



# National Men's Artistic Gymnastics Levels Program



Level 1-9 Syllabus  
2017-2020





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# Introduction

The men's Levels Syllabus is aimed at catering for medium to long term recreational gymnasts. All the elements and progressions are based on the Long Term Athlete Development principles (LTAD). The LTAD model is predicated on the idea that each participant's stage of physiological, mental/cognitive, and emotional development must be identified and taken into account when developing his optimal training, competition and recovery program. LTAD is inclusive: the principles which underpin LTAD are equally applicable to people of all ages and abilities whether they are participating in elite sport or recreational physical activity. There are seven basic developmental stages for an athlete:

Stage	Zone Festivals	Gym Games	National Championships
1. Active Start 0-6 years of age			
2. FUNdamentals 6-9 years of age			
3. Learn to Train 9-12 years of age			
4. Train to Train 12-16 years of age			
5. Train to Compete 16-18 years of age			
6. Train to Win 18 and up			
7. Active for Life - Enter any time			

The MAG Level syllabus, a developmental programme for recreational athletes, including the Class 1 and Class 2 syllabus of the men's high performance programme is suitable for boys:

- 6 years and older;
- Who can commit to 120 to 180 minutes of moderate training per session 2 to 4 times per week;
- Who practice gymnastics year round and enjoy one or two additional seasonal sports;
- Who will be Active for Life

The above syllabi includes basic prescribed exercises for men's artistic gymnastics. The routines are progressive in the way that the preparation for one level provides the basis for the skills in the next level.

## **THE FOLLOWING EXTRACT FROM THE FIG AGE GROUP MANUAL IS RELEVANT**

### **Long Term Performance Development of Gymnasts**

For the preservation and a lasting acceptance of our sport, a systematic long term preparation of gymnasts is required, that takes into consideration the growth and maturational principles.

To deviate from such preparation system by striving for early specialisation or early high difficulty elements, does not serve the gymnasts and contributes to un-aesthetic performances, injury and a rejection of our sport by the public. Coaches who, for whatever reasons, practise such behaviour, can occasionally achieve good results but in the long run such an approach will not be successful and will lead to severe attrition.

During long term performance development, the load ability in general and the load ability of the support and motor system in particular, have a central position. During his previous and current activity as a coach, Dieter Hofmann has made positive experiences with a common point of view towards the systematic performance development of athletes with coaches, physicians, gymnasts and their caretakers.

This common effort should be concentrated on essential aspects:

- A systematic increase of the loads with the purpose to create a long term and lasting load ability of the support and motor system.
- A high development of the prerequisites (flexibility, power, basic structures) to limit the negative load effects of high repetitions of movement and faulty techniques (inefficient position of the joints);
- To promote and encourage the education of all-around gymnasts in order to guarantee the balance of the loads (dismount, support, hang);
- The systematic and gradual use of the "phase of favourable motor learning" in the long term performance development;
- To coordinate with the high responsibility of the personified chain: gymnast – trainer – physician – physiotherapist;
- To guarantee a safe and continuous proportionality of training, competitions and phases of compensation;
- Extensive use of methodical equipment (auxiliary equipment) in the training process and to pay high attention to this matter in the construction of training halls.

**«Training halls are education centres, not competition halls»**

This philosophy of gymnastics has once again touched out sport:

**«Gymnastics is complicated, not because it must be difficult, but because it has to be beautiful »**

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# Acknowledgements

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The SAGF Men's Technical Committee extends its appreciation to the following persons and institutions for their guidance and assistance in producing the current Levels syllabus:

Level 1-3 task group, Zani Prinsloo, Marie Oosthuizen and Estelle Stevens.

Level 4-7 task group, Arge Nienhuser and Warren Buchanan

Level 8 to Senior Olympic and HP classes task group, Robert Leifeldt, Robert Budai, Jannie van Vuuren, George Hristov, Derick Scholtz, Oleg Vizer and Allan Chadwick.

A special thank you to Robert Budai for inspecting text from cover to cover and editing “long winded” sentences and grammar issues.

- We acknowledge the efforts of the previous authors of this program and thank them for creating a sound platform from where to build on. We acknowledge the FIG their experts, academies and published research they made available to South Africa and invaluable information and teachings from decades of experience. Routines from Level 4 to Class 5 may have images from the FIG MAG age group competition manual. The images are only for ease of access and to have all the routines in one document and the authors of this manual takes no credit for the work done.

The principal author of the FIG program routines: **Hardy FINK**

The Illustrations from the FIG manual: **Cynthia BONESKY**

This manual will be available online for the use of SAGF and must not be sold for profit.

Thank you to all those from around the country who sent in their recommendations as well as all coaches, judges, parents and gymnasts who brought to our attention the problems and pitfalls in previous programs. Last but not least, thank you to the regions and clubs that helped us test the water and gave us invaluable feedback, and an opportunity to fine-tune this work.

MTC 2017

## ANTI DOPING IN SPORT

The SAGF MTC promotes the use of a program called **CoachTrue**, which is an online learning tool that will allow coaches to learn more about the fight against doping, and thus be more effective in preventing it. This software was developed by WADA, it provides a platform for coaches of elite athletes, and a platform for recreational sports coaches.

The following features are included in the elite-level module of **CoachTrue**:

- Pre-Test: Allows coaches to identify current knowledge base
- Tutorials: A series of presentations with voice-overs that provide essential information on the following topics:
  - Health consequences of doping, Accountability, Results management, Therapeutic use exemptions, Whereabouts, Decision making
- Scenario-Based Activities: Practical application of acquired knowledge to possible real-life scenarios.
- Who Wants to Play True: A fun way for coaches to test their knowledge of anti-doping issues.

Post-Test & Certification: Once coaches have completed all required elements, including a final assessment of learning (post-test), they are awarded a certificate of completion

*All coaches must complete the on-line tutorial and post-test after which they will be awarded a certificate of completion.*

*Please take the time to complete this task soon*

*Available at the WADA website:*

<https://www.wada-ama.org/en/what-we-do/education-awareness/tools-for-stakeholders/coachtrue>

# Overview

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## Expectations

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A gymnast is expected to participate in each level for two years. First learning the exercises and then perfecting them.

## Layout

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The prescribed exercises are not illustrated in their entirety instead you may find illustrations of individual elements only. The direction of the characters illustrated do not indicate the direction or flow of the exercise and in cases where the illustration does not meet the exact description of the text, the text shall be considered correct.

The grammar and terminology used to describe the prescribed exercises are as precise as necessary and where applicable it conforms to the descriptions used in the FIG Code of Points. The listed difficulty values correspond to the elements printed adjacent to them.

## Age Groups

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Every Level is sub-divided into more than one age-group, each its own unique competitive section, while every Class has only one age-group and therefore only one competitive section.

## Coaching & Judging

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Gymnasts must strive to perform the exercises as prescribed. It is commonly accepted that good form and clean performances will be successful. In the main execution errors are to be deducted as per the FIG Code of Points. However, where special rules apply these will take preference. The general deductions and those specific to each apparatus can be found in the Code of Points.

Gymnasts and coaches should pay careful attention to correct technique. In this regard judges have an enormous impact on the development of correct technique by awarding credit for good performances and deducting appropriately for poor performances. Contemporary techniques should be studied and understood and evaluations should only be made in the context of the Code of Points.

## Prescribed Routines

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### Exercise construction and scoring

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The routines have been developed to include most basic elements, and should serve as a guide to coaches. Each routine has been constructed to include elements (modified or otherwise) from most structure groups as they appear in the FIG Code of Points.

**Prescribed exercises** are to be choreographed and performed as defined in the exercise description. These exercises are judged from a maximum of 10.0 points and there is no possibility for bonus points.

$$\mathbf{D\text{-}score (5.00) + E\text{-}score (5.00) = Start Value - deductions \& neutral deductions = Final score}$$

**Optional exercises** are to be performed as defined in the Code of Points. Coaches and gymnasts may choreograph their own exercises within the parameters of each syllabi's specific rules.

Level 8 exercises are judged from a maximum of 10.0 points and gymnasts may include specific elements not listed in the Code of Points (modified elements) which are listed in the Level 8 syllabus (detail on page 51).

Level 9 exercises are open ended (not limited to a maximum of 10.0 points) and gymnasts may only include elements specifically listed in the Code of Points (detail on page 55).

**Scores** are calculated according to the FIG formulae for artistic gymnastics:

The Start Value (SV) of an exercise is the sum of its Difficulty Value (DV) and Execution Value (EV): **SV = DV + EV**

The Final Mark (FM) of an exercise is the difference between its Start Value (SV) and the judge's average Execution Deductions (ED) less the Neutral Deductions (ND): **FM = (SV - ED) - ND**



# General Rules

## Competitions

- A gymnast may only enter a competition if he is suitably prepared and it is safe for him to do so.
- The level in which a gymnast competes remains entirely at the discretion of his coach – regardless of any previous performances or future expectations.
- Only gymnasts registered with the SAGF may compete the exercises in this programme.
- An exception is made for gymnasts registered in Africa Region 5 countries.
- A gymnast must compete in an age-group that corresponds with his chronological age.
- The gymnast's age is taken as at 1 January in the year of competition.
- Competitions may be arranged by any SAGF affiliated Club, District and/or Province.
- An exception is made for affiliates registered in Africa Region 5 countries.
- A gymnast may only compete in one Level or Class at a meeting.

## Qualification/Specialisation

1. Qualifying criteria for District or Provincial competitions is at the discretion of the local organising committee.
  - a. Specialisation in these competitions is also at the discretion of the local organising committee.
2. Qualifying criteria for Inter-Provincial or National competitions is set by the SAGF technical committee (refer to page 14).
  - a. Only the results from sanctioned competitions will be considered when qualifying for these competitions.
  - b. Specialisation in these competitions is as follows:
    - i. Level 1 – 7: No Specialisation
    - ii. Class 1 & 2: No Specialisation
    - iii. Level 8: Minimum 3 events
    - iv. Level 9: Minimum 2 events
3. A gymnast may only compete in the Level or Class, or apparatus, for which he qualified.
4. Gymnasts who entered their provincial qualifying competition for inter-provincial or national championships and could not qualify for the following reasons:
  - a. Unforeseen and/or obligatory commitments that prevented participation (provide evidence);
  - b. Injury or illness (provide evidence);
  - c. Poor performance;May apply to their provincial body for permission to use the results from another sanctioned competition for the purposes of:
  - a. Ranking or seeding;
  - b. Selection;
  - c. AwardsWhich application may be awarded at the discretion of the Provincial body.

## Warm-ups

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1. A sanctioned competition must commence with a general warm-up followed by a full apparatus warm-up prior to the competition.
  - a. General warm-up:  $\geq 15$  minutes (not including grouping)
  - b. Apparatus warm-up L1 – 4: calculated as 1 minute per gymnast of the largest group (LG) per apparatus: **1.0 min x LG**
  - c. Apparatus warm-up L5 – 9: calculated as 1.5 minutes per gymnast of the largest group (LG) per apparatus: **1.5 min x LG**

Example:  
LEVEL 5 competition  
- 3 groups of gymnasts: A=5; B=7; C=6  
- Apparatus warm-up: 1.5 min x 7  $\approx$  11min/apparatus  
NOTE: Add 1 minute per rotation to rotate between apparatus.
2. One-touch warm-up Level 9: Each competing gymnast is entitled to a one-touch warm-up immediately prior to the competition on all apparatus:
  - a. 30 sec. on all apparatus except Parallel Bars
  - b. 50 sec. on Parallel Bars, including bar preparation

## Apparatus

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The height of the apparatus for the different levels & age groups appear in the apparatus specifications on **page 11**; also refer to the FIG Code of Points where applicable.

Supplementary mats, modified apparatus and starting aids may be utilized where permitted.

All mounts must be performed as per FIG rules, except where otherwise stated in the apparatus specifications.

## Competition attire

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Level 1 – 3: Gymnastics singlet and short pants

- a. Long pants and socks as per FIG permitted

Level 4 – 9: As per FIG regulations

## Scoring

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A gymnast entering the individual All-Around competition in Levels 1 to Level 4 must perform routines on the Floor, Vault, Parallel Bars and Horizontal Bar. The sum of the final marks from all four apparatus determines the individual All-Around rankings in each age group. The winner in each age group has the highest individual All-Around score.

A gymnast entering the individual All-Around competition in Levels 5 to Level 9 must perform routines on the Floor, Pommel horse and/or Mushroom, Rings, Vault, Parallel Bars and Horizontal Bar. The sum of the final marks from all six apparatus determines the individual All-Around rankings in each age group. The winner in each age group has the highest individual All-Around score.

- The higher the final mark the higher the individual's rank
- Tied final marks share the same rank
  - The ensuing rank shall skip 1 place for each tie. - Example: 1<sup>st</sup> place; 3-way tie for 2<sup>nd</sup> place; 5<sup>th</sup> place...
- Sanctioned competition ties will not be broken

## Appeals

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Appeals are allowed. Coaches may inquire with the head judge only concerning the evaluation of the content of the exercise. The appeal, together with R200, must be submitted by the Team Manager/Coach to the Competition Manager before the start of the competition in the next rotation. If it is the last rotation then the appeal must be submitted within 5 minutes after the end of the competition.

## Coaches

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Coaches must be formally accredited for the Level in which they wish to assist on the competition floor. ONLY coaches who HAVE attended a FIG or SA National or International judge's course are allowed on the floor with a gymnast in an Optional section.

Coaches must be dressed neatly in the appropriate tracksuit and foot wear. NO SHORTS & "PLAKKIES" ALLOWED.

## Judges

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1. Judge's must be formally accredited for the level in which they wish to judge.
2. Judge's must be dressed neatly and appropriately:
  - a. Level 1 – 3 competitions: As per FIG without jacket & tie
  - b. Level 4 – 9 competitions: As per FIG
3. The entering institution is responsible for providing the minimum number of judges for each competition where its gymnasts are entered.
  - a. For each judge less than the minimum number required the penalty will be:
    - i. All-around gymnasts: -0.30 points penalty per judge from the final mark
    - ii. Specialist gymnasts: -0.30 points penalty per judge per apparatus.

Example:

- 2 judge's less than required = -0.60 points penalty
4. The hosting institution is responsible for providing the Director of judging.

5. The hosting institution is responsible for paying the Director and all the judges
  - a. Cadet judges earn the same tariff as one pay category below

Club Cadets do not get paid

## Judging

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1. All competitions will be judged according to the latest edition of the FIG Code of Points.
2. Prescribed exercises:
  - a. Elements attempted but not recognised may be repeated for value except dismounts.
  - b. A zero vault, as defined in the Code of Points, may be repeated once with a neutral deduction of 2.0 points. No more attempts are permitted.
  - c. Execution deductions for individual elements may exceed the element's assigned difficulty value.
  - d. Execution deductions for an exercise may not exceed 5.0 points
  - e. An exercise may be changed from a left to right bias in totality.
  - f. Elements and turns performed to the incorrect side which results in a change in exercise pattern or construction will receive a neutral deduction of 0.3 points.
  - g. Elements omitted or not recognised shall have their assigned value deducted from the exercise's difficulty value.
  - h. Non-prescribed elements added to the exercise shall be deducted:
    - i. 0.30 for each half empty swing
    - ii. 0.50 for each empty swing
    - iii. 0.50 for each element (this does not apply to simple steps)

**RULES SHOULD NOT BE MISINTERPRETED BY TAKING THEM IN ISOLATION, BUT MUST BE READ IN THE CONTEXT OF THE COMPLETE DOCUMENT.**

# Judges' Rules - General

1. MAG judge's will find information regarding judging in:
  - a. The current edition of the FIG Code of Points and relevant newsletters
    - i. The primary source of rules and regulations
  - b. The current edition of the SAGF Code of Points and relevant technical communications
    - i. Includes SAGF rules for prescribed exercises
    - ii. Excludes rules governing difficulty of optional exercises
  - c. Find further updates and discussions at:
    - i. Facebook: MAG Judges RSA (only for judges & cadets)
    - ii. [www.judging.co.za](http://www.judging.co.za)
    - iii. [www.fig-gymnastics.com](http://www.fig-gymnastics.com)

## Previous & Current Qualifications

As of 2017 all existing judge's qualifications are rescinded and each judge must requalify or upgrade their previous qualification. New Judges qualify from Level 1. Etc. All judges, regardless of Level, are required to be registered members of the SAGF and must judge at least 6 competitions in a two-year period and 12 competitions each cycle to keep their qualification valid (average of 3 per year). Separate courses will be held for each Level.

Judge's ACCREDITATION	E-JURY Assignments	D-JURY Assignments	DIRECTOR of Judging
CLUB Judge & Club Cadets	Level 1 – 4 only	Not permitted	Not permitted
PROVINCIAL Judge & Provincial Cadets	Level 1 – 9 Class 1 & 2	Level 1 – 4 only	Not permitted
NATIONAL Judge & National Cadets		Level 1 – 9 Class 1 & 2	Level 1 – 4 only
INTERNATIONAL & FIG Brevet Judges			Level 1 – 9 Class 1 & 2
			Level 1 – 9 Class 1 & 2

Sanctioned Competition results are valid and may be used for:

- Comparison with results from other sanctioned competitions;
- Ranking or seeding purposes;
- Selection purposes;
- Awarding purposes.

The sanctioning of a competition remains pending until after it has occurred and the report from the competition's Director of Judging has been evaluated by the Convener of Judges for the following requirements:

- The apparatus & venue must be commensurate with the level of competition
- The total number of judge's assigned and their qualification must meet the minimum requirements for the level of competition
- The competition programme must have proceeded as prescribed for the level of competition
- The judge's remuneration may not be less than SAGF tariff

### MINIMUM JUDGE'S ASSIGNED FOR SANCTIONED COMPETITIONS

COMPETITION	D-JURY	E-JURY	DIRECTOR
<b>PRESCRIBED EXERCISES</b>			
<b>Level 1 – 4</b>	D1 ≥ Provincial judge	E1 ≥ Club cadet E2 ≥ Club cadet	≥ National judge
<b>Level 5 – 7 Class 1 &amp; 2</b>	D1 ≥ National judge	E1 ≥ Provincial cadet E2 ≥ Provincial cadet	≥ SA International Judge
<b>OPTIONAL EXERCISES</b>			
<b>Level 8 – 9</b>	D1 ≥ National judge	E1 ≥ Provincial cadet E2 ≥ Provincial cadet	≥ SA International Judge

The competition organiser is responsible for appointing the Director of Judging AND the D-judges

- Should a Director and/or D-judge, who is appointed by the competition organiser, also be appointed by an entering institution then their appointment will count towards the institution's quota.

The entering institutions are responsible for fulfilling their judge's quota

- An institution's quota of judges per competition is as follows.
  - i. 1-3 entries = minimum 1 suitably qualified judge
  - ii. 4-6 entries = minimum 2 suitably qualified judges
  - iii.  $\geq 7$  entries = minimum 3 suitably qualified judges

The competition organiser is responsible for remunerating the Director of Judging and all the judges.

- The Director of Judging may also fulfil the role of a D-judge, however, the organiser shall remunerate the judge for both roles.
- Organisers of non-sanctioned competitions may choose to negotiate a tariff different to that of the SAGF (above table)

Judges may be penalised for inappropriate behaviour and/or evaluations in accordance with the current version of the Specific Judge's Rules for MAG. The Director of Judging reserves the right to:

- Issue a warning to the offending judge;
- Issue a warning and fine the offending judge his competition fee.
  - i. The proceeds of which will be paid to the SAGF MTC
- Issue a warning and dismiss the offending judge from the competition without pay.
  - i. This may also result in a penalty for gymnasts entered into the competition by the institution that appointed said judge.

Serial offenders may be barred from judging for a period up to 1 year by the SAGF MTC

- Where after they will have to requalify their judge's accreditation

# Apparatus Specifications

APPARATUS	LEVEL 1	LEVEL 2	LEVEL 3
FLOOR	Performed on a sprung floor or mat covered level surface Minimum 2m(W) x 12m(L)		
VAULT	Springboard & 20cm landing mat	Springboard & 60cm landing mat	80cm Block/Mat & 20cm landing mat
PARALLEL BARS	Low parallel bars for jump to support & 20cm landing mat		
HORIZONTAL BAR	Low horizontal bar set from 1.35-1.55m		



APPARATUS	LEVEL 4	CLASS 1 LEVEL 5	CLASS 2 LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9
FLOOR	Performed on a sprung floor Ideal: 12m x 12m with 1m shoulder OR minimum: 2m(W) x 17m(L) with 1m shoulder either end					
POMMEL HORSE	N/A	Mushroom 40-60cm high Centre cross marked across the diameter	105cm from 10-20cm landing mat & springboard <u>permitted</u> for mount			
RINGS	N/A	260cm from 20cm landing mat Additional 10-40cm safety mat <u>permitted</u>			260cm from 20cm landing mat Additional 10-20cm safety mat <u>permitted</u>	
VAULT	Springboard & 20cm landing mat Additional 10-20cm safety mat <u>permitted</u>		Table 1.15-1.35m from floor <u>Mandatory</u> 20cm landing mat & 10-20cm safety mat		Table 1.35m from floor <u>Mandatory</u> 20cm landing mat & 10-20cm safety mat	
PARALLEL BARS	Low parallel bars for jump to support & 20cm landing mat Additional 10-20cm safety mat <u>permitted</u>		180cm from 20cm landing mat Additional 10-20cm safety mat <u>permitted</u>			
HORIZONTAL BAR	260cm from 20cm landing mat <u>Mandatory</u> 10-40cm safety mat			260cm from 20cm landing mat <u>Mandatory</u> 10-20cm safety mat		

# Quick Reference Page

## Qualification scores

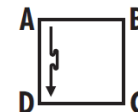
COMPETITION	AGE GROUPS (AGE 1 JANUARY)	MINIMUM QUALIFYING	FOR COMPETITION
<b>NOVICE PRESCRIBED SECTION</b>			
<b>LEVEL 1</b> 4x apparatus	6   7   8-9   10-13	≥ 30.0 pts All Around Final Mark	Zone Festival (Inter-provincial)
<b>LEVEL 2</b> 4x apparatus	7   8   9-10   11-14	≥ 30.0 pts All Around Final Mark	Zone Festival (Inter-provincial)
<b>LEVEL 3</b> 4x apparatus	7-8   9-10   11-12 13-15	≥ 30.0 pts All Around Final Mark	Zone Festival (Inter-provincial)
<b>LEVEL 4</b> 4x apparatus	7-8   9-10   11-12 13 & Over	≥ 30.0 pts All Around Final Mark	Gym Games (National)
<b>HIGH PERFORMANCE PRESCRIBED SECTION</b>			
<b>CLASS 1</b> 6x apparatus	7-9 (same routines as Lev 5)	≥ 45.0 pts All Around Final Mark	Gym Games (National)
<b>CLASS 2</b> 6x apparatus	9-11 (same routines as Lev 6)	≥ 45.0 pts All Around Final Mark	Gym Games (National)
<b>MAINSTREAM PRESCRIBED SECTION</b>			

<b>LEVEL 5</b> 6x apparatus	10-11   12-13 14 & Over	≥ 45.0 pts All Around Final Mark	Gym Games (National)
<b>COMPETITION</b>	<b>AGE GROUPS (AGE 1 JANUARY)</b>	<b>MINIMUM QUALIFYING</b>	<b>FOR COMPETITION</b>
<b>LEVEL 6</b> 6x apparatus	12-13   14-15 16 & Over	≥ 45.0 pts All Around Final Mark	Gym Games (National)
<b>LEVEL 7</b> 6x apparatus	11-12   13-15 16 & Over	≥ 45.0 pts All Around Final Mark	Gym Games (National)
<b>MAINSTREAM OPTIONAL SECTION</b>			
<b>LEVEL 8</b> 6x apparatus	12-15   16 & Over	≥ 8.50 pts Specialist ≥ 45.0 pts All Around	Gym Games (National)
<b>LEVEL 9</b> 6x apparatus	13 & Over	≥ 11.5 pts Specialist ≥ 66.0 pts All Around	Gym Games (National)



# LEVEL 1

## FLOOR EXERCISE



Description	Value		Performance Expectations
(A-D) Stand with arms upward, lower arms sideways to shoulder height – <b>WALK 2 STEPS FORWARD AND CLOSE LEGS – SWING ARMS FORWARD AND LOWER TO CROUCH – ROLL FORWARD TO CROUCH – IMMEDIATE STRETCH JUMP</b> to stand with arms upward	0.3 0.7		<ul style="list-style-type: none"> <li>Walk with pointed feet and straight legs</li> <li>May bend arms in forward roll</li> <li>Legs must straighten in forward roll</li> </ul>
(D-A) Crouch – lower arms forward – <b>BACKWARD ROLL WITH BENT ARMS TO CROUCH</b> – lift arms forward	0.7 0.3		<ul style="list-style-type: none"> <li>May keep arms straight in backward roll</li> </ul>
(A-D) Double-leg jump to <b>TUCKED HANDSTAND</b> (bunny-hop) – lower legs together to end in <b>CROUCH</b> – raise arms forwards	0.7 0.3		<ul style="list-style-type: none"> <li>Hips must be vertical in bunny hop</li> </ul>
Lower arms – <b>PRESS TO HEADSTAND (2s)</b> – return to crouch – raise arms forwards	1.0		<ul style="list-style-type: none"> <li>Push head off from floor before feet touch</li> <li>Feet, hips &amp; shoulders in straight line</li> </ul>
Rise to stand with arms upward – lower arms sideways to shoulder height – rise to <b>TOE STAND (2 sec)</b> – lower arms and heels to finish.	1.0		<ul style="list-style-type: none"> <li>Keep ankles together in toe stand</li> </ul>
<b>Difficulty 5.00 (5x1.0) + Execution 5.00 = Total 10.00</b>			

### Special Judging note:

- Keep back straight in all crouches
  - Bunny hop: The gymnast's back should be vertical. If the hop is low, give the value but deduct as follows: **16-30°** = 0.1 deduction | **31-45°** = 0.3 deduction | **46-90°** = 0.5 deduction

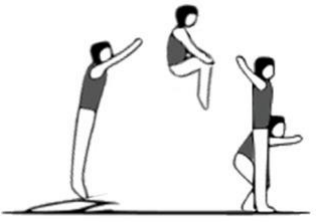


## LEVEL 1

### VAULT



#### (Springboard and 20cm landing mat)

Description	Value		Performance Expectations
Run up – <b>TUCK JUMP</b>	5.0		<ul style="list-style-type: none"><li>• Show a distinct tuck by grabbing shins</li><li>• Shoot out to complete straight hips before landing</li></ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			

#### Special Judging note:


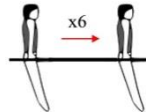
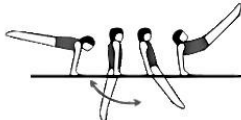
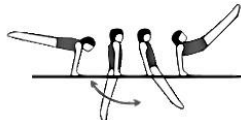
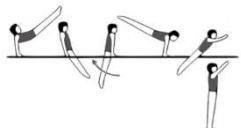
- Should a gymnast perform a ZERO vault, as defined by the FIG, he may repeat it once with a deduction of 2.00 point from the Start value of the second attempt. No more attempts are permitted.
- Normal landing deductions apply e.g. for arm swings and legs apart. Feet movement is allowed as per the Landing rules in the Code of Points.



# LEVEL 1



## PARALLEL BARS

Description	Value		Performance Expectations
<b>JUMP TO TUCKED L-SIT (2s)</b> – straighten legs downwards	1.0		<ul style="list-style-type: none"> <li>Bend in hips and knees of at least 90°</li> </ul>
<b>WALK SIX (6) STEPS FORWARD IN SUPPORT</b> – raise legs and <b>STRADDLE ACROSS BARS – BEND LEGS AND SWING UPWARDS OFF BARS</b> – close legs in rear support	0.6 0.4		<ul style="list-style-type: none"> <li>Straight arms &amp; legs, legs together</li> <li>Keep legs straight when raising legs to straddle sit on bars</li> </ul>
<b>SWING BACKWARD TO HORIZONTAL – SWING FORWARD WITH STRETCHED BODY</b>	0.5 0.5		<ul style="list-style-type: none"> <li>Keep a tight body position in the front and the back swing</li> </ul>
<b>SWING BACKWARD TO HORIZONTAL – SWING FORWARD WITH STRETCHED BODY</b>	0.5 0.5		<ul style="list-style-type: none"> <li>Keep a tight body position in the front and the back swing</li> </ul>
<b>SWING BACKWARD TO HORIZONTAL – DISMOUNT TO THE SIDE.</b>	0.5 0.5		<ul style="list-style-type: none"> <li>Keep a tight body position in the back swing</li> <li>Don't hold bar on landing</li> </ul>
<b>Difficulty 5.00 (5x1.0) + Execution 5.00 = Total 10.00</b>			

### Special Judging note:


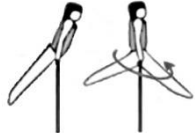
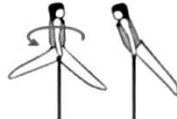

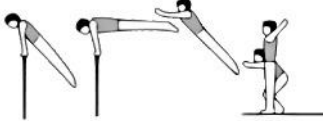
- Parallel Bar swings: apply the usual deductions when deviating from the required angles
  - 1-15° = 0.1 deduction | 16-30° = 0.3 deduction | 31-45° = 0.5 deduction



# LEVEL 1

## LOW BAR



Description	Value		Performance Expectations
Stand straight – hold the bar with both hands in overgrip – <b>PULL OVER THE BAR WITH TUCKED <u>or</u> STRAIGHT LEGS TO FRONT SUPPORT</b>	0.7 0.3		<ul style="list-style-type: none"> <li>Arms &amp; legs may bend in pull over</li> <li>Shoulder width grip</li> </ul>
<b>SWING LEG SIDEWAYS OVER THE BAR TO SCISSORS SUPPORT</b> – change hand to undergrip	0.5 0.5		<ul style="list-style-type: none"> <li>Show a clear support from the bar</li> <li>Don't sit on bar</li> </ul>
<b>½ TURN AND SWING LEG BACKWARD OVER BAR TO FRONT SUPPORT</b>	0.7 0.3		<ul style="list-style-type: none"> <li>Show a clear support from the bar</li> <li>Don't sit on bar</li> </ul>
<b>CAST WITH A STRAIGHT BODY</b> – return to front support	1.0		<ul style="list-style-type: none"> <li>Body must be straight from shoulders to toes</li> <li>Arms may bend on in-swing of legs, but must straighten as soon as body leaves bar</li> <li>No height in first cast is required</li> </ul>
<b>IMMEDIATE CAST TO HORIZONTAL – PUSH OFF TO DISMOUNT.</b>	1.0		<ul style="list-style-type: none"> <li>Casts must be connected</li> <li>Hips must be shoulder height before push off</li> <li>Keep torso upright on landing</li> </ul>
<b>Difficulty 5.00 (5x1.0) + Execution 5.00 = Total 10.00</b>			

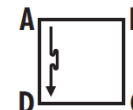
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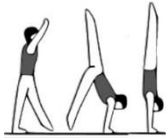




- **Legs or feet touching the apparatus** = 0.10 deduction
- **Quick sit** = 0.30 deduction
- **No attempt to lift from the bar after sitting** = 0.50 deduction (each element)
- **Sitting on the bar while doing the turns** = 1.0 deduction



## LEVEL 2

### FLOOR EXERCISE



Description	Value	Performance Expectations
	(A-D)	
From standing with arms upward – step and <b>KICK TO MOMENTARY HANDSTAND</b> – lower legs to <b>MOMENTARY LUNGE WITH ARMS SIDWAYS/UPWARD</b> – close back leg forwards to stand with arms upward	0.7 0.3	 <ul style="list-style-type: none"> <li>• Keep arms straight</li> <li>• Back foot in lunge must be flat on the floor</li> <li>• Show control in handstand</li> </ul>
With <b>STRAIGHT LEGS ROLL FORWARD</b> – <b>IMMEDIATE STRETCH JUMP WITH 180° TURN</b> to stand – arms upward	0.5 0.5	 <ul style="list-style-type: none"> <li>• Keep legs straight before and during forward roll – may bend legs to stand up</li> </ul>
	(D-A)	
Lower arms sideways to shoulder height – raise leg up into single leg <b>L-TUCK SCALE (2s)</b>	1.0	 <ul style="list-style-type: none"> <li>• 90° bend in hips and knee</li> <li>• Keep torso upright</li> </ul>
Extend leg and step forward into <b>CARTWHEEL</b> – momentary side lunge with trailing arm upward and leading arm sideways at shoulder height – <b>CLOSE LEGS WITH ¼ TURN BACKWARDS</b> – lift arms upward	0.5 0.5	 <ul style="list-style-type: none"> <li>• Straighten leg forward to perform cartwheel</li> <li>• Legs straddled as wide as possible</li> </ul>
Lower arms forward and fall rearward with straight legs to <b>BACKWARD ROLL WITH STRAIGHT LEGS AND BENT ARMS TO STAND</b> – lift torso to finish.	1.0	 <ul style="list-style-type: none"> <li>• <b>MUST</b> keep legs straight after backward roll when feet touch floor</li> <li>• <b>MAY</b> keep arms straight in backward roll</li> </ul>
<b>Difficulty 5.00 (5x1.0) + Execution 5.00 = Total 10.00</b>		



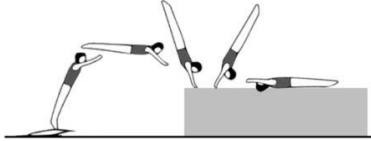


## LEVEL 2



### VAULT

#### (Springboard and 60cm landing mat)

Description	Value		Performance Expectations
Run up – <b>FORWARD HANDSPRING</b> onto 60 cm - lie on back in finished position	5.0		<ul style="list-style-type: none"><li>• Keep tight body in handstand position after hands touched</li><li>• Keep tight body position in finished position</li><li>• Show a dynamic push off from hands before ending on back</li></ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			

#### Special Judging note:


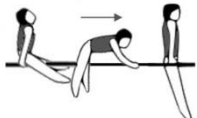

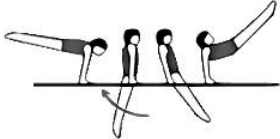
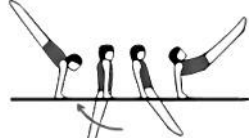
- Should a gymnast perform a ZERO vault, as defined by the FIG, he may repeat it once with a deduction of 2.00 point from the Start value of the second attempt. No more attempts are permitted.



## LEVEL 2

### PARALLEL BARS



Description	Value		Performance Expectations
Jump with straight arms to <b>TUCKED L-SIT (2s)</b> – extend hips and straddle with straight legs across bars – place hands forward ahead of legs	1.0		<ul style="list-style-type: none"> <li>At least 90° bend in hips and knees in tucked L-sit</li> <li>Keep arms straight</li> </ul>
<b>PULL FORWARD ON BARS WITH STRAIGHT ARMS – CLOSE LEGS BACKWARD TO END IN FRONT SUPPORT</b>	0.5 0.5		<ul style="list-style-type: none"> <li>Keep arms &amp; legs straight</li> </ul>
<b>SWING FORWARD TO HORIZONTAL – SWING BACKWARD TO HORIZONTAL</b>	0.5 0.5		<ul style="list-style-type: none"> <li>Keep a tight body position in the front and the back swing</li> </ul>
<b>SWING FORWARD TO HORIZONTAL – SWING BACKWARD TO HORIZONTAL</b>	0.5 0.5		<ul style="list-style-type: none"> <li>Keep a tight body position in the front and the back swing</li> </ul>
<b>SWING FORWARD TO HORIZONTAL – SWING BACKWARD TO ABOVE HORIZONTAL</b> – dismount to the side.	0.5 0.5		<ul style="list-style-type: none"> <li>Keep a tight body position in the front and the back swing</li> <li>Don't hold the bar on landing</li> <li>Keep torso upright on landing</li> </ul>
<b>Difficulty 5.00 (5x1.0) + Execution 5.00 = Total 10.00</b>			



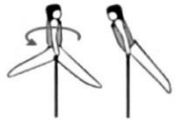


#### Special Judging note:

- Parallel Bar swings: apply the usual deductions when deviating from the required angles
  - 1-15° = 0.1 deduction | 16-30° = 0.3 deduction | 31-45° = 0.5 deduction



## LEVEL 2 LOW BAR



Description	Value		Performance Expectations
Stand straight – hold the bar with both hands in overgrip – <b>PULL OVER THE BAR WITH PIKED BODY to FRONT SUPPORT</b>	0.7 0.3		<ul style="list-style-type: none"> <li>• Keep legs straight in pull over</li> </ul>
Swing leg sideways over the bar to <b>SCISSORS SUPPORT – DROP BACK AND KNEE CIRCLE UP WITH STRAIGHT ARMS TO SUPPORT</b>	0.4 0.6		<ul style="list-style-type: none"> <li>• Show a clear support from the bar</li> <li>• Don't sit on bar</li> <li>• Straight knee at bottom of swing – (Show momentary scissor hang)</li> </ul>
Change hand to <b>UNDERGRIP – ½ TURN AND SWING LEG BACKWARD OVER BAR – front support</b>	0.3 0.7		<ul style="list-style-type: none"> <li>• Show a clear support from the bar</li> <li>• Don't sit on bar</li> </ul>
<b>CAST – BACKWARD HIP CIRCLE THROUGH FRONT SUPPORT</b>	0.3 0.7		<ul style="list-style-type: none"> <li>• Keep a tight body position during backward hip circle</li> <li>• Hips must stay at the bar during the element</li> </ul>
<b>UNDERSWING TO DISMOUNT</b>	1.0		<ul style="list-style-type: none"> <li>• Keep hips at bar during underswing</li> <li>• Keep torso upright on landing</li> </ul>
<b>Difficulty 5.00 (5x1.0) + Execution 5.00 = Total 10.00</b>			

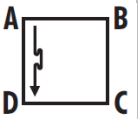
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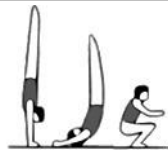


- **Legs or feet touching the apparatus** = 0.10 deduction
- **Quick sit** = 0.30 deduction
- **No attempt to lift from the bar after sitting** = 0.50 deduction (each element)
- **Sitting on the bar while doing the turns** = 1.0 deduction
- **Knee circle:** deduct for bent legs only when the leg is bent in the hang phase



## LEVEL 3

### FLOOR EXERCISE



Description	Value		Performance Expectations
		(A-D)	
From standing, power hurdle – <b>CARTWHEEL-OFF</b> – <b>STRETCH JUMP</b> to momentary stand	0.7 0.3		<ul style="list-style-type: none"> <li>Hurdle must start from two legs and jump – no steps before</li> </ul>
Lower arms forward and fall rearward – <b>BACKWARD ROLL WITH STRAIGHT LEGS AND STRAIGHT ARMS TO PIKE STAND</b> – lift torso to stand	1.0		<ul style="list-style-type: none"> <li><b>MUST</b> keep arms straight in backward roll</li> </ul>
		(D-A)	
Kick to <b>HANDSTAND-</b> <b>From Handstand - FORWARD ROLL</b> to standing upright	0.5 0.5		<ul style="list-style-type: none"> <li>Keep arms straight in forward roll</li> </ul>
Step forward to <b>FRONT SCALE (2s)</b> – arms forward/sideways	1.0		<ul style="list-style-type: none"> <li>Knee &amp; shoulders above hips</li> </ul>
Raise torso with shoulders extended – <b>STEP TO HURDLE ROUND-OFF</b> – <b>STRETCH JUMP</b> to stand with arms upward– lower arms against sides to finish.	0.5 0.5		<ul style="list-style-type: none"> <li>Show a dynamic rebound after round-off</li> </ul>
<b>Difficulty 5.00 (5x1.0) + Execution 5.00 = Total 10.00</b>			

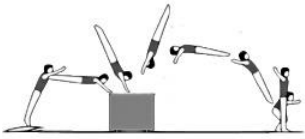


## LEVEL 3

### VAULT



#### (Springboard, 80cm thick Mats + 20cm landing mat)

Description	Value		Performance Expectations
Run up – <b>FORWARD HANDSPRING over 80cm mats</b>	5.0		<ul style="list-style-type: none"> <li>• Keep body tight in on-flight</li> <li>• Pass through vertical handstand position – shoulders should not fall forward in the support phase</li> <li>• Distinct lift of body in off-flight</li> </ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			

#### Special Judging note:

- Should a gymnast perform a ZERO vault, as defined by the FIG, he may repeat it once with a deduction of 2.00 point from the Start value of the second attempt. No more attempts are permitted.

#### Age Group

All age groups

#### Height of Vaulting Mats



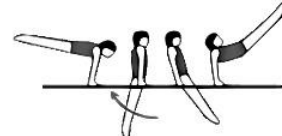
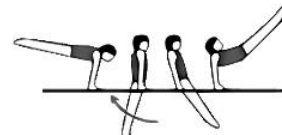
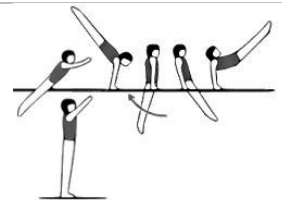
80cm



## LEVEL 3



### PARALLEL BARS

Description	Value		Performance Expectations
Jump to <b>L-SUPPORT (2s)</b>	1.0		<ul style="list-style-type: none"> <li>90° bend in hips, knees straight</li> </ul>
Extend hips and straddle with straight legs across bars – place hands forward ahead of legs – <b>PRESS TO STRADDLED FORWARD ROLL</b> – push to rear support and straddle with legs across bars – <b>BEND LEGS AND SWING UPWARDS OFF BARS</b> – close legs in rear support	0.7 0.3		<ul style="list-style-type: none"> <li>Keep legs straight</li> </ul>
<b>SWING BACKWARD TO HORIZONTAL – SWING FORWARD TO HORIZONTAL</b>	0.5 0.5		<ul style="list-style-type: none"> <li>Keep a tight body position in the front and the back swing</li> </ul>
<b>SWING BACKWARD ABOVE HORIZONTAL – SWING FORWARD TO HORIZONTAL</b>	0.5 0.5		<ul style="list-style-type: none"> <li>Keep a tight body position in the front and the back swing</li> </ul>
<b>SWING BACKWARD ABOVE HORIZONTAL – DISMOUNT TO THE SIDE.</b>	0.5 0.5		<ul style="list-style-type: none"> <li>Keep a tight body position in the front and the back swing</li> <li>Keep torso upright &amp; don't hold the bar on landing</li> </ul>
<b>Difficulty 5.00 (5x1.0) + Execution 5.00 = Total 10.00</b>			


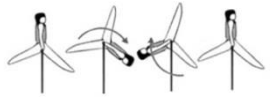



#### Special Judging note:

- Parallel Bar swings: apply the usual deductions when deviating from the required angles
  - 1-15° = 0.1 deduction | 16-30° = 0.3 deduction | 31-45° = 0.5 deduction



## LEVEL 3 LOW BAR



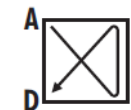
Description	Value		Performance Expectations
<b>PULL OVER WITH PIKED BODY TO FRONT SUPPORT</b>	0.7 0.3		<ul style="list-style-type: none"> <li>Keep legs straight in pull over</li> </ul>
<b>SWING LEG OVER TO SCISSOR SUPPORT – sit on bar and CHANGE BOTH HANDS TO UNDERGRIP – MILL CIRCLE FORWARDS –</b> scissors support	0.3 0.3 0.6		<ul style="list-style-type: none"> <li>Show a clear support from the bar before the sit to change grip</li> <li>Keep legs open in Mill circle</li> </ul>
<b>½ TURN AND SWING LEG BACKWARD OVER BAR TO FRONT SUPPORT</b>	0.6 0.2		<ul style="list-style-type: none"> <li>Show a clear support from the bar</li> <li>Don't sit on bar during the turn</li> </ul>
<b>CAST ABOVE HORIZONTAL – BACKWARD HIP CIRCLE THROUGH SUPPORT</b>	0.5 0.5		<ul style="list-style-type: none"> <li>Keep a tight body position during backward hip circle</li> <li>Hips must stay at the bar during the element</li> </ul>
<b>UNDERSWING AT BAR HEIGHT TO DISMOUNT</b>	1.0		<ul style="list-style-type: none"> <li>Keep hips at bar during underswing</li> <li>Keep torso upright on landing</li> </ul>
<b>Difficulty 5.00 (5x1.0) + Execution 5.00 = Total 10.00</b>			

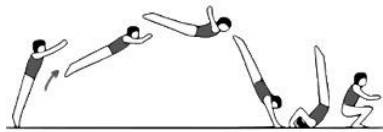
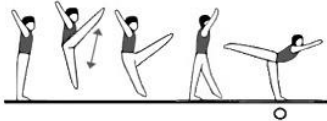
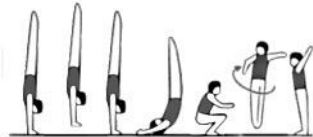


**Special Judging note:**

- **Legs or feet touching the apparatus** = 0.10 deduction
- **Quick sit** = 0.30 deduction
- **No attempt to lift from the bar after sitting** = 0.50 deduction (each element)
- **Sitting on the bar while doing the turns** = 1.0 deduction



## LEVEL 4 FLOOR EXERCISE



Description	Value	Performance Expectations
(A-C)		
Stand with arms upward – walk 2 steps forward while circling arms backward to sides – step feet together – immediate <b>STRETCH JUMP WITH 360° TURN</b> to stand – short run-up – <b>DIVE ROLL</b> to stand	0.1 0.1 0.1 0.4 0.6	 <ul style="list-style-type: none"> <li>• Keep body tight and stretched on full turn</li> <li>• Dive roll = shoulder height</li> <li>• Control roll – palms of hands must contact the mat</li> </ul>
Lower arms sideways and step forward – <b>SCISSORS JUMP – STEP FORWARD TO FRONT SCALE (2s)</b> with arms forward/sideways – raise torso and swing leg forward – step and turn to face C-B	0.3 0.6 0.1	 <ul style="list-style-type: none"> <li>• Keep legs straight</li> <li>• Shoulders and feet at same height in front scale</li> </ul>
(C-B)		
Kick to <b>HANDSTAND WITH SHOULDER BLOCK AND HOP TO ROLL FORWARD – STRETCH JUMP ½ TURN</b>	0.6 0.4	 <ul style="list-style-type: none"> <li>• Keep arms straight in forward roll</li> </ul>
Fall rearward with straight legs – <b>BACKWARD ROLL WITH STRAIGHT ARMS &amp; STRAIGHT LEGS</b> to standing upright – <b>STRETCH JUMP WITH 45° TURN TO FACE B-D</b>	0.6 0.3	 <ul style="list-style-type: none"> <li>• Keep arms straight in backward roll</li> </ul>
(B-D)		
Jump to hurdle – <b>ROUND-OFF</b> to <b>CONTROLLED REBOUND</b> with arms upward to stand – lower arms against sides to finish.	0.6 0.2	 <ul style="list-style-type: none"> <li>• Complete hip and arm extension on hurdle jump</li> <li>• Keep legs straight</li> </ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		

SPECIAL JUDGING NOTE: Acceptable methods of transiting into the scale  
 Scissor jump, landing on back leg, then place the front leg on the floor and scale; or  
 Scissor jump landing on back leg, then step forward, crossing legs, then scale



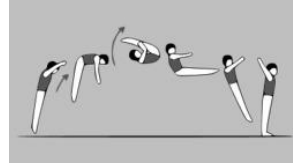


## LEVEL 4

### VAULT



#### (Springboard and 20cm Landing Mats)

Description	Value		Performance Expectations
Run up – <b>FORWARD SALTO PIKED</b>	5.0		<ul style="list-style-type: none"><li>• Keep body in tight piked position during salto</li><li>• Prepare for landing</li></ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			

#### Special Judging note:

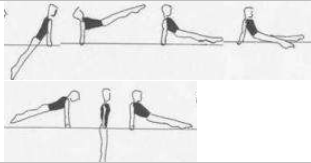
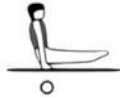
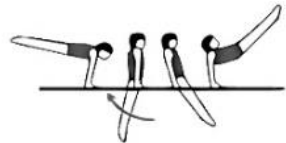
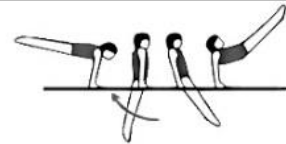
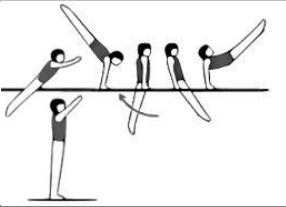
- Should a gymnast perform a ZERO vault, as defined by the FIG, he may repeat it once with a deduction of 2.00 point from the Start value of the second attempt. No more attempts are permitted.
- Normal landing deductions apply e.g. for arm swings and legs apart. Feet movement is allowed as per the Landing rules in the Code of Points.



# LEVEL 4



## PARALLEL BARS

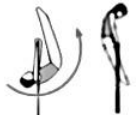



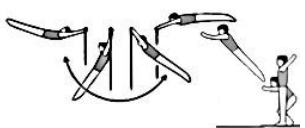
Description	Value		Performance Expectations
Jump to front support, swing forward to horizontal, straddle legs to <b>BEAT OFF BARS</b> & extend to stretched position (above bar height), <b>SWING BACKWARD TO HORIZONTAL.</b>	0.1 0.5 0.4 0.5		<ul style="list-style-type: none"> <li>• Legs may bend in beat on bar</li> </ul>
- Swing forward <b>TO L SIT</b> (2 sec hold)	0.5		<ul style="list-style-type: none"> <li>• Hips at 90°</li> </ul>
<b>LIFT LEGS, EXTEND HIPS FORWARD</b> to stretched position (above bar height), <b>SWING BACKWARD</b> to horizontal	0.5 0.5		
<b>SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to horizontal	0.5 0.5		
<b>SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to horizontal and dismount	0.5 0.5		<ul style="list-style-type: none"> <li>• Keep a tight body position in the back swing</li> <li>• Keep hands off bar on landing</li> <li>• Keep torso upright on landing</li> </ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			



## LEVEL 4

### HORIZONTAL BAR



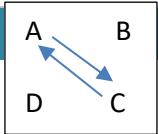
Description	Value		Performance Expectations
From hang (over-grip) <b>PULL OVER</b> with tucked body to <b>FRONT SUPPORT</b> .	0.6 0.1		<ul style="list-style-type: none"> <li>• Pull over may be performed tucked or piked (see Special Judging Note)</li> </ul>
<b>CAST</b> to horizontal, backward <b>HIP CIRCLE</b>	0.6 0.6		<ul style="list-style-type: none"> <li>• Keep arms and legs straight</li> <li>• Keep hips at bar in underswing</li> </ul>
<b>UNDER-SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to horizontal	0.6 0.5		<ul style="list-style-type: none"> <li>• Maintain correct tap swing</li> <li>• Body should be in straight line from bar to feet on the height of the swing – body position tight</li> </ul>
<b>SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to horizontal	0.5 0.5		
<b>SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to horizontal and dismount (on 3 <sup>rd</sup> backward swing)	0.5 0.5		<ul style="list-style-type: none"> <li>• Keep torso upright on landing</li> </ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			

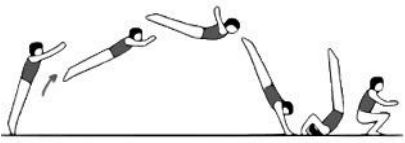
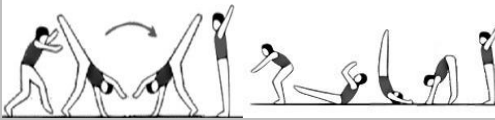



**Special judging note:** (add beneath table on page 35)

- A piked pull-over = straight legs throughout the pull-over. It is the gymnast's responsibility to make his intention clear because indistinct positions will be deducted eg. bent legs in a piked pull-over will be penalised, whilst bent legs in a tucked pull-over will not.

# CLASS 1 / LEVEL 5

## FLOOR EXERCISE



Description	Value		Performance Expectations
(A-C) Stand with arms upward – short run-up – <b>DIVE ROLL</b> to standing upright	0.5		<ul style="list-style-type: none"> <li>• Dive roll = shoulder height</li> <li>• Control roll – palms of hands must contact the mat</li> </ul>
Step and <b>CARTWHEEL-OFF</b> , fall rearward with straight legs to <b>PIKED ROLL BACKWARD</b> with straight arms to standing	0.1 1.0		<ul style="list-style-type: none"> <li>• Keep legs straight in cartwheel-off</li> </ul>
(C-A) Fall to <b>PRONE</b> and push to support with arched body, slide legs forward to <b>MIDDLE SPLITS</b> 2s	0.3 0.1 0.6		<p>Splits execution:</p> <ul style="list-style-type: none"> <li>Legs on floor = no deduction</li> <li>Legs 0-15° off = -0.1 pt</li> <li>Legs 16-30° off = -0.3 pts</li> <li>Legs &gt; 30° off = -0.5 pts</li> </ul>
<b>PRESS TO STOOP</b> with straight legs, and stand, Step and <b>KICK TO HANDSTAND 1S</b> , lower legs atypically to momentary lunge, step back foot forward to stand	0.3 0.1 1.0 0.1		<p>Handstand execution:</p> <ul style="list-style-type: none"> <li>H/stand ≥ 1s = no deduction</li> <li>H/stand &lt; 1s = -0.3 pts</li> <li>H/stand not held = -0.5 pts</li> <li>non-recognition (D-Jury)</li> </ul>
Short run, hurdle, <b>ROUND-OFF</b> to controlled rebound and stand	0.1 0.3 0.5 0.1		<ul style="list-style-type: none"> <li>• Complete extension on hurdle jump</li> <li>• Keep legs straight</li> </ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			

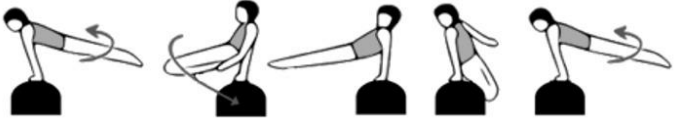
### Special judging note:

- Splits: If attempted, even with very poor leg separation, the split will always be recognised (D-Jury)
- Handstand: If body arrives in vertical position, without stepping hands, and immediately lowers to lunge, the handstand will be recognised (D-jury) and -0.3 pts (E-Jury)



## CLASS 1 / LEVEL 5 MUSHROOM



Description	Value		Performance Expectations
<b>5 X DOUBLE LEG CIRCLES</b>	5 x 0.9		<ul style="list-style-type: none"><li>• Complete extension of hips</li><li>• Keep arms &amp; legs straight</li><li>• Keep rhythm of swings continuous</li></ul>
<b>DISMOUNT</b> to standing beside the mushroom at commencement of 6 <sup>th</sup> circle	0.5		<ul style="list-style-type: none"><li>• Place last hand to complete 5 circles before dismount</li></ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			

### Special Judging note:






- All elements start and finish in front support.
- Each circle requires two hand placements, momentary support once from each hand, to receive recognition



# CLASS 1 / LEVEL 5



## RINGS

Description	Value		Performance Expectations
From hanging, lift legs to <b>PIKED INVERTED HANG POSITION (2s)</b>	0.5		<ul style="list-style-type: none"> <li>• MAX bend in hips, keep legs straight</li> </ul>
Extend hips and stretch body up to <b>STRAIGHT INVERTED</b> hang 2s	0.5		<ul style="list-style-type: none"> <li>• Keep head in line with body, open hip angle</li> </ul>
Pike down fast and immediately <b>CAST OUT TO STRETCHED</b> position and swing down, <b>SWING BACKWARD</b> to horizontal	0.5 0.5		<ul style="list-style-type: none"> <li>• End all swings with hips at ring height</li> <li>• Body should be in straight line from hands to feet at the height of the swing – body position tight</li> </ul>
<b>SWING FORWARD</b> to horizontal and <b>SWING BACKWARD</b> to horizontal <b>SWING FORWARD</b> to horizontal and <b>SWING BACKWARD</b> to horizontal	0.5 0.5 0.5 0.5		
<b>SWING FORWARD</b> to horizontal and <b>SWING BACKWARD</b> to horizontal to dismount (on 4 <sup>th</sup> backward swing)	0.5 0.5		<ul style="list-style-type: none"> <li>• Keep torso upright on landing</li> <li>• End all swings with hips at ring height</li> </ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			

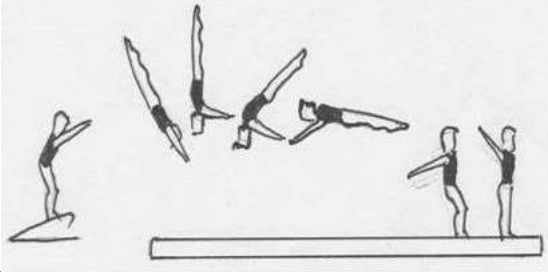


## CLASS 1 / LEVEL 5



### VAULT

#### (Springboard and 20cm Landing mats)

Description	Value		Performance Expectations
Run up – <b>FORWARD LAYOUT SALTO</b> to 20cm Landing mats	5.0		<ul style="list-style-type: none"><li>• Keep body tight during flight</li><li>• Distinct lift of body during flight</li></ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			

#### Special Judging note:

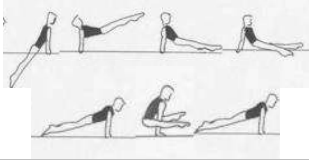
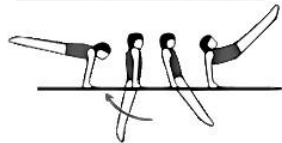

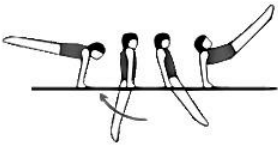
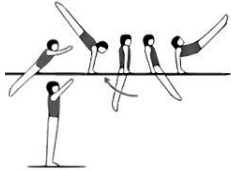
- Should a gymnast perform a ZERO vault, as defined by the FIG, he may repeat it once with a deduction of 2.00 point from the Start value of the second attempt. No more attempts are permitted.
- Normal landing deductions apply e.g. for arm swings and legs apart. Feet movement is allowed as per the Landing rules in the Code of Points.



# CLASS 1 / LEVEL 5



## PARALLEL BARS

Description	Value		Performance Expectations
<b>JUMP TO FRONT SUPPORT, SWING FORWARD</b> to horizontal, straddle legs to <b>BEAT OFF BARS</b> & extend to stretched position (above bar height), <b>SWING BACKWARD</b> (above bar height) and <b>STRADDLE LEGS FORWARD TO L-SUP 2S</b>	0.1 0.4 0.2 0.5		<ul style="list-style-type: none"> <li>• Legs may bend in beat on bar</li> <li>• Legs horizontal in straddled L-sup</li> </ul>
Press hips up to <b>SWING LEGS BACKWARD</b> & close to stretched position in front support (above bar height), <b>SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to horizontal"	0.2 0.4 0.4		<ul style="list-style-type: none"> <li>• maintain straight arms and legs throughout</li> </ul>
<b>SWING FORWARD TO L SIT</b> (2 sec hold)	0.5		<ul style="list-style-type: none"> <li>• Lift with straight legs to initiate back swing</li> </ul>
Lift legs, <b>EXTEND HIPS FORWARD</b> to stretched position (above bar height), <b>SWING BACKWARD</b> to horizontal	0.3 0.4		<ul style="list-style-type: none"> <li>• Keep a tight body position in the front and the back swing</li> </ul>
<b>SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to horizontal <b>SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to horizontal and dismount (on 3 <sup>rd</sup> backward swing)	0.4 0.4 0.4 0.4		<ul style="list-style-type: none"> <li>• Keep a tight body position in the back swing</li> <li>• Keep torso upright &amp; hands off bar on landing</li> </ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			





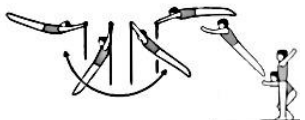




# CLASS 1 / LEVEL 5



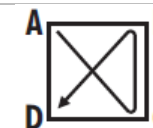
## HORIZONTAL BAR


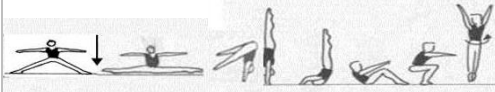
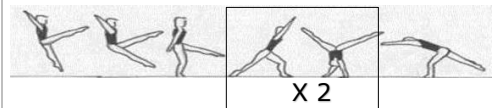

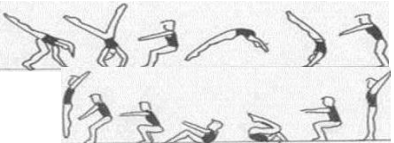
Description	Value		Performance Expectations
From hang (over-grip) <b>PULL OVER</b> with pike body to <b>FRONT SUPPORT</b> .	0.6 0.1		<ul style="list-style-type: none"> <li>• May bend arms in pull over</li> </ul>
<b>CAST TO HORIZONTAL, BACKWARD HIP CIRCLE,</b>	0.6 0.5		<ul style="list-style-type: none"> <li>• Keep arms and legs straight</li> <li>• Keep hips at bar in underswing</li> </ul>
<b>UNDER-SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to horizontal, <b>SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to horizontal	0.5 0.3 0.3 0.3		<ul style="list-style-type: none"> <li>• Maintain correct tap swing</li> <li>• Body should be in straight line from bar to feet on the height of the swing – body position tight</li> </ul>
<b>SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to horizontal <b>SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to horizontal	0.3 0.3 0.3 0.3		
<b>SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to horizontal and dismount (on 5 <sup>th</sup> backward swing)	0.3 0.3		<ul style="list-style-type: none"> <li>• Keep torso upright on landing</li> </ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			



# CLASS 2 / LEVEL 6

## FLOOR EXERCISE



Description	Value	Performance Expectations
(A-C)		
From standing, short run-up, front handspring, stretch jump, then rebound to dive roll and finish in momentary straddled stand	0.5 0.3 0.4	 <ul style="list-style-type: none"> <li>• Must perform rebound after the handspring</li> <li>• Dive roll - COM = shoulder height</li> </ul>
Lower with control to middle splits 2s, press with straight arms and straddled legs to momentary handstand, roll forward, stretch jump with 3/8 turn	0.4 0.5 0.1 0.1	 <ul style="list-style-type: none"> <li>• The training of the SPLIT is strongly encouraged for future development</li> <li>• If split omitted then press from momentary straddled stand</li> </ul>
(C-D)		
Step to scissors kick, immediate cartwheel to cartwheel-off.	0.3 0.3 0.3	 <ul style="list-style-type: none"> <li>• Wide splits during cartwheels</li> <li>• Kick one leg up and jump off 2<sup>nd</sup> leg switching legs in air and land on 1<sup>st</sup> leg.</li> </ul>
Fall rearward with straight legs to piked roll backward with straight arms to standing, step to scale 2s (arabesque or Y-scale), lower leg with 1/8 turn	0.3 0.1 0.3 0.1	 <ul style="list-style-type: none"> <li>• Choreography for turn from scale is optional – direction is compulsory</li> </ul>
(D-B)		
Short run, hurdle, round-off, back handspring, rebound to stretch jump [and roll backward] to stand.	0.1 0.3 0.5 0.1 [0.3]	 <ul style="list-style-type: none"> <li>• Keep legs together during stretch jump and land in an upright but slightly backward position so as not to pause (technical error) before the roll backward</li> </ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		

### Special Judging note:

The dismount described in square brackets is not to be judged for execution errors. This element is included to help a gymnast control the landing from a powerful backward acrobatic pass.

The dismount described in square brackets has no difficulty value. However, if not recognised by the D-jury a compositional Neutral deduction of -0.30 shall apply.






The usual execution deductions apply for feet apart and steps on landing when the gymnast stands up.



## CLASS 2 / LEVEL 6

### MUSHROOM



Description	Value		Performance Expectations
2x Double leg circles	0.5 0.5	    	<ul style="list-style-type: none"> <li>• Complete extension of hips</li> <li>• Keep arms &amp; legs straight</li> <li>• Keep rhythm of swings continuous</li> </ul>
2x ¼ spindles (commencing in 3 <sup>rd</sup> circle)	0.6 0.6		
2x Double leg circles	0.5 0.5		
Czech kehr (180o turn through front support in 2x circles)	1.0		
Double leg circle and dismount to standing beside the mushroom at commencement of 2 <sup>nd</sup> circle	0.5 0.3		<p>Video available as reference only:  <a href="https://youtu.be/d1YdEvSoECY">https://youtu.be/d1YdEvSoECY</a></p>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			

**Special Judging note:**

- All elements start and finish in front support.
- Each circle requires two hand placements, momentary support once from each hand, to receive recognition



# CLASS 2 / LEVEL 6



## RINGS

Description	Value		Performance Expectations
<b>MUSCLE UP TO SUPPORT</b> (assistance permitted with 0.5 deduction)	0.7		<ul style="list-style-type: none"> <li>Do not pike body until after reaching straight arm support</li> </ul>
<b>L-SUPPORT</b> 2s	0.7		<ul style="list-style-type: none"> <li>Arms not to touch cables</li> </ul>
<b>PRESS WITH PIKED BODY TO BENT ARM SHOULDER STAND</b> (2 sec) OR <b>PRESS WITH STRADDLED LEGS AND BENT ARMS TO HANDSTAND WITH FEET RESTING ON CABLES</b> (2sec)  lower with control Lower with control <b>THROUGH STRAIGHT ARM SUPPORT</b> and rotate backward <b>TO STRAIGHT INVERTED HANG</b>	0.7  0.5		<ul style="list-style-type: none"> <li>Vertical position in shoulder stand</li> <li>Keep arms straight throughout lowering to inverted hang</li> </ul>
Pike down fast and immediately <b>CAST OUT TO STRETCHED</b> position and swing down, swing backward to <b>INLOCATE</b>	0.5 0.7		<ul style="list-style-type: none"> <li>Keep body stretched through inlocate</li> </ul>
<b>SWING BACKWARD</b> to horizontal,  <b>SWING FORWARD TO STRETCHED BACKWARD SALTO</b> dismount	0.5 0.7		<ul style="list-style-type: none"> <li>End backward swing with hips at ring height</li> <li>Body should be in straight line from hands to feet at the height of the swing</li> </ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			

### Special Judging note:

- Inlocate: body bent >90o then non-recognition (D-jury) and -0.5 (E-jury)
- Salto: body bent >45o then non-recognition (D-jury) and -0.5 (E-jury)
- From h/stand or shoulder stand passing through momentary support with bent arms will incur execution deductions. However, if no support is shown then non-recognition (D-jury) and -0.5 (E-jury) not 1.0 for fall.




## CLASS 2 / LEVEL 6



### VAULT

#### (Springboard and Vaulting table)

Description	Value	Performance Expectations
<p><b>HANDSPRING TO LAND ON FEET OVER VAULT TABLE.</b></p> <p>(Height = 1.10-1.35)</p>	5.0	 <ul style="list-style-type: none"> <li>• Keep body tight in on-flight</li> <li>• Pass through vertical handstand position – shoulders should not fall forward in the support phase</li> <li>• Distinct lift of body in off-flight</li> </ul>
<p><b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b></p>		

#### Special Judging note:



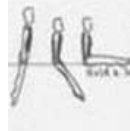

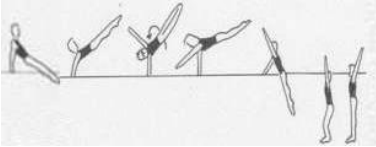
- Should a gymnast perform a ZERO vault, as defined by the FIG, he may repeat it once with a deduction of 2.00 point from the Start value of the second attempt. No more attempts are permitted.
- To facilitate the smooth running of competitions where different Levels and age groups are combined, it is suggested to organize the vaulting rotation/ group in such a way that all gymnasts in the group vaulting on the lowest height of the table start first and then the table is set higher.



# CLASS 2 / LEVEL 6



## PARALLEL BARS

Description	Value		Performance Expectations
Jump to long hang and <b>SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to horizontal, <b>SWING FORWARD</b> to horizontal, <b>SWING BACKWARD TO HORIZONTAL WITH UPRISE TO UPPER-ARM HANG</b>	0.3 0.3 0.3 0.5		Knees may bend throughout the hang swing position  The P-Bars may not be raised above FIG height.
Swing forward to <b>INVERTED PIKE POSITION 2S</b> , lift legs and extend hips forward to stretched position (above bar height), <b>SWING BACKWARD TO HORIZONTAL WITH UPRISE TO FRONT SUPPORT</b>	0.3 0.5		<ul style="list-style-type: none"> <li>maintain straight legs throughout the inverted pike position and hips above the bar for the hold</li> </ul>
<b>SWING FORWARD TO L SUPPORT</b> 2 sec	0.5		<ul style="list-style-type: none"> <li>Hips at 90°</li> </ul>
Lift legs to <b>MOMENTARY V-support</b> , <b>EXTEND HIPS FORWARD</b> to stretched position (above bar height), <b>SWING BACKWARD</b> to horizontal	0.5 0.3 0.3		<ul style="list-style-type: none"> <li>Must be held long enough to have demonstrated control of the element</li> </ul>
<b>SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to handstand, swing forward <b>TO STUTZ DISMOUNT</b> (1/2 turn through rear support on one arm to standing outside of bars) horizontal	0.3 0.5 0.4		<ul style="list-style-type: none"> <li>dismount ≥ horizontal</li> <li>Keep torso upright on landing</li> </ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			

### Special Judging note:

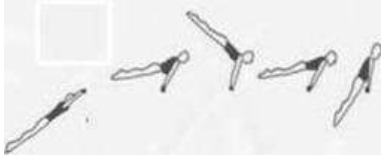

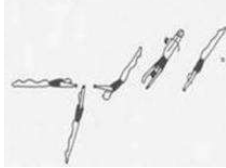

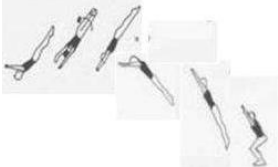
- Hang swings: body >45° below horizontal then non-recognition (D-jury) and -0.5 (E-jury)
- Momentary V-support: legs >45° below vertical then non-recognition (D-jury) and -0.5 (E-jury)
- S, M, L deduction for lack of flexibility in inverted pike position and momentary V-support.



# CLASS 2 / LEVEL 6



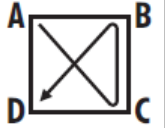
## HORIZONTAL BAR

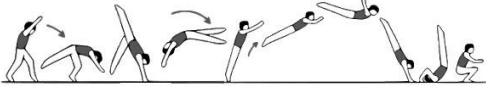
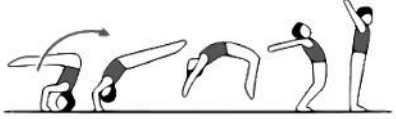

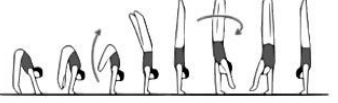
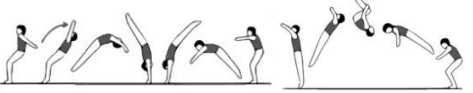
Description	Value		Performance Expectations
From hang (over-grip), <b>WHIP START</b> through horizontal, <b>SWING BACKWARD</b> to horizontal, <b>SWING FORWARD</b> to horizontal, swing backward to horizontal <b>WITH UPRISE TO</b> support.	0.3 0.3 0.3 0.5		Whip start: slowly lift legs forward, whip legs backward and forward to bring toes to the bar and extend hips upward to stretched position
Backward <b>HIP CIRCLE</b> , <b>UNDER-SWING</b> forward to horizontal, <b>SWING BACKWARD</b> to horizontal, <b>SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to horizontal	0.3 0.3 0.3 0.3 0.3		<ul style="list-style-type: none"> <li>• Straight hips and neutral head position</li> </ul>
<b>SWING FORWARD WITH 1/2 TURN</b> to horizontal in over-grip	0.5		<ul style="list-style-type: none"> <li>• 1/2 turn with double hand change (1 hand at a time) to over-grip</li> </ul>
Swing forward and <b>KIP THROUGH SUPPORT TO HORIZONTAL</b> , <b>UNDER-SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to horizontal	0.5 0.3 0.3		<ul style="list-style-type: none"> <li>• Keep arms straight in kip</li> <li>• Under-swing must be to horizontal</li> </ul>
Swing forward with 1/2 <b>TURN TO HORIZONTAL</b> in mixed-grip and dismount.	0.5		<ul style="list-style-type: none"> <li>• Keep torso upright on landing</li> </ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			



# LEVEL 7

## FLOOR EXERCISE



Description	Value	Performance Expectations
(A-C)		
From standing, short run-up, <b>FRONT HANDSPRING</b> , <b>DIVE ROLL</b> , immediate <b>STRETCH JUMP WITH 3/8</b> turn	0.5 0.5 0.1	 <ul style="list-style-type: none"> <li>Dive roll = shoulder height</li> </ul>
(C-B)		
<b>HEAD SPRING</b> , power hurdle and <b>ROUND-OFF</b> , <b>ARABIAN STRETCH JUMP</b> to momentary landing	0.5 0.3 0.3	 <ul style="list-style-type: none"> <li>Power hurdle is performed from a double leg jump (no steps)</li> </ul>
<b>FORWARD ROLL STRADDLED</b> with straight arms, <b>TABLE-STAND</b> , place hands on floor and <b>SWISS PRESS TO HANDSTAND</b> 1s	0.2 0.2 0.5	 <ul style="list-style-type: none"> <li>Arabian stretch jump = jump with 180° turn</li> <li>Table-stand is the stood gymnast bent forward 90° with back and arms held horizontal</li> </ul>
<b>1/2 TURN FORWARD</b> , pike lowering legs to stand and immediate <b>STRETCH JUMP WITH 1/8 TURN</b> .	0.5 0.1	 <ul style="list-style-type: none"> <li>Perform 1/2 turn in two hand placements</li> </ul>
(B-D)		
Short run, hurdle and <b>ROUND-OFF</b> , <b>BACK HANDSPRING</b> , <b>BACKWARD SALTO</b> tucked to stand.	0.3 0.5 0.5	
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>		





## LEVEL 7

### POMMEL HORSE



Description	Value	Performance Expectations
From standing at end of horse, jump to <b>3X INWARD CROSSWAYS CIRCLES</b>	0.4 0.4 0.4	
¼ Wende through side support uphill and straddle legs over horse with ½ turn to the center through scissors support	0.2	<ul style="list-style-type: none"> <li>Supporting arm in 1/2 turn to center should end twisted outward</li> <li>An uphill circle has one hand on the end and one hand on the pommel to the side the circle commences</li> </ul>
Immediately swing back leg forward, then swing opposite leg backward, then swing front leg backward, followed by opposite leg forward	0.2 0.2 0.2 0.2	<ul style="list-style-type: none"> <li>Foot of single leg swing must reach head height each time</li> </ul>
<b>2X SCISSORS FORWARD</b> , pick up <b>SIDEWAYS CIRCLE THROUGH</b> rear support to end in front support	0.3 0.3 0.5	<ul style="list-style-type: none"> <li>Pick up to circle with no stops</li> <li>Foot of leading leg in scissors must reach head height each time</li> </ul>
<b>3X SIDEWAYS CIRCLES</b> , ¼ Wende over horse to standing.	0.5 0.5 0.5 0.2	<ul style="list-style-type: none"> <li>Stretched hips throughout</li> </ul>
<b>Difficulty 5.0 + Execution 5.0 = Total 10.00</b>		

#### Special Judging note:


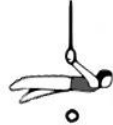


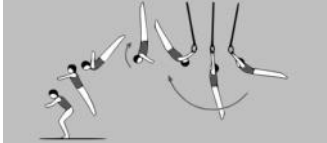
- All elements start and finish in front support
- Each circle requires two hand placements, momentary support once from each hand, to receive recognition



# LEVEL 7

## RINGS



Description	Value		Performance Expectations
<b>MUSCLE UP TO SUPPORT</b> – raise legs to <b>L-SUPPORT (2s)</b> – lower backward to stretched inverted hang	0.6 0.6		<ul style="list-style-type: none"> <li>Do not pike body until after reaching straight arm support</li> <li>Keep arms straight throughout lowering to inverted hang</li> </ul>
Lower rearward with stretched body and straddled legs to <b>STRADDLED BACK LEVER (2s)</b> – lower to drag hang	0.6		<ul style="list-style-type: none"> <li>Open hip angle</li> <li>Keep body stretched on drag hang</li> </ul>
Pull through <b>PIKED INVERTED HANG</b> immediately cast out to stretched position and swing down, <b>SWING BACKWARD</b> to horizontal, <b>SWING FORWARD</b> to horizontal.	0.5 0.5 0.5		<ul style="list-style-type: none"> <li>End forward and backward swing with hips at ring height</li> <li>Body should be in straight line from hands to feet at the height of the swing</li> <li>Keep body stretched throughout inlocate</li> </ul>
Swing backward to <b>INLOCATE</b>	0.6		<ul style="list-style-type: none"> <li>Keep body stretched throughout dismount</li> </ul>
<b>SWING BACKWARD</b> to horizontal, swing forward to <b>STRETCHED BACKWARD SALTO DISMOUNT</b>	0.5 0.6		<ul style="list-style-type: none"> <li>Keep body stretched throughout dismount</li> </ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			

### Special Judging note:

- Inlocate: body bent >90o then non-recognition (D-jury) and -0.5 (E-jury)
- Salto: body bent >45o then non-recognition (D-jury) and -0.5 (E-jury)



# LEVEL 7

## VAULT



### (Springboard and Vaulting table)

Description	Value	Performance Expectations
<p><b>THE FOLLOWING VAULTS ARE OPTIONS FOR LEVEL 7 – CHOOSE 1</b>  <b>Vault Values are indicated next to each option</b></p> <p><u>ONLY</u> gymnasts attempting a listed <b>SALTO</b> vault may have a one-touch warm-up immediately prior to competition.</p> <p>i. Yurchenko tucked salto (SV 10.0pts)</p> <p>ii. Tsukahara tucked salto (SV 10.0pts)</p> <p>iii. Handspring tucked salto (SV 10.0pts)”</p>	<p><b><u>FORWARD VAULTS:</u></b>            Handspring = 3.5            Handspring with ½ twist off = 4.0            Handspring with 1/1 twist off =4.5            Handspring to fwd salto tucked = 5.0</p> <p><b><u>- ¼ On VAULTS:</u></b>            ¼ On with ¼ twist off (Hollander) = 3.5            ¼ On with ¾ twist off (Hollander ½) = 4.0            ¼ On with ¼ turn to bwd salto tucked (Tsukahara) = 5.0</p> <p><b><u>- YURCHENKO VAULTS:</u></b>            Yurchenko Handspring = 3.5            Yurchenko Handspring with ½ twist off = 4.0            Yurchenko Handspring with 1/1 twist off =4.5            Yurchenko to bwd salto tucked = 5.0</p>	<ul style="list-style-type: none"> <li>• Distinct lift of body in off-flight</li> <li>• Hollander vaults may end facing toward or away from the table for the same value – gymnast’s preference</li> <li>• Salto vaults must show good opening in preparation for landing</li> </ul>
<p><b>Difficulty- Option + Execution 5.00 = Total 10.00</b></p>		

#### Special Judging note:

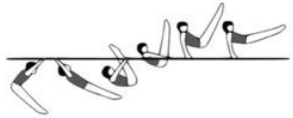
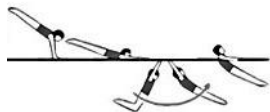
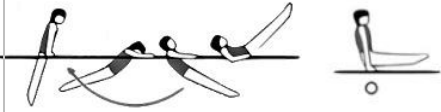
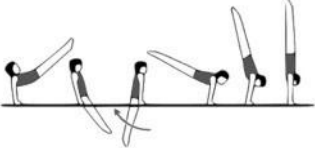
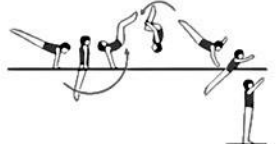
- All vaults have a individual difficulty value. Should a gymnast perform a ZERO vault, as defined by the FIG, he may repeat it once with a deduction of 2.00 point from the Start value of the second attempt. No more attempts are permitted.
- To facilitate the smooth running of competitions where different Levels and age groups are combined, it is suggested to organize the vaulting rotation/ group in such a way that all gymnasts in the group vaulting on the lowest height of the table start first and then the table is set higher.



## LEVEL 7



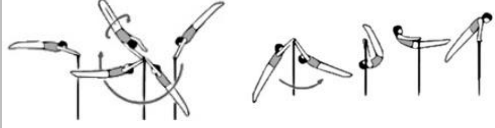
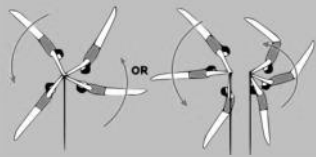
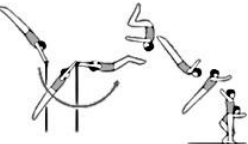
### PARALLEL BARS



Description	Value		Performance Expectations
Jump to <b>GLIDE KIP TO SUPPORT – SWING BACKWARD TO HORIZONTAL</b>	0.7 0.3		<ul style="list-style-type: none"> <li>• Keep arms straight</li> </ul>
<b>LAYAWAY TO MOY TO UPPERARM</b>	0.7		<ul style="list-style-type: none"> <li>• May bent legs for moy</li> </ul>
Swing backward to horizontal with <b>UPRISE TO FRONT SUPPORT, SWING FORWARD TO L-SUPPORT 2S</b>	0.5 0.3		<ul style="list-style-type: none"> <li>• 90° hip angle in L-support</li> <li>• Arms must be straight in back uprise before body starts to swing forward again</li> </ul>
Lift legs and <b>EXTEND HIPS FORWARD</b> to stretched position (above bar height), <b>SWING BACKWARD TO HANDSTAND</b>	0.3 0.7		<ul style="list-style-type: none"> <li>• Handstands need not be held but gymnast must convincingly demonstrate that they could have been held if so desired</li> </ul>
<b>SWING FORWARD</b> to horizontal, <b>SWING BACKWARD</b> to handstand, swing forward to <b>BACKWARD SALTO TUCKED DISMOUNT</b>	0.3 0.5 0.7		<ul style="list-style-type: none"> <li>• Keep torso upright on landing</li> <li>• Show good preparation for landing</li> </ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			

# LEVEL 7

## HORIZONTAL BAR

Description	Value		Performance Expectations
From hang (over-grip), <b>WHIP START</b> through horizontal, swing backward to horizontal with <b>UPRISE TO FRONT SUPPORT</b>	0.3 0.5		<ul style="list-style-type: none"> <li>Whip start: slowly lift legs forward, whip legs backward and forward to bring toes to the bar and extend hips upward to stretched position</li> </ul>
<b>FREE HIP-CIRCLE</b> to exit above horizontal	0.6		<ul style="list-style-type: none"> <li>Straight arms in clear circle</li> <li>Head neutral</li> </ul>
<b>SWING FORWARD WITH 1/2 TURN</b> to horizontal in over-grip, <b>SWING FORWARD WITH 1/2 TURN</b> to horizontal in over-grip, Swing forward and <b>KIP THROUGH SUPPORT</b> to horizontal	0.5 0.6 0.5		<ul style="list-style-type: none"> <li>1/2 turn with double hand change (1 hand at a time) to over-grip</li> <li>Kip to cast should be continuous</li> </ul>
Swing <b>BACKWARD GIANT</b>	1.0		<ul style="list-style-type: none"> <li>Keep arms straight in backward Giant</li> <li>May use dismount technique in Giant</li> </ul>
swing forward to <b>BACKWARD SALTO</b> (tuck, pike, or stretch) dismount	1.0		<ul style="list-style-type: none"> <li>Salto bar height</li> </ul>
<b>Difficulty 5.00 + Execution 5.00 = Total 10.00</b>			

### Special judging note:

- After giant swing backward:
- Performing a full empty swing before dismount = -0.5 (E-jury) – no deduction for height of swing
- Performing a kip through support and Layaway before dismount = -0.5 (E-jury) – no deduction for height of layaway.

## LEVEL 8

### REQUIREMENTS

Exercise summary templates are included in this manual to assist coaches.

LEVEL 8 D-JURY	FIG CoP 2017-2020 JUNIOR RULES (modified as below)	Refer to table of Specific Apparatus Rules for modified special requirements	
<b>ELEMENT GROUPS (EG)</b>	Maximum 3 elements / EG	0.5 points x4 EG (FIG) (Modified A-dismount = 0.3 for EG)	2.0 points Maximum
<b>DIFFICULTY VALUE (DV)</b>	Dismount + 5 highest value parts to count May repeat <u>only</u> 1 ≥ A-part for value	Modified-A =0.2; A =0.4; B =0.6 (> B-parts not permitted) Exception: C =0.8 <u>only</u> Pommel Horse	3.0 points Maximum
<b>EXECUTION VALUE (EV)</b>	Execution deductions may not exceed 5.0 points	Neutral Deductions (ND) are applied in addition to the EV	5.0 points Maximum
<b>START VALUE (SV)</b>	Short exercises: -1.0 point / element Only 5 counting elements = - 1.0 points (ND) Only 4 counting elements = - 2.0 points (ND) etc.	Modified A-parts are limited to the list in the Specific Apparatus Rules	10.0 points Maximum
<b>VAULT</b>	<ul style="list-style-type: none"> <li>- Vault Ranking: Average score of 2x jumps required (Vaults must be different but may be from same EG)</li> <li>- AA Ranking: Final mark of 1x Jump required (count 1<sup>st</sup> jump if 2x jumps are performed)</li> </ul>	DV ≤ 2.40 points (As per FIG CoP) EV ≤ 7.60 points	10.0 points Maximum

SPECIFIC APPARATUS RULES	COMPOSITIONAL REQUIREMENTS As per FIG CoP Junior Rules (Modified as below)	MODIFIED A-ELEMENTS
<b>FLOOR</b>	<ul style="list-style-type: none"> <li>- Must include 1 layout salto element in the 6 counting (-0.30 points ND)</li> <li>- No time limit</li> </ul>	<ul style="list-style-type: none"> <li>- Backward roll to handstand (EG I)</li> <li>- Headspring (EG II)</li> </ul>
<b>POMMEL HORSE</b>	<ul style="list-style-type: none"> <li>- No modified compositional requirements</li> </ul>	<ul style="list-style-type: none"> <li>- Single leg cut (forward or backward) (EG I)</li> <li>- Single leg travel (EG I)</li> <li>- Flair element separate from circle (EG II)</li> <li>- Rear vault dismount (EG IV)</li> </ul>
<b>RINGS</b>	<ul style="list-style-type: none"> <li>- Must include 1 support element in the 6 counting (-0.30 points ND)</li> <li>- Max.3x EG II or III elements in direct succession recognised, break the sequence with an EG I A-part</li> </ul>	<ul style="list-style-type: none"> <li>- Straddled back lever 2s (EG II)</li> <li>- Straddled front lever (EG II)</li> <li>- Muscle-up to support (EG II)</li> <li>- Tuck forward/backward salto dismount (EG IV)</li> </ul>
<b>PARALLEL BARS</b>	<ul style="list-style-type: none"> <li>- No modified compositional requirements</li> </ul>	<ul style="list-style-type: none"> <li>- Stutzkehr to 45° (EG I)</li> <li>- Back-uprise to support (EG II)</li> <li>- Back shoulder-roll to support (EG II)</li> <li>- Moy to upper-arm (EG III)</li> <li>- Any tuck forward/backward salto dismount (EG IV)</li> </ul>
<b>HORIZONTAL BAR</b>	<ul style="list-style-type: none"> <li>- Must include 1 giant swing element in the 6 counting (-0.30 points ND)</li> </ul>	<ul style="list-style-type: none"> <li>- Back-uprise to support (EG I)</li> <li>- Forward swing with ½ turn to 45° (EG I)</li> <li>- Clear hip-circle to 45° (EG III)</li> <li>- Sole-circle forward (EG III)</li> <li>- Sole-circle backward (EG III)</li> <li>- Tuck fwd/bwd salto dismount also ½ twist (EG IV)</li> </ul>

## ROUTINE SUMMARY – LEVEL 8

NAME OF GYMNAST: \_\_\_\_\_ AGE GROUP: \_\_\_\_\_ CLUB/PROVINCE: \_\_\_\_\_

### LEVEL 8

**APPARATUS** \_\_\_\_\_

	VALUE	GROUP	ELEMENT NAME/DESCRIPTION
ELEMENT 1			
ELEMENT 2			
ELEMENT 3			
ELEMENT 4			
ELEMENT 5			
ELEMENT 6 – DISMOUNT			
D-score:			

**NOTES:**



## LEVEL 9

### REQUIREMENTS

Exercise summary templates are included in this manual to assist coaches.

LEVEL 9 D-JURY	FIG CoP 2017-2020 JUNIOR RULES (modified as below)		
<b>ELEMENT GROUPS (EG)</b>	Maximum 4 elements / EG	0.5 points x4 EG (FIG) ( A-dismount = 0.3 for EG)	2.0 points (as per FIG)
<b>DIFFICULTY VALUE (DV)</b>	Dismount + 6 highest value parts to count May repeat <u>only</u> 1 ≥ B-part for value	A =0.1; B =0.2; C =0.3 (> C-parts not permitted) Exception: D =0.4 <u>only</u> Pommel Horse	Open scoring (as per FIG)
<b>EXECUTION VALUE (EV)</b>	Execution deductions may not exceed 10.0 points (as per FIG)	Neutral Deductions (ND) are applied in addition to the EV	10.0 points (as per FIG)
<b>START VALUE (SV)</b>	Short exercises: -1.0 point / element Only 6 counting elements = - 1.0 points (ND) Only 5 counting elements = - 2.0 points (ND) etc.	Only elements PERMITTED for juniors in the FIG CoP will be recognised	Open scoring (as per FIG)
<b>VAULT</b>	<ul style="list-style-type: none"> <li>- Vault Ranking: Average score of 2x jumps required (vaults must be different but may be from same EG)</li> <li>- AA Ranking: Final mark of 1x Jump required (count 1<sup>st</sup> jump if 2x jumps are performed)</li> </ul>	DV ≤ 4.00 points (As per FIG CoP)	14.0 points Maximum

## ROUTINE SUMMARY – LEVEL 9

NAME OF GYMNAST: \_\_\_\_\_ AGE GROUP: \_\_\_\_\_ CLUB/PROVINCE: \_\_\_\_\_

### LEVEL 9

### APPARATUS

	VALUE	GROUP	ELEMENT NAME/DESCRIPTION
ELEMENT 1			
ELEMENT 2			
ELEMENT 3			
ELEMENT 4			
ELEMENT 5			
ELEMENT 6			
ELEMENT 7 – DISMOUNT (minimum B-value)			
D-score:			

**NOTES:**