in connection      0.50
0.50	Change leg leap (opposite leg) into	
0.50	Change leg ¼ (Johnson) or tour jeté	
1.00	Choice of one of the following jumps with a 1/1 turn: W jump or Straddle jump or Split jump	FIG penalties apply

FIG Artistry and Composition and Specific Apparatus Deductions apply except where stated otherwise (current at time of competitions)

### Gymnova Reference Numbers

- FIG regulation floor area      Ref: 6776 red roll floor



# Range and Conditioning Compulsory Level 3

VALUE	RANGE & CONDITIONING SET	PENALTIES / NOTES	
0.50	Standing forward leg lift on first leg, show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position, return to stand	Chest below horizontal in arabesque 0.30	
0.50	Standing leg lift on second leg, show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position return to stand	Chest below horizontal in arabesque 0.30	
0.50	Pike fold with hands FLAT on floor (fingers facing backwards)		
0.50	Bend legs and push into backward roll to handstand ½ turn forward roll pike to pike stand (no deduction if straight legs into bwd roll)	Bent arms Arched back Late turn ½ turn not performed ¼ turn performed Bent legs to stand up Extra hand movement	0.10 / 0.30 0.30 0.10 / 0.30 VM 0.30 0.10 / 0.30 0.10 ea
0.50	Lower to straddle lever, (feet above hips in lever position) - <b>hold 2 seconds</b>	Not held 2 sec	0.30
0.50	Lift to handstand		
0.50	Show controlled static split handstand - <b>hold 2 seconds</b>	Not held 2 sec	0.30
	Join legs in handstand		
0.50	Show controlled static (opposite) split handstand - <b>hold 2 seconds</b>	Lack of split Not held 2 sec	0.10 / 0.30 0.30
0.50	Return legs together and lower to show bridge, rock and pull back to handstand - <b>hold 2 seconds</b>	Feet not together in bridge Not held 2 sec	0.10 / 0.30 0.30
0.50	Pike down		
0.50	Semi squat into straddle jump	Split deductions apply (Jumps to be linked but not rebounding)	
0.50	Split jump		
0.50	Split jump on opposite leg		
0.50	Jump 1½ turn	Lack of height Loss of balance	0.10 / 0.30 0.10 / 0.30


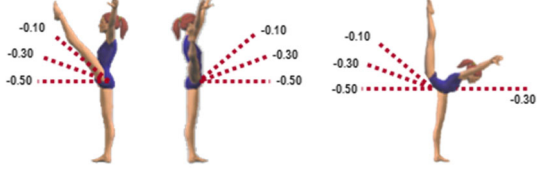
## Gymnova Reference Numbers

- Firm non-springy mat approximately 2m x 8m (similar to tumble track top mat Gymnova Ref: 6160)

**Matting review possibility of 2 x 6160 – softer t.b.c**



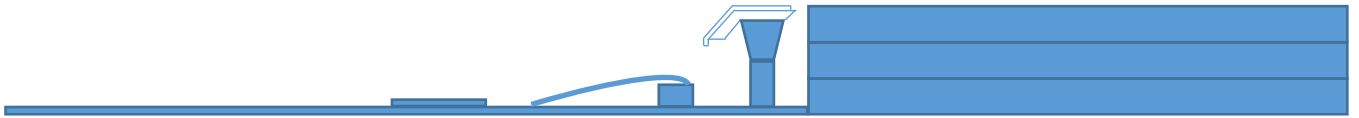
# Range and Conditioning Leg Hold diagrams

VALUE	DESCRIPTION	PENALTIES / NOTES
0.50	Standing forward leg lift on first leg, show position, circle free leg to side, show position, continue to circle leg backwards to arabesque, show position, return to stand	
0.50	Standing leg lift on second leg, show position, circle free leg to side, show position, continue to circle leg backwards to arabesque, show position, return to stand	 <p data-bbox="837 667 1412 705">Chest below horizontal in arabesque 0.30</p> <p data-bbox="837 734 1252 801">Deductions apply to each phase - fwd, bwd, swd</p>

# Compulsory Level 2

## Vault

### Compulsory Level 2



#### Option of:

1. Yurchenko timer      D score 4.00
2. Handspring            D score 3.00
3. Tsukahara             D score 3.00

**Best score of 2 performed vaults to count (may be the same or different)**

#### Gymnova Reference Numbers

- Run up mat                      Ref: 2106
- Springboard (4-5S-5)          Ref: 2198 – 2199 – 2187
- Springboard guard            Ref: 2115
- Round off mat                  Ref: 2117
- Vaulting top mat                Ref: 3411
- Vaulting table 120cm          Ref: 3404
- FIG Landing mat 20cm        Ref: 1440
- Safety mat 20/30cm            Ref: 7041-7051

**Mandatory Gymnova jersey mat (Ref: 7011) to be replaced as the mat to fall on**

# Vault

## Compulsory Level 2

### Option 1 - Yurchenko timer with straight body to upper back - D Score 4.00

From the table onto built-up surface - land on the upper back, optional arms.  
Level landing OR optional one 20cm mat higher, not for bonus but for safety.

Additional mat placed in line with other matting.

Softer/thicker round off hand placement mat can be positioned up to 10cm onto the bottom of the springboard.

### Specific Apparatus Deductions (E panel)

Faults	0.10	0.30	0.50
<b>Run up distance 25m maximum</b>			
• Lack of acceleration, or deceleration shown, during run up	X	X	
<b>First Flight Phase and feet landing on board</b>			
• Landing off centre in any direction	X		
• Incorrect body position	X	X	
• Too high onto table	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
<b>Repulsion Phase</b>			
• Shoulder angle	X	X	
• Failure to pass through vertical	X		
• Bent arms	X	X	X
<b>Second Flight Phase</b>			
• Height	X	X	X
• Failure to maintain correct body position	X	X	X
• Feet hitting the landing mat			X
• Bent knees	X	X	X
• Leg or knee separations	X	X	
<b>Distance</b>			
• Insufficient length	X	X	X
• Landing with feet on the table/mat			0.80
<b>General</b>			
• Dynamics	X	X	X
○ Brushing feet through to back	X	X	X
• Deviation from straight direction	X		

NB: Safety collar compulsory – score 0.00 if not used

## Option 2 - Handspring

**D score 3.00**

From the table land on feet and FALL to front lying onto built up mats, jump not permitted.  
Level landing.

### Specific Apparatus Deductions (E panel)

Faults	0.10	0.30	0.50
<b>Run up distance 25m maximum</b>			
• Lack of acceleration, or deceleration shown, during run up	X	X	
<b>First Phase &amp; Feet Landing on board</b>			
• Feet landing off centre in any direction	X		
• Hip angle	X	X	
• Arch	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
<b>Repulsion Phase</b>			
• Staggered/alternate hand placement	X		
• Shoulder angle	X	X	
• Failure to pass through vertical	X		
• Lack of repulsion from hands	X	X	
• Bent arms	X	X	X
<b>Second Flight Phase</b>			
• Height	X	X	X
• Failure to maintain stretched body	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
<b>Distance</b>			
• Insufficient length	X	X	X
• Jump after landing moving the centre of mass in the opposite direction	X	X	X
• Landing with feet on the table			0.80
<b>General &amp; Landing Faults</b>			
• Dynamics	X	X	X
• Failure to maintain correct body position during fall	X	X	
• Under rotation			
○ without falling backwards	X		
○ with fall backwards		X	
• FIG body posture on landing penalties apply	X	X	X
• Deviation from straight direction on landing (on 1 <sup>st</sup> contact)	X		

NB: Safety collar compulsory – score 0.00 if not used

### Option 3 - Tsukahara (¼ to ½ turn on)

**D Score 3.00**

From table onto built up mats, land on the upper back, optional arms.  
Level landing

#### Specific Apparatus Deductions (E panel)

<b>Faults</b>	<b>0.10</b>	<b>0.30</b>	<b>0.50</b>
<b>Run Up distance 25m maximum</b>			
• Lack of acceleration, or deceleration shown, during run up	X	X	
<b>First Flight Phase and feet landing on board</b>			
• Feet landing off centre on board in any direction	X		
• Hip angle	X	X	
• Arch	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
<b>Repulsion Phase</b>			
• Shoulder angle	X	X	
• Failure to pass through vertical	X		
• Bent arms	X	X	X
<b>Second Flight Phase</b>			
• Height	X	X	X
• Failure to maintain correct body position	X	X	X
• Bent knees	X	X	X
• Leg or knee separations	X	X	
<b>Distance</b>			
• Insufficient length	X	X	X
• Landing with feet on the table/mat			0.80
<b>General</b>			
• Dynamics	X	X	X
• Under rotation			
○ Brushing feet through to back	X	X	X
• Deviation from straight direction	X		

NB: Safety collar compulsory – score 0.00 if not used

# Bars

## Compulsory Level 2

<b>FIG Asymmetric Bars</b>	<b>D SCORE 4.00 + bonus</b>	<b>Use FIG deductions throughout the exercise except where specified</b>
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<b>Non-attempt VM + 2.00</b>	<b>Cast &amp; circle deductions taken according to diagrams</b>
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Please refer to Uneven Bars guidelines on page 9 and 10

Extra skills are allowed to construct the routine, but they will be open to deductions

**Routine to be performed on High Bar only – low bar in place at maximum FIG distance, no mat allowed on LB**

VALUE	ELEMENTS (performed in optional order)	PENALTIES / NOTES
	Mount - from long hang, regular grip, trolley swing	
1.00	Long upstart directly into Cast to handstand	Cast with straddle and/or hips bent is allowed No tolerance in handstand VM 1.00
1.00	Giant circle backwards to handstand [regular]	(deductions taken on the upswing side) GBR circle penalties apply
1.00	Giant circle forwards (in reverse or 'L' grip) This is a mandatory element and MUST be performed without turn	(deductions taken on the upswing side) GBR circle penalties apply Straddled forward giants are permitted with a 0.30 deduction
1.00	<b>Close bar circle element to handstand **</b> This is a mandatory element and MUST be performed without turn (subsequent close bar elements can be used to fulfil other requirements)	GBR circle penalties apply
1.00	Element with grip change from regular to reverse / 'L' grip to handstand This can be a back giant or close bar element	GBR circle or circle with turn penalties apply  Straddled forward giants are permitted with a 0.30 deduction
1.00	Element with grip change from reverse/ 'L' grip to regular handstand This would be a second forward element – such as front giant with ½ turn, or endo with ½ turn, or forward toe on & off to handstand with ½ turn	
1.00	Giant circle backwards to handstand (accelerated) into immediate	Accelerated giant with hip and shoulder action no deduction
1.00	Straight back-away	Hip only 0.10 Shoulder only 0.10 No acceleration in giant VM
1.00	Alternative dismount - Straight front-away	If performing straight front-away dismount the accelerated giant can be performed elsewhere in the routine

### BONUSES

- Award 0.50 each (**max 2 = 1.00**) applicable to 'L' grip:
  - 'L' grip element to handstand or/and
  - 'L' grip element with ½ turn (180°)
- Award 0.50 for Clear pike circle min 45° (can be performed as a single element)
- Award 0.30 for \*\*each additional consecutive different close bar element within 30° of handstand

# Compulsory 2 Uneven Bars diagrams

## Compulsory 2 GBR penalties - circle elements without turn

(giant circles, clear hips circles, Stalder circles, Endo circles, toe on and off circles fwd & bwd, stoop in and out, Weiler kips)

Deductions for these elements are taken from either side of the bar

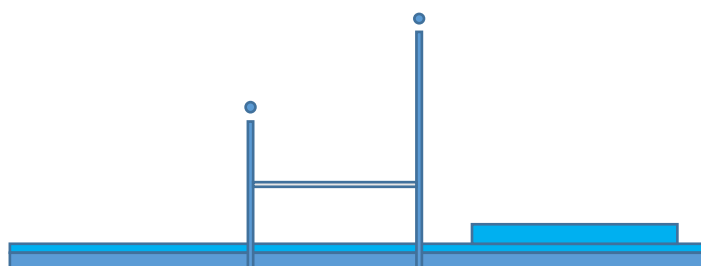
	<p><b>Taken from either side of the bar</b></p> <table> <tr> <td>up to 10°</td> <td>no deduction</td> </tr> <tr> <td>&gt; 10° - 30°</td> <td>0.10 (E panel)</td> </tr> <tr> <td>&gt; 30° - 45°</td> <td>0.30 (E panel)</td> </tr> <tr> <td>&gt; 45° - 90°</td> <td>0.30 (E panel) + VM 1.00 (D panel)</td> </tr> <tr> <td>below 90°</td> <td>0.50 (E panel) + VM 1.00 (D panel)</td> </tr> <tr> <td>No attempt</td> <td>VM 1.00 + 2.00 (D panel)</td> </tr> </table>	up to 10°	no deduction	> 10° - 30°	0.10 (E panel)	> 30° - 45°	0.30 (E panel)	> 45° - 90°	0.30 (E panel) + VM 1.00 (D panel)	below 90°	0.50 (E panel) + VM 1.00 (D panel)	No attempt	VM 1.00 + 2.00 (D panel)
up to 10°	no deduction												
> 10° - 30°	0.10 (E panel)												
> 30° - 45°	0.30 (E panel)												
> 45° - 90°	0.30 (E panel) + VM 1.00 (D panel)												
below 90°	0.50 (E panel) + VM 1.00 (D panel)												
No attempt	VM 1.00 + 2.00 (D panel)												

## Compulsory 2 GBR penalties - circle elements with turn

	<table> <tr> <td>up to 10°</td> <td>no deduction</td> </tr> <tr> <td>&gt; 10° - 30°</td> <td>0.10 (E panel)</td> </tr> <tr> <td>&gt; 30° - 45°</td> <td>0.30 (E panel)</td> </tr> <tr> <td>&gt; 45° - 90°</td> <td>0.30 (E panel) + VM 1.00 (D panel)</td> </tr> <tr> <td>below 90°</td> <td>0.50 (E panel) + VM 1.00 (D panel)</td> </tr> <tr> <td>No attempt</td> <td>VM 1.00 + 2.00 (D panel)</td> </tr> </table>	up to 10°	no deduction	> 10° - 30°	0.10 (E panel)	> 30° - 45°	0.30 (E panel)	> 45° - 90°	0.30 (E panel) + VM 1.00 (D panel)	below 90°	0.50 (E panel) + VM 1.00 (D panel)	No attempt	VM 1.00 + 2.00 (D panel)
up to 10°	no deduction												
> 10° - 30°	0.10 (E panel)												
> 30° - 45°	0.30 (E panel)												
> 45° - 90°	0.30 (E panel) + VM 1.00 (D panel)												
below 90°	0.50 (E panel) + VM 1.00 (D panel)												
No attempt	VM 1.00 + 2.00 (D panel)												

## Gymnova Reference Numbers

- A Bar (HB 255cm LB 175cm) Ref: 3240
- FIG Landing mats Ref: 4 x 1617 & 1 x 1610 (2m x 14m) **soft side uppermost**
- FIG Top mat Ref: 3 x 7008 & 1 x 7005 (2m x 14m)
- Safety mat 20cm Ref: 7041



# Beam

## Compulsory Level 2

Optional routines with compulsory elements in optional order

Splits with no tolerance  
Missing 180° split (once in dance/mixed series or required jump)  
D panel deduct 1.00 penalty



COP body shape deductions applied on all dance elements

<b>Time 1.30 max</b>	<b>D SCORE 4.00 + bonus</b>	<b>Use FIG Deductions</b>
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<p>General</p> <ul style="list-style-type: none"><li>• On Beam if a fall occurs between two connected elements the gymnast must complete the elements after the fall</li><li>• If the gymnast falls between the dismount connection, the whole connection may be repeated once</li><li>• All holds must be 2 seconds</li><li>• FIG landing mats soft side uppermost</li><li>• Poor work in relevé throughout exercise <b>0.30</b> from Artistry deductions – E panel</li></ul>	<p>VM and NA for missing element</p> <p>0.30 lack of hold on value elements</p>
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VALUE	ELEMENTS (performed in optional order)	PENALTIES / NOTES
0.00	FIG optional coded mount	All mounts without DV will be commonly recognised as "A" value, except straddle over to sit or squat on
1.00 1.00 1.00	Backwards series of 3 elements from the following options to land on beam, NOT connected to dismount: <ul style="list-style-type: none"> <li>Flic – flic – flic (optional split of legs)</li> <li>Valdez – flic – flic (optional split of legs)</li> <li>Backward roll to handstand – flic – flic (optional split of legs)</li> </ul> (flics may be the same or different)	Series break in connection in either option 1.00 ea  If none of the 3 skills are connected, also apply 2.00 NA  All 3 skills must be completed
0.50 0.50 0.50	Forward walkover, one step only into Change leg leap into Flic to 2 feet or Korbut flic e.g. FWO land on R leg step L leg and change leg leap	Series break in connection 0.30 ea Extra step 0.10 ea
0.50	360° spin – must finish knee up – <b>hold 2 sec</b>	Incomplete 360° spin VM Not holding knee up 2 sec 0.30
0.50 0.50	One series of at least two different dance elements, one of which is a change leg split leap or change leg ¼ (Johnson)	Series break in connection 0.50
0.30	Jump in side position min B	Can be performed as part of the dance series
0.50	Optional acro flighted element into straight back salto onto safety mats	2 flighted elements into straight back salto – <b>Bonus 0.50</b>

FIG Artistry and Composition and Specific Apparatus Deductions apply except where stated otherwise (current at time of competitions)

### Gymnova Reference Numbers

- FIG Beam Ref: 3610
- FIG Landing mat Ref: 1726 x 1 plus 1 additional 7008 to sit on top of 4 x 316
- Dismount Safety mats Ref: 4 x 316 (2m x 4m x 50cm)




# Floor

## Compulsory Level 2

Optional routines with compulsory elements in optional order

<b>D SCORE 4.00 bonus</b>	<b>Use FIG Deductions</b>
---------------------------	---------------------------

<p>General</p> <ul style="list-style-type: none"> <li>All elements in an acro line on Floor must be completed continuously</li> <li>Attempt without performance of an element (e.g. additional hurdle) 0.30 deduction will apply (each time)</li> </ul>
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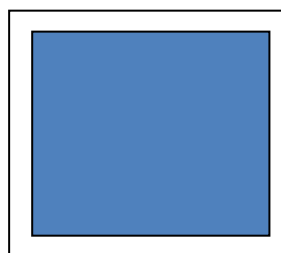
<p>Missing element VM</p> <p>Non-attempt VM + 2.00</p>	<p>Splits with no tolerance Missing 180° split (once in dance series or required jump) D panel 1.00 penalty</p>  <p>COP body shape deductions applied on all dance elements</p>	<p>Series break deductions as indicated in the text</p>
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VALUE	ELEMENTS (series & elements performed in optional order)	PENALTIES / NOTES
1.00	One acro series with minimum 2 saltos, one of which must be a straight back salto with full twist	Series break in connection 1.00 Missing series VM + 2.00 NA
1.00 OR 1.00 OR 1.00	One acro series from 3 choices below: <ul style="list-style-type: none"> <li>• Straight front salto to rebound salto (Handspring optional) OR</li> <li>• Straight front salto immediate straight front salto (Handspring optional) OR</li> <li>• Straight front salto immediate straight front 1/1 salto* (Handspring optional)</li> </ul>	Elements must be performed in same acro line  Series break in connection 1.00 No 2 <sup>nd</sup> salto VM + 2.00 NA Missing series VM + 2.00 NA  <b>*Bonus 0.50</b>
1.00	One acro series to include the following elements (choice of elements to go in the series is optional along with those required) <ul style="list-style-type: none"> <li>• Round off</li> <li>• Whip salto</li> <li>• Straight back salto</li> </ul>	Series break in connection 1.00 No salto VM + 2.00 NA Missing series VM + 2.00 NA
0.50	Any spin minimum value 'B'	
0.50	Jump full turn split or straddle or W jump	
0.50 0.50	Dance passage of: Change split leap into or out of an additional different leap, minimum value 'B'	Arms straight and behind hips, step forward into change leg split leap, both arms swing forward and parallel to horizontal and out to the side in the leap and land

FIG Artistry and Composition and Specific Apparatus Deductions apply except where stated otherwise (current at time of competitions)

### Gymnova Reference Numbers

- FIG regulation floor area Ref: 6776 red roll floor



# Range & Conditioning

## Compulsory Level 2

### General penalties to be applied throughout

- HOLDS 2 seconds Failure to hold 0.30
- FIG deductions for bent arms, bent legs, body alignment apply to all elements
- Neutral deductions, e.g. holds, taken from Final Score
- Sitting between elements (parellettes section) 0.50 (this is a specific penalty and not a fall)

VALUE	RANGE & CONDITIONING SET	PENALTIES / NOTES	
0.50	Backward walk over to finish in splits on floor	Foot touching floor before splits	0.10 / 0.30
		Split penalties	0.10 / 0.30
0.50	Rotate to box split (without hands)	Split penalties	0.10 / 0.30
		Use of hands	0.50
0.50	Rotate to split on second leg (without hands) – pick up a floor bar on both sides of the body	Split penalties	0.10 / 0.30
		Use of hands	0.50
0.50	From splits drag legs together and lift to Russian lever (legs together) - <b>hold 2 seconds</b>	Legs not to face in fold	0.10 / 0.30
		Not held 2 sec	0.30
0.30	Lift to straddle lever	Legs resting on arms	0.30
		Feet not above level of hips	0.10 / 0.30
0.50	Lift to handstand - <b>hold 2 seconds</b>	Feet brushing floor during lever	0.30
		Feet not getting past hands in attempt to lift	VM + 2.00 NA
		Failure to reach handstand >30° - 45°	0.10
		>45°	0.30
		Not held 2 sec	0.30
0.30	Pike down to stand (previous elements to be performed continuously) release floor bars and place hands on floor fingers facing backwards	Sitting between elements (this is a specific penalty and not a fall)	0.50 ea
1.00	Bend legs and push into backward roll full pirouette to handstand (no deduction if straight legs into backward roll)	Bent arms	0.10 / 0.30
		Arched back	0.30
		Full turn not performed	VM + 2.00 NA
		½ - ¾ turn performed	VM
		Lack of control in turn	0.10 / 0.30
	<b>Technical requirement – turn must be performed with reverse/blind turn into top turn, <u>not</u> top turn x 2</b> (The support arm of the turn can be moved once and the transfer onto the 2 <sup>nd</sup> arm only once)	<b>Incorrect technical requirement for turn</b>	<b>0.50</b>
		Each extra hand movement	0.10 ea
		Up to 10° from handstand	no deduction
		> 10°- 30° from handstand	0.10
		> 30°- 45° from handstand	0.30
		> 45°- 90° from handstand	VM
0.50	Lower through planche to front support drag legs up to pike fold with hands on floor	Arched back in front support	0.30

0.50	Show needle scale on one leg	Split penalties Chest not touching standing leg	0.10 / 0.30 0.10
0.50	Show needle scale on other leg	Split penalties Chest not touching standing leg	0.10 / 0.30 0.10
0.50	From needle scale on second leg forward walkover to stand one leg (minimum horizontal) - <b>hold 2 seconds</b>	Leg dropping below horizontal Using hands to hold leg Not held 2 sec	0.30 0.30 0.30
0.30	Lift leg with hand support to front scale - <b>hold 2 seconds</b>	Split penalties Not held 2 sec	0.10 / 0.30 0.30
	Join legs		
0.30	Split jump	Split penalties	0.10 / 0.30
0.30	Split jump ½ (turn must be performed in 1 <sup>st</sup> half or 2 <sup>nd</sup> half of jump)	Bent legs Split penalties	0.10 / 0.30 0.10 / 0.30
0.30	Straddle jump	Split penalties	0.10 / 0.30
0.50	Tuck back salto (grab legs behind or in front – optional) (jumps and salto to be linked but not rebounding)	Salto without grabbing legs Lack of height Lack of neutral head position throughout (throwing head out) Lack of tuck Landing with chest down	0.10 0.10 / 0.30 0.10 / 0.30 0.10 0.10 / 0.30

### Gymnova Reference Numbers

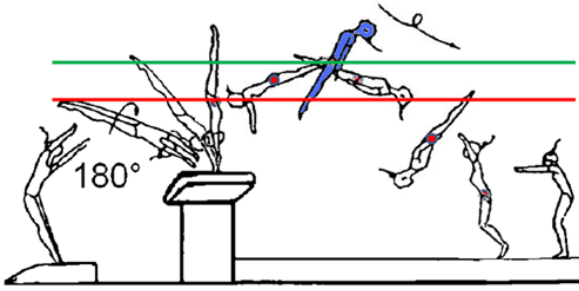
- Firm non-springy mat approximately 2m x 8m (similar to tumble track top mat Gymnova Ref: 6160)
- Floor balancing bars (Parallettes) Gymnova Ref:3985 (400mm L x 135mm H)

**Review with Gymnova – choice of height for parallettes and matting, particularly for tuck back – possibility of 2 x 6160 Matting review possibility of 2 x 6160 – softer t.b.c**

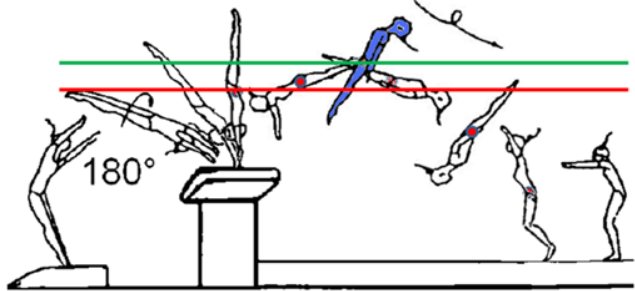


**Second Flight Phase**

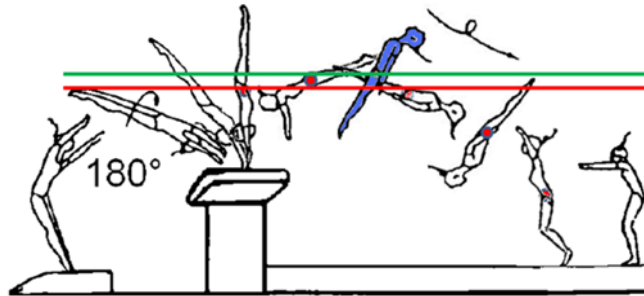
- Height: 0.10 / 0.30 / 0.50



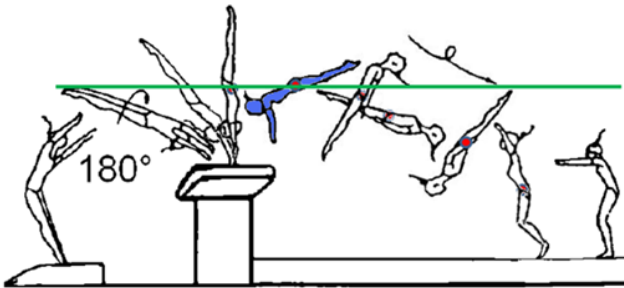
No deduction



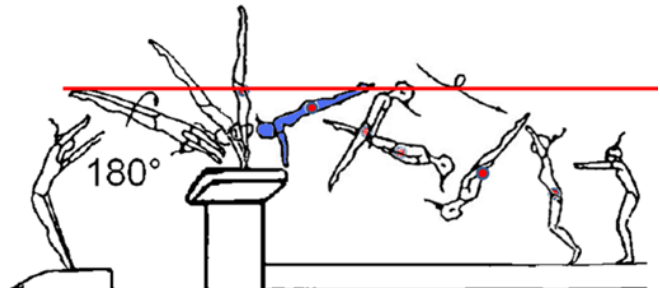
- 0.10



- 0.30



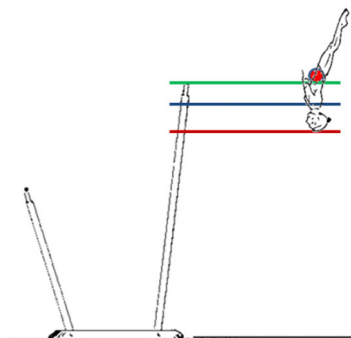
- 0.50



- 0.50

**Hip position after releasing the bar**

- At HB 0.00
- Slightly below HB 0.10
- Well below HB 0.30



No deduction  
- 0.10  
- 0.30

## VAULT Specific Apparatus Deductions (E panel)

Faults	0.10	0.30	0.50
<b>First Flight Phase</b>			
– For missing degrees of LA turn during flight phase:			
• Gr. 1 with ½ (180°) turn	≤ 45°	≤ 90°	
• Gr. 3 with ¼ turn		≤ 45°	
• Gr. 4 with ¾ (270°) turn	≤ 45°		
• Gr. 1 or 2 with 1/1 turn (360°)	≤ 45°	≤ 90°	> 90°
– Poor technique:			
• Hip angle	X	X	
• Arch	X	X	
• Bent knees	X	X	X
• Leg or knee separations	X	X	
<b>Repulsion Phase</b>			
– Poor technique			
• Staggered hand placement Gr. 1, 2 & 5	X	X	
• Bent arms	X	X	X
• Shoulder angle	X	X	
• Failure to pass through vertical	X		
• Prescribed LA turn begun too early ( <i>on the table</i> )	X	X	
<b>Second Flight Phase</b>			
– Excessive snap	X	X	
– Height	X	X	X
– Exactness of LA turn ( <i>includes Cuervo</i> )	X		
– Body position			
• Exactness of tuck/pike position in salto	X	X	
• Exactness of tuck/pike position in salto with twist	X		
• Body alignment in stretched salto	X		
• Body alignment in stretched salto with twist	X	X	
• Failure to maintain stretched body position ( <i>piking too early</i> )	X	X	
• Insufficient and/or late extension ( <i>tuck/pike vaults</i> )	X	X	
– Bent knees	X	X	X
– Leg or knee separations	X	X	
– Under-rotation of salto without a fall	X		
• With a fall		X	
– Distance ( <i>insufficient length</i> )	X	X	
– Deviation from a straight direction	X		
– Dynamics	X	X	
<b>Landing deductions</b>	See Sec.8		

**BARS Composition deductions (E panel)**

<b>Faults</b>	<b>0.10</b>	<b>0.30</b>	<b>0.50</b>
– Jump from LB to HB			X
– Hang on HB, put feet on LB, grasp LB			X
– More than 2 of the same elements directly connected to the dismount	X		

**BARS Specific Apparatus Deductions (E panel)**

<b>Faults</b> <i>If there is no fall the maximum execution deduction may not exceed 0.80 per element</i>	<b>0.10</b>	<b>0.30</b>	<b>0.50 or more</b>
– Body alignment in HSTD and cast to HSTD	X	X	
– Adjusted grip position	X		
– Brush on mat		X	
– Hit on apparatus with feet			0.50
– Hit on mat with feet ( <i>fall</i> )			1.00
• Uncharacteristic element ( <i>Elements with take-off 2 feet or thighs</i> )			0.50
– Poor rhythm in elements	X		
– Insufficient height of flight elements	X	X	
– Under rotation of flight elements	X		
– Insufficient extension in kips	X		
– Intermediate swing			0.50
– Empty swing			0.50
– Angle of completion of elements	X	X	X
<b>Amplitude of:</b>			
– Swings fwd or bwd under horizontal	X		
– Casts	X	X	
– Excessive flexion of hip joint in the leg tap ( <i>DMT</i> )	X	X	



**BEAM Artistry & Composition Deductions (E panel)**

Faults	0.10
<b>Artistry of Performance</b>	
– Insufficient artistry of performance throughout the exercise:	
• Poor body posture (head, shoulders, trunk)	X
• Insufficient amplitude (maximum elongation of the movements)	X
• Insufficient amplitude of leg swings or kicks	X
• Poor foot work	
○ Feet not pointed/relaxed/turned in	X
○ Lack of work in relevé	X
• Insufficient involvement of the body parts	X
– Rhythm & Tempo	
• Insufficient variation in rhythm & tempo in movements ( <i>no DV</i> )	X
• Performance of the entire exercise as a series of disconnected elements & movements ( <i>lack of fluency</i> )	X
<b>Composition</b>	
– Mount without DV <i>(All mounts without DV will be commonly recognised as “A” except lifting one leg over to sit, squat on, simple jump to sit or kneel or to land on two feet)</i>	X
– Insufficient use of entire apparatus:	
• Lack of complex movements sideways ( <i>no DV</i> )	X
• Missing combination of movements/elements close to the beam with a part of the torso (including thigh, knee or head) touching the beam ( <i>element not necessary</i> )	X
– One-sided use of elements:	
• More than one ½ turn on 2 feet with straight legs throughout exercise	X

**BEAM Specific Apparatus Deductions (E panel)**

Faults	0.10	0.30	0.50
– Poor rhythm in connection ( <i>with DV</i> )	ea X		
<b>Excessive preparation</b>			
– Adjustment ( <i>steps without choreography &amp; unnecessary movements</i> )	ea X		
– Excessive arm swing before dance elements	ea X		
– Pause (apply at 2 sec.)	ea X		
– Additional support of leg against the side surface of the Beam		X	
– Grasp of Beam in order to avoid a fall			X
– Additional movements to maintain balance	X	X	X

**FLOOR Artistry & Composition Deductions (E panel)**

Faults	0.10	0.30
<p><b>Artistry of Performance</b></p> <ul style="list-style-type: none"> <li>- Insufficient artistry of performance throughout the entire exercise:               <ul style="list-style-type: none"> <li>• Poor body posture (head, shoulders, trunk) X</li> <li>• Insufficient amplitude (maximum elongation of the movements) X</li> <li>• Poor foot work                   <ul style="list-style-type: none"> <li>○ Feet not pointed/relaxed/turned in X</li> </ul> </li> <li>• Insufficient involvement of the body parts X</li> <li>• Poor expressive engagement according to the style of the music X</li> </ul> </li> <li>- Performance of the entire exercise as a series of disconnected elements &amp; movements (lack of fluency) X</li> </ul>		X
<p><b>Composition</b></p> <ul style="list-style-type: none"> <li>- Insufficient complexity or creativity of movements: <i>(A complex and creative movement is one that requires training time, coordination and previous preparation)</i> <ul style="list-style-type: none"> <li>• Throughout the exercise X</li> <li>• Poor choreography in the corner/lack of variety X</li> </ul> </li> <li>- Missing movement touching floor <i>(including minimum trunk, or thigh, or knee or head)</i> X</li> </ul>		
<p><b>Music and Musicality</b></p> <ul style="list-style-type: none"> <li>- Editing of music <i>(e.g. no opening, ending, or accents)</i>:               <ul style="list-style-type: none"> <li>• No structure to the music X</li> </ul> </li> <li>- Musicality:               <ul style="list-style-type: none"> <li>• Lack of synchronisation between movement and musical beat at the end of exercise X</li> <li>• Background music <i>(the exercise is connected to the music partly or only at the beginning and end of the exercise)</i> X</li> </ul> </li> </ul>		X

**FLOOR Specific Apparatus Deductions (E panel)**

Faults	0.10
<p><b>Excessive preparation</b></p> <ul style="list-style-type: none"> <li>- Adjustment <i>(steps without choreography)</i> ea X</li> <li>- Excessive arm swing before dance elements ea X</li> <li>- Pause <i>(apply at 2 seconds)</i> ea X</li> </ul>	
<p><b>Distribution of elements</b></p> <ul style="list-style-type: none"> <li>- Exercise starts immediately with an acro line/acro element X</li> <li>- Subsequent acro line performed after previous line along the same diagonal without choreography in between (long acro line allowed) ea X</li> <li>- More than 1 subsequent acro line ea X</li> <li>- Exercise ends with acro element (no choreography after last acro) X</li> </ul>	