

DEDUCTIONS FOR LEVELS 1 – 9

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Women's Technical Committee
Irish Gymnastics Ltd

GENERAL

- All routines in level 1-9 have a ‘Start Value’ noted above the requirements, beside the apparatus name.
- Except Vault at levels 8 where the start value is the same as in the FIG Code of Points
- This is the ‘Start Value given if all the elements/requirements are performed.
- All routines on each apparatus will be judged from the stated ‘Start Value’.
- Missing requirements will be subtracted from the ‘Start Value’.
- Bonus (where it’s given) will be added to the ‘Start Value’.
- Bonus cannot be given if there’s a fall on the element.
- Then the execution and or neutral deductions will be subtracted from the actual ‘Start Value’.
- Therefore, the values of the Elements will not be counted.
- The FIG Code of Points can be found on the internet at <http://www.fedintgym.com/rules/>
- The list of Vaults and their Start Values, can be found at the end of the Code.
- For all the rules & requirements for level 10 (FIG Modified Code) please refer to the back of the FIG Code of Points
- General table of Faults’ & the ‘Specific Apparatus Deductions’ for each apparatus, are to be applied along with the deductions the W.T.C. have listed in this booklet.
- **On Beam from level 2 & Floor from level 3 on, Elements/requirements can be fulfilled with higher Value or any variations of the elements once the core requirement is fulfilled. IE; Change leg leap is/has a 180 split, Straddle press to handstand for Handstand, 2/1 spin for 1/1 spin etc. But this is only recommended if they can be done cleanly.**
- For ALL elements, always consider all the faults & deductions, but particularly the following deductions from the FIG ‘General Table of Faults’ along with the listed faults/deductions listed at each level:

Bent Arms & Bent knees	0.10 / 0.30 / 0.50 (0.50 for a bend = or > 90*)
Leg/Knee separation	0.10 / 0.30 (0.30 for Shoulder width or more)
Precision (see explanation in the table below)	0.10
Landing faults on <u>all</u> elements	As listed

<u>Element/Requirement attempted but not achieved</u>	<u>Element /Requirement not attempted</u>
Deduct 0.50 for gymnastic elements (g) or connections ©	Deduct 0.50 for connections/steps etc that are not elements©
Deduct 1.00 for acrobatic (a) Elements + fall deductions if applicable	Deduct 1.50 for gymnastic (g) element or connection © Deduct 2.50 for an acrobatic element. (a)

- Gymnastic elements include spins, leaps, jumps with & without turns.
- Acrobatic elements include Rolls, Handstands, cartwheels, Walkovers, flips & somersaults.

Performance of Invalid Vaults*

- Run approach with touch on the springboard or vaulting table, without execution of the Vault - Invalid - 0 Score
- No touch of Vaulting Table - Invalid - 0 Score
- Spotting assistance during the Vault - Invalid - 0 Score
- Failure to use the safety collar for Round-off entry Vaults - Invalid - 0 Score
- Failure to land on feet first - Invalid - 0

“J” Elements

Beam - Cat Leap, Tuck Jump

Floor - Cat Leap, Tuck Jump, Wolf Jump or Hop, Pike Jump & Jump 1/1 Turn

GENERAL TABLE OF FAULTS

ARTICLE 6 – Table of General Faults and Penalties

Faults		Small	Med.	Large	Very Large
		0.10	0.30	0.50	1.00 or more
By E- Panel Judges (E¹ – E⁶)					
Execution Faults					
– Bent arms or bent knees	each time	X	X	X	
– Leg or knee separations	each time	X	X shoulder width or more		
– Legs crossed during elements with twist	each time	X			
– Insufficient height of elements (external amplitude)	each time	X	X		
Insufficient – exactness of tuck or pike position	each time	X 90° hip angle	X >90° hip angle		
– Failure to maintain stretched body posture (UB, BB, FX) – piking too early	each time	X	X		
– Hesitation during jumps, press or swing to handstand	each time	X			
– Deviation from straight direction (UB, BB & FX)	each time	X			
Body posture & leg position in elements					
– Body alignment	each time	X			
– Feet not pointed/relaxed	each time	X			
– Insufficient split in dance/acro elements (non flight)	each time	X	X		
– Legs in Split are not parallel to BB/FX (<i>dance</i>)	each time	X			
– Precision (<i>Each movement has a clear start and finish position. Movement has to demonstrate perfect control</i>)	each time	X			
Throughout the entire exercise:					
– Insufficient dynamics		X	X		
▪ Energy maintained throughout the exercise creating an impression of ease of execution.					
▪ To make the “very difficult” look effortless					
▪ Lightness via strong extension, speed and					
▪ quickness of achieving ultimate positions					
– Body posture		X	X		
▪ Body alignment					
▪ Feet not pointed/relaxed					
▪ Feet turned in					
– Insufficient amplitude		X	X		
Landing Faults (all elements including dismounts)		If there is no fall the maximum landing deduction may not exceed 0.80			
– Legs apart on landing	each time	X			
– Too close to the apparatus (UB & BB)		X	X		
Movements to maintain balance:					
– extra arm swings		X			
– additional trunk movements to maintain balance	each time	X	X		
– extra steps, slight hop	each time	X			
– very large step or jump (<i>guideline – more than shoulder width</i>)	each time		X		
– body posture fault	each time	X	X		
– deep squat	each time			X	
– brushing/touching apparatus/mats, but not falling against the apparatus	each time		X		
– support on mat/apparatus with 1 or 2 hands	each time				1.00
– fall on mat to knees or hips	each time				1.00
– fall on or against apparatus	each time				1.00

A-BARS – SPECIFIC APPARATUS DEDUCTIONS

Faults	0.10	0.30	0.50 or more
- Run approaches			
- Run approach with touch on springboard or UB without mounting			1.00
- 2 nd unsuccessful attempt to mount			1.00
- Adjusted grip position	X		
- Brush on apparatus with feet		X	
- Brush on mat			0.50
- Hit on apparatus with feet			0.50
- Hit on mat with feet			1.00
- Uncharacteristic Movement (e.g. Legs split before arrival in Handstand)		X	
- Poor rhythm in elements	X		
- Insufficient height of flight elements	X	X	
- Under rotation of flight elements	X		
- Insufficient extension in kips	X		
- Empty swing		X	
- Intermediate swing			0.50
- Angle of Completion of Elements	X	X	X
Amplitude of:			
- Swings fwd or bwd under horizontal	X		
- Casts	X	X	
- Bar change without performing an element		X	
- Overuse (more than 3) of Giants elements (forward) with 1/1 turn or more	X		
- More than 2 of the same elements directly connected to the dismount	X		
- No attempt to dismount*			0.50

BEAM – SPECIFIC APPARATUS & ARTISTRY DEDUCTIONS

Faults	0.10	0.30	0.50 or more
– Run approaches			
– Run approach with touch on springboard or BB without mounting			1.00
– 2 nd unsuccessful attempt to mount			1.00
– Additional support of leg against the side-surface of the beam		X	
– Failure to meet the technical requirement of the element through use of additional support		X	
– Grasp on beam in order to avoid a fall			0.50
– Additional movements to maintain balance	X	X	0.50
– Concentration pause (<i>longer than 2 seconds</i>)	X		
– Excessive preparation into dance elements	X		
– One sided use of elements: More than one ½ turn on 2 feet with straight legs throughout exercise	X		
– Insufficient use of entire beam apparatus: missing one movement close to the beam with a part of the torso (including thigh), and/or head touching the beam (element not necessary)	X		
– Poor rhythm in connections	X		
– Mount not from the table of elements	X		
– No attempt to dismount			0.50

10.5 Artistry Deductions (E- Panel)

Faults	0.10	0.30	0.50
– Insufficient variation in rhythm	X		
– Sureness of performance	X	X	
– Insufficient artistry of presentation throughout the exercise including: • Lack of creative choreography <i>originality of composition of elements and movements</i>	X	X	
– Inappropriate gesture or mimic not corresponding to the movements	X		

Miscellaneous

Fault

Overtime (max 1min 30 sec)

Deduction

= **0.10**

FLOOR – SPECIFIC APPARATUS & ARTISTRY DEDUCTIONS

11.6 Specific Apparatus Deductions (E- Panel)

Faults	0.10	0.30	0.50
- Concentration pause prior to acrobatic lines (<i>more than 2 seconds</i>)	ea X		
- Excessive preparation for a dance element	ea X		
- One sided use of elements: • More than one leap/jump/hop element to prone position	X		
- Missing minimum 360°turn on one foot		X	
- Lack of movement close to the Floor with a part of the torso and/or head touching the floor (element not necessary)	X		
- Missing synchronization of movement with musical beat	ea X		
- No attempt to dismount			X

11.5 Artistry Deductions (E- Panel)

Faults	0.10	0.30	0.50
- Insufficient artistry of presentation throughout the exercise including: • Lack of creative choreography <i>originality of composition of elements and movements</i> • Inability to express idea (theme) of the music through movements • Insufficient variation in rhythm	X X X	X	
- Music • Poor relationship of music and movement • Background music	X	X	X
- Inappropriate gesture or mimic not corresponding to the music or to the movements	X		

Miscellaneous

Fault	Deduction
Level 3-6 Overtime (max 1min)	= 0.10
Level 7-10 Overtime (max 1 min 30 sec)	= 0.10
Intermediate Club Teams Overtime (max 1 min 30 sec)	= 0.10

LEVEL 1A FLOOR

Start Value -12.00

Start standing with both arms down.

Bring both arms up to vertical by your ears.	Failure to do so	0.30
<u>Forward roll to straddle sit.</u> (a)	Lack of extension into the roll Incorrect posture in straddle sit Not done fluently	0.10 / 0.30 0.10 0.10
Do a 180 turnaround sideways across your shoulders. (straddle roll around). (a)	Back not straight Roll not fluent Roll not performed high on shoulders	0.10 / 0.30 0.10 0.10
Join legs and show Piked Fold (hold for 2 sec) ©	Chest on knees not achieved Not held for 2 sec	0.10 / 0.30 / 0.50 0.30
Lie down stretched. ©	Lower back not flat on the floor	0.10
With a dish shape, roll over to front lie and push to front support.©	Lack of Extension in rollover Not done fluently Poor body shape in front support	0.10 0.10 0.10 / 0.30
Lift one leg up behind, hold briefly, then place the knee of the same leg under your hips. ©	Legs Bent	0.10 / 0.30 / 0.50
Swing the other leg around in front & turn sideways to the starting position. for side roll ©	Not performed fluently	0.10
Side roll. (a)	Roll not fluent Lack of amplitude in legs Brushing of hand on the floor Support of hand on the floor Poor co-ordination in and out of roll	0.10 0.10 / 0.30 0.30 0.50 0.10 / 0.30
<u>Side roll back the opposite direction</u> (a)	As above	
Stand up & join your feet to face Forwards ©	Poor co-ordination	0.10 / 0.30
Jump ½ turn. (g)	Lack of height Poor body posture throughout Lack of precision of turn (i.e. overturn) Body posture faults on landing	0.10 / 0.30 0.10 0.10 0.10 / 0.30
Forward roll to immediate, (a)	Lack of extension into roll Roll not performed fluently Placing hands on the floor to stand-up	0.10 / 0.30 0.10 brush- 0.30 Support – 1.00
Stretched high jump. (g)	Not continuous from the Roll Lack of height Posture faults	0.10 / 0.30 0.10 / 0.30 0.10
Step forward and present to the judge	As per FIG	

<u>Element/Requirement attempted but not achieved</u>	<u>Element /Requirement not attempted</u>
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic element.

LEVEL 1B – VAULT

Start Value – 11.00

High straight jump onto mats set at 60cm.

Equipment Required Springboard, safety/landing mats measured at 60cm

Technical Points High straight jump from springboard onto safety/landing mats measured at 60cm. This vault prep should show a strong run approach, good arm swing action and a high jump showing tension throughout.
10 metre run up.

Element

Judging Deductions

Arm Swing and takeoff	Poor under arm swing	0.10 / 0.30
	No under arm swing	0.50
	Arms up before the jump (overarm)	1.00
Jump Phase	Hip angle	0.10 / 0.30
	Arch	0.10 / 0.30
	Legs separated	0.10 / 0.30
	Knees bent	0.10 / 0.30 / 0.50
	Lack of tension throughout	0.10 / 0.30
	Lack of height	0.10 / 0.30 / 0.50 / 0.80
Landing	Deviation from a straight direction	0.10 / 0.3 / 0.5
	Steps or jump on landing	0.10/0.3 each (0.3 for >shoulder width)
	Spotting during landing	2.00
	Spotting during vault	Void
	Body posture faults on landing	0.10 / 0.30
	Deep squat on landing	0.50
	Lack of tension on landing	0.10
General	Lack of tension throughout	0.10 / 0.30
	Insufficient dynamics	0.10 / 0.30 / 0.50

LEVEL 1B FLOOR

Start Value - 12.00

Start standing with both arms down.

Bring both arms up to vertical by your ears.	Failure to do so	0.30
Step <u>Cartwheel</u> (front to back) (a)	Lack of extension into Cartwheel Poor amplitude in Cartwheel Not performed on a straight line Knees bent Finishing sideways	0.10 / 0.30 0.10 / 0.30 0.10 / 0.30 0.10 / 0.30 / 0.50 0.30
Join feet and Jump ½ turn (g)	Lack of height Poor body posture throughout Lack of precision of turn (i.e. overturn) Body posture faults on landing	0.10 / 0.30 0.10 0.10 0.10 / 0.30
<u>Forward roll to straddle sit</u> (a)	Lack of extension into the roll Incorrect posture in straddle sit Not done fluently	0.10 / 0.30 0.10 0.10
Fold Forward, Chest on the floor. © (hold for 2 sec).	Failure to achieve chest on the floor Legs too wide Not held for 2 sec	0.10 / 0.30 / 0.50 0.10 / 0.30 0.30
Sit up, join legs ©	Not done fluently	0.10
Roll back to shoulder-stand. © (hold for 2 sec).	Shoulder stand not at vertical & straight Not held for 2 sec	0.10 / 0.30 0.30
Roll to stand (feet together).©	Roll to stand not fluent	0.10
Immediate Tuck Jump(g)	Not immediate Poor body posture Lack of 'Tuck' in tuck jump (up to hip angle of 135*) Hip angle open more than 135* = failure to achieve element Lack of height	0.10 / 0.30 0.10 0.10 / 0.30 0.50 0.10 / 0.30
Step to <u>Handstand</u>. (a)	Lack of extension into handstand Poor body shape in handstand Failure to reach vertical (10, 30 or > degrees off) More than 30* = failure to achieve element	0.10 / 0.30 0.10 / 0.30 0.10 / 0.30 / 1.00 1.00
<u>Backward roll straddled</u>. (a) (Straight arms not required but would be better) I.e; no deduction for straight arms)	Lack of control/fluency Lack of lift of hips in roll Rolling over one shoulder Lack of amplitude in straddle Lack of push from floor	0.10 0.10 / 0.30 0.50 0.10 / 0.30 0.10 / 0.30
Replace hands on the floor & jump to join feet together to stand up. © (Legs straight)	Lack of control Legs bent	0.10 / 0.30 0.10 / 0.30 / 0.5
Step forward and present to the judge.		

Element/Requirement <u>attempted but not achieved</u>	Element /Requirement <u>not attempted</u>
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic element.

LEVEL 1C – VAULT

Start Value – 11.00

Handspring prep – No vault, 60cm mats.

Equipment Required Springboard, safety/landing mats measured at 60cm

Technical Points The vault is a ‘first flight handspring to mats stacked’. **There is no deduction for thrust etc.** The vault should demonstrate a fast heel lift with a straight body (shoulder angle open).

<u>Element</u>	<u>Judging Deductions</u>	
Arm Swing and takeoff	Poor under arm swing	0.10 / 0.30
	No under arm swing	0.50
	Overarm action shown	1.00
First Phase	Hip angle	0.10 / 0.30
	Arch	0.10 / 0.30
	Legs separated	0.10 / 0.30
	Knees bent	0.10 / 0.30 / 0.50
Support Phase	Closed shoulder angle	0.10 / 0.30
	Bent arms	0.10 / 0.30 / 0.50
Second Phase (Slight dish shape)	Spotting during vault	Void
	Body not straight until landing	0.10 / 0.30 / 0.50
	Shoulders and hips not landing together	0.30
	Lack of tension on landing	0.10
General	Lack of tension throughout	0.10 / 0.30
	Insufficient dynamics	0.10 / 0.30 / 0.50
	Deviation from a straight line	0.10 / 0.30 / 0.50

LEVEL 1C FLOOR
Start Value 12.00

Start standing with both arms down.

Bring both arms up to vertical by your ears.	Failure to do so	0.30
Step into handstand, forward roll with straight arms to stand (a)	Lack of extension into Handstand Poor body shape in Handstand Failure to pass through vertical Bent arms Lack of control in roll Placing hands on the floor to stand-up	0.10 / 0.30 0.10 / 0.30 0.10 / 0.30 / 1.00 0.10 / 0.30 / 0.50 0.10 / 0.30 brush- 0.30 Support – 1.00
Step and show arabesque (g)	Insufficient leg range (90° required) Chest not vertical Failure to hold for 2 sec Bent leg	0.10 / 0.30 0.10 / 0.30 0.30 0.10 / 0.30 / 0.50
From arabesque (while still holding Leg up) Forward roll to straddle sit (a)	Dropping leg to roll Lack of extension into the roll Poor posture in straddle sit Not done fluently	0.10 / 0.30 0.10 / 0.30 0.10 0.10
Fold Forward, Chest on the floor. © (hold for 2 sec).	Failure to achieve chest on the floor Legs too wide Not held for 2 sec	0.10 / 0.30 / 0.50 0.10 / 0.30 0.30
Backward roll to straddle stand (a) <i>(Straight arms not required but would be better ie; No deduction for straight arms)</i>	Lack of control/fluency Lack of lift of hips in roll Rolling over one shoulder Lack of amplitude in straddle Lack of push from floor	0.10 0.10 / 0.30 0.50 0.10 / 0.30 0.10 / 0.30
Turn to right or left Splits (g)	Splits not achieved Hips twisted Back foot not turned under Brush of floor with hand Support on floor with hand	0.10 / 0.30 / 0.50 0.10 0.10 0.30 0.50
Turn back to straddle sit, join legs ©	Lack of amplitude throughout	0.10
Backward roll to stand, feet together (a) <i>(Straight arms/legs not required but would be better)</i>	Lack of control in roll Lack of push to stand	0.10 / 0.30 0.10 / 0.30
Cartwheel skip cartwheel (a) x2	Lack of extension into cartwheel Simultaneous placing of hands Lack of amplitude throughout Not executed in a straight line Skip lacking amplitude Stopping before second cartwheel	0.10 / 0.30 0.30 0.10 / 0.30 0.10 / 0.30 0.10 / 0.30 0.30
Join feet and Jump 1/1 turn (g)	Lack of height Poor body tension throughout Lack of precision (i.e. overturn) Turn not completed exactly= failure to achieve	0.10 / 0.30 0.10 / 0.30 0.10 0.50

Step forward and present to the judge

Element/Requirement attempted but not achieved	Element /Requirement not attempted
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic element.

LEVEL 2 – Vault

Start Value – 11.00

Handspring Prep. Vault @ 60cm – mats set @ 20cm higher

Equipment Required Springboard, Vault/Box Top, Safety Matted Platform set at 20cms higher than the Vault.

Technical Points 10 Metre Run-up
Handspring from two foot take-off, Back lying onto safety mats. Thrust to occur at/before vertical. Good body shape and good distance from box should be shown.

Element

Judging Deductions

Arm Swing and takeoff	Poor under arm swing	0.10 / 0.30
	No under arm swing	0.50
	Over arm action shown	1.00
First Flight	Hip angle	0.10 / 0.30
	Arch	0.10 / 0.30
	Legs separated	0.10 / 0.30
	Knees bent	0.10 / 0.30 / 0.50
Support Phase	Angle in Shoulders Closed	0.10 / 0.30
	Bent arms / knees	0.10 / 0.30 / 0.50
Second Flight phase	Body position not straight	0.10 / 0.30
	Lack of height	0.10 / 0.30 / 0.50 / 0.80
	Lack of width	0.10 / 0.30 / 0.50
Landing <i>(slight dish shape)</i>	Lack of tension and correct shape	0.10 / 0.30
	Shoulders and hips not landing together	0.30
	Landing sitting up	0.50
General	Lack of tension throughout	0.10 / 0.30
	Insufficient dynamics	0.10 / 0.30 / 0.50
	Deviation from a straight line	0.10 / 0.30 / 0.50

LEVEL 2 – A-Bars

Start Value – 13.00

5 Swings with straight legs.

Jump from both feet showing extended (slight dished) body position. Swing forward under bar, extending before vertical and kicking at vertical to a dish shape to at least horizontal.

Extend in order to Swing back under bar to a high back swing with head in line and back rounded. Hips rotated forwards. Repeat 4 more times/swings.

On the 5th back swing, at the top of the swing, release bar extending legs to land standing on the mats.

Springboards must be moved out of the way immediately after takeoff for 1st swing.

Equipment Required

Bar Height to be set at:-
 180cm for U-9
 200cm for U-11
 200cm for U-13
 220cm for O-13

Technical Points

Gymnasts may jump from 1 or 2 spring boards to start the swings.

Swings are to be done with straight legs.

If a gymnast is too tall to swing with straight legs at the set height, the coach should inform the Competition Head Judge and she/he will organise for the Bar to be raised. This may result in the gymnast concerned competing last / first in her rotation.

Element

Judging Deductions

Jump, Swings x 5

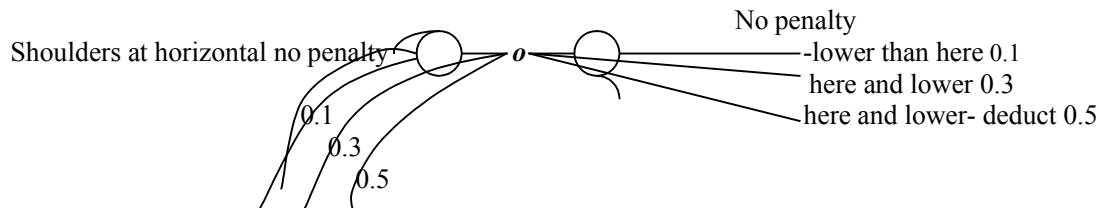
Body not extended before swing	0.10 / 0.30 / 0.50
Forward swing not to horizontal	0.10 / 0.30 / 0.50
Bent legs/arms (each time)	0.10 / 0.30 / 0.50
Poor body shape on forward swing	0.10 / 0.30
Lack of height in back swing	0.10 / 0.30 / 0.50
Poor body shape on back swing (Head on line, slightly dished shape required)	0.10 / 0.30 / 0.50

5th Swing back To stand

Lack of height in back swing	0.10 / 0.30 / 0.50
Lack of extension of the body prior to landing	0.10 / 0.30
Landing penalties, posture, steps, feet apart.	As per fig general table of Faults

Bonus

0.20 Bonus for each forward swing that goes above horizontal. (5 possible)



<u>Element/Requirement attempted but not achieved</u>	<u>Element /Requirement not attempted</u>
Deduct 1.00 for Bar Elements + fall deductions if applicable	Deduct 2.50 for each swing missing

LEVEL 2 – Beam

Start Value 13.00

Element	Judging Deductions	
Front support mount ©	Arms not straight	0.10/0.30/0.50
	Hip angle not open in front support	0.10/0.30
2 x ½ Turns on two feet (g) (One to be done in squat position) <i>(Turns may be performed separately and Should turn in the same direction)</i>	Not on toes	0.10each
	Poor posture	0.10 each
	Back not straight in squat position	0.10/0.30
	Lack of control	0.10/0.30
	Use of hands on turn in squat	0.50
	Incomplete turns	0.50
	Lack of precision (overturn)	0.10
5 fast walking steps ©	Lack of fluency in steps	0.10/0.30
	Poor posture	0.10
High stretch Jump (g)	Lack of height	0.10/0.30
	No extended shape (fingers to toes)	0.10/0.30
	Poor posture on landing	0.10/0.30
Stride Leap(g) <i>(90° required)</i>	Lack of height	0.10/0.30
	Legs bent	0.10/0.30/0.50
	Lack of amplitude	0.10/0.30
	Poor upper body posture	0.10
	Poor arm position	0.10
Spin prep as follows- Prepare, Relevee, balance, then step. (g)	No lift onto toes	0.10/0.30
	Poor upper body posture/arm position	0.10 each
	Lack of balance	0.10/0.30
Arabesque (g)	Chest not vertical	0.10/0.30
	Legs not above horizontal	0.10/0.30
Round-off Dismount (a)	Lack of extension into	0.10/0.30
	Not passing through vertical	0.10
	Body piked	0.10/0.30
	Lack of flight	0.10/0.30
	Landing penalties as per FIG	
<u>Bonus</u>	0.20 Bonus for good artistry	
Good Artistry includes	Variation in rhythm Sureness of performance Creative choreography - <i>originality of composition and movement</i>	

Element/Requirement <u>attempted but not achieved</u>	Element /Requirement <u>not attempted</u>
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LEVEL 2 – Floor

Start Value 13.00 (SET ROUTINE)

<u>Element</u>	<u>Judging Deductions</u>	
Forward Roll to Straddle stand (a)	Lack of stretch into roll	0.10/0.30
	Legs bent	0.10/0.30/0.50
Turn to right or left Splits (g)	Split angle 179°-135°-	0.10/0.30
	Splits not achieved (<135°-)	0.50
	Hips twisted	0.10
	Back foot twisted	0.10
	Poor Body Posture	0.10
Turn back, show Straddle Lever (a) (Hold for 2sec)	Knees not at elbow height	0.10/0.30
	Hands not flat	0.10
	Lever not held for 2 sec.	0.50
Straddle Pike Fold - chest on the Floor (Hold for 2 sec) ©	Failure to have chest on floor	0.10/0.30/0.50
	Legs wider than shoulder width	0.10/0.30
	Pike fold not held for 2 sec.	0.30
Sit up, Join Legs, Lie back, and push to Bridge (a)	Lack of tension & fluency in transition	0.10
	Lack of extension in shoulders	0.10/0.30/0.50
	Hands wider than shoulders	0.10/0.30
	Legs not straight	0.10/0.30/0.50
	Feet apart	0.10/0.30
Sit up, Backward Roll with straight arms & legs to front support, (a)	No flat back in sit up position	0.10
	Arms/legs bent	0.10/0.30/0.50
	Legs/feet not together	0.10/0.30
	Lack of lift on roll into front supp.	0.10/0.30
	Arch in lower back in front support	0.10/0.30
Shoulders not on top of hands in front supp.	0.10/0.30	
Squat jump feet between hands, © then immediately Jump ½ turn (g)	Lack of Rhythm in connection	0.10 stop 0.30
	Lack of height in jump	0.10/0.30
	Lack of precision in turn	0.10
	Turn not complete	Failure to achieve
½ spin (g)	Not on toes	0.10
	Lack of precision in turn	0.10
	Body posture faults	0.10
	Turn not complete	Failure to achieve
Chasse, Step Hop while swinging other leg up in front to horizontal (g)	Lack of fluency	0.10
	Lack of stretch in chasse and hop	0.10/0.30
	Leg not swung to horizontal	0.10/0.30/0.50
	Legs bent	0.10/0.30/0.50
Step, 1 foot in behind the other, ½ turn on two feet. ©	Turn not on toes	0.10
1 handed Cartwheel (front to back) (a)	Lack of extension into cartwheel	0.10/0.30
	No attempt to use only 1 arm	Failure to attempt - 2.50
	Using 2 arms after attempting 1 arm	1.50
	Lack of amplitude throughout	0.10/0.30
	Not executed in straight line	0.10/0.30
Handstand Forward Roll (a)	Lack of extension into Handstand	0.10/0.30
	Shoulder angle in Handstand	0.10/0.30
	Not passing through vertical	0.10/0.30/0.50
	Arms/legs bent	0.10/0.30/0.50

Level 2 Floor cont....

Bonus

0.20 Bonus for an excellent Straddle Lever hold

Element/Requirement <u>attempted but not achieved</u>	Element /Requirement <u>not attempted</u>
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic/underlined element.

LEVEL 3 – Vault

Start Value – 11.00

Handspring Prep, No Vaulting Table Mats set @ 100cm
--

Equipment Required Springboard, Safety Matted Platform 100cms high

Technical Points 10 Metre Run-up

The Vault is “First Flight Handspring to Mats stacked” – **There is no deduction for Height** etc. The Vault should demonstrate a fast heel lift with a straight body (Shoulder Angle Open).

Element

Judging Deductions

Arm Swing and takeoff	Poor under arm swing	0.10 / 0.30
	No under arm swing	0.50
	Over arm action shown	1.00
First Flight	Hip angle	0.10 / 0.30
	Arch	0.10 / 0.30
	Legs separated	0.10 / 0.30
	Knees bent	0.10 / 0.30 / 0.50
Support Phase	Angle in Shoulders Closed	0.10 / 0.30
	Bent arms / knees	0.10 / 0.30 / 0.50
Second Flight phase	Body position not straight	0.10 / 0.30
Landing <i>(slight dish shape)</i>	Lack of tension and shape	0.10 / 0.30
	Shoulders and hips not landing together	0.30
	Landing sitting up	0.50
General	Lack of tension throughout	0.10 / 0.30
	Insufficient dynamics	0.10 / 0.30 / 0.50
	Deviation from a straight line	0.10 / 0.30 / 0.50

LEVEL 3 – A-Bars

Start Value – 13.00

Upward Hip Circle, Cast, Backward Hip Circle, Cast, Undershoot
--

Element

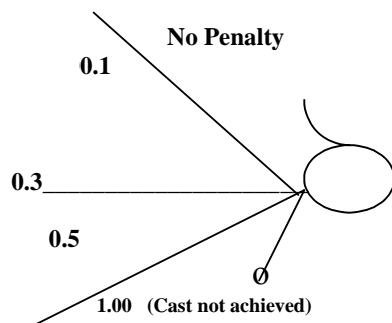
Judging Deductions

Upward Hip Circle	Not performed from 2 feet	0.30
	Body piked on upward hip circle	0.10 / 0.30
	Legs bent	0.10 / 0.30 / 0.50
	Front support not immediate (fluency)	0.10
Cast with legs together	Cast not immediate (pause or stop)	0.50 (Intermediate swing)
	Lack of rhythm into cast	0.10
	Cast at or above 45° from vertical	No penalty
	Cast clearly above horizontal, but below 45° from vertical	0.10
	Cast at horizontal	0.30
	Cast below horizontal but above 45° under horizontal	0.50
	Cast below 45° under horizontal (Not achieved)	1.00
	Poor body shape in cast; Arms or legs bent	0.10 / 0.30 / 0.50
	Pike or Arch at the hips	0.10 / 0.30
	Insufficient extension in cast	0.10 / 0.3
	See Cast Penalties diagram Below	
Back Hip Circle	Piking at the hips	0.10 / 0.30
	Bent Arms	0.10 / 0.30 / 0.50
	Bent legs	0.10 / 0.30 / 0.50
	Lack of extension on circling	0.10
Cast with legs together	As above	
Undershoot (No feet on)	Bent Arms / Legs	0.10 / 0.30 / 0.50
	Body not straight throughout	0.10 / 0.30
	Lack of Flight	0.10 / 0.30

Bonus

0.20 Bonus for a cast **well** above horizontal (Legs together)

Cast Penalties



Element/Requirement <u>attempted but not achieved</u>	Element /Requirement <u>not attempted</u>
Deduct 1.00 for Bar Elements + fall deductions if applicable	Deduct 2.50 for an acrobatic/Bar element.

LEVEL 3 – Beam

Start Value – 13.00

Element

Judging Deductions

Mount of choice (coded or not, Max ‘A’ value)	Refer to FIG code of points Higher than “A” value	0.50
½ spin immediate ½ turn (g) <i>(If full spin is performed, this is better)</i>	No lift onto toes Poor posture Pause between turns Stop between turns Lack of fluency	0.10 each 0.10 0.10 0.30 0.10
Forward Roll (a)	Lack of extension into roll Roll not continuous Failure to maintain a tensioned tuck throughout Posture on landing	0.10/0.30 0.10 0.10/0.30 0.10/0.30
High Stretch Jump (g)	Lack of height No extended shape (fingers to toes) Poor posture on landing	0.10/0.30 0.10/0.30 0.10/0.30
Stride Leap (g) <i>(90° required)</i>	Lack of height in leap <i>Lack of amplitude</i> Legs bent Poor upper body posture Poor arm position	0.1/0.30 <i>0.10/0.30</i> 0.10/0.30/0.50 <i>0.10</i> 0.10
Cat leap (g)	Insufficient height Knees not above hip height Hip angle open more than 135°	0.10/0.30 0.10/0.30 not achieved
Round-off Dismount (a)	Lack of extension into the Round-off Not passing through vertical Body piked Lack of flight Landing penalties as per FIG	0.10/0.30 0.10 0.10/0.30 0.10/0.30
Bonus	0.20 - Bonus for connecting the Forward Roll to the High Jump.	
Artistry	Refer to FIG code of points Deductions	

<u>Element/Requirement attempted but not achieved</u>	<u>Element /Requirement not attempted</u>
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic/underlined element.

LEVEL 3 – Floor

Start Value – 13.00

<u>Element</u>	<u>Judging Deductions</u>	
Full Spin (g)	Not on toes	0.10
	Lack of precision in turn	0.10
	Body posture faults	0.10
	Turn not complete (not achieved)	0.50
Jump 1/1 Turn (g)	Lack of height	0.10/0.30
	Lack of precision in turn	0.10
	Turn not complete (not achieved)	failure to achieve
	Posture on landing	0.10/0.30
Splits on the floor (right/left) (g)	Split angle 179°-135°	0.10/0.30
	Splits not achieved (<135°)	0.50
	Hips twisted	0.10
	Back foot twisted	0.10
	Poor body posture	0.10
Bridge Kick-over (a)	Lack of extension in shoulders in bridge	0.10/0.30/0.50
	Hands wider than shoulders	0.10/0.30
	Not showing 180° split in kickover	0.10/0.30
	Arch in back in handstand phase (posture)	0.10
	Shoulder angle in handstand phase	0.10/0.30
	Poor posture on landing	0.10/0.30
	Legs bent	0.10/0.30/0.50
Cartwheel skip cartwheel (a) x 2	Lack of extension into cartwheels	0.10/0.30
	Simultaneous placing of hands	0.30 each
	Lack of amplitude throughout	0.10/0.30
	Not executed on straight line	0.10/0.30
	Lack of fluency in sequence	0.10
	Bent legs	0.10/0.30/0.50 each
Handstand Forward Roll (a) (Straight arms)	Lack of extension into Handstand	0.10/0.30
	Poor body shape;	
	Angle at shoulders	0.10/0.30
	Arch/pike in middle	0.10/0.30
	Not passing through vertical	0.10/0.30/0.50
	Arms/legs bent	0.10/0.30/0.50
Backward Roll with straight (a) Arms & legs to stand	Arms/legs bent	0.10/0.30/0.50
	Arch in back	0.10/0.30
	Lack of control	0.10/0.30
	Lack of push to stand	0.10/0.30
Split Leap (min. 150°) (g)	Lack of height in leap	0.10/0.30
	Not showing 150° split	0.10/0.30
	Less than 135° split shown	0.50
	Legs bent	0.10/0.30/0.50
	Poor upper body posture and arm position	0.10 each
Artistry	Refer to FIG code of points Deductions	

Bonus

0.20 Bonus for Split leap having 180° leg separation.

<u>Element/Requirement attempted but not achieved</u>	<u>Element /Requirement not attempted</u>
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic/underlined element.

LEVEL 4 – Vault

Start Value – 11.00

Handspring Prep on a Vaulting Table
Vault set @ 100 cm
Safety mats behind the vault set 20cm higher.

Equipment Required: 1 springboard, 100 cms vaulting table, safety matted platform 20 cm above the horse

Technical Points: 20 meter Run Up. Handspring from 2-foot take-off, finish on back lying on safety mats. Thrust to occur at/before vertical. Good body shape and good distance from vaulting table should be shown.

<u>Element</u>	<u>Judging Deductions</u>
Arm swing and take-off	Poor underarm swing 0.10 / 0.30
	No underarm swing 0.50
	Overarm action shown 1.00
First Flight	Poor technique;
	Hip angle 0.10 / 0.30
	Arch 0.10 / 0.30
	Legs separated 0.10 / 0.30
	Knees bent 0.10 / 0.30 / 0.50
Repulsion phase	Angle in Shoulders Closed 0.10 / 0.30
	Bent arms 0.10 / 0.30 / 0.50
Second Flight phase	Body position not straight 0.10 / 0.30
	Lack of height 0.10 / 0.30 / 0.50 / 0.80
	Lack of width 0.10 / 0.30 / 0.50
Landing	Lack of tension 0.10 / 0.30
	Shoulders and hips not landing together 0.10 / 0.30
	Landing sitting up 0.50
General	Lack of tension throughout 0.10 / 0.30
	Insufficient dynamics 0.10 / 0.30 / 0.50
	Deviation from a straight Line 0.10 / 0.30 / 0.50

LEVEL 4 – Beam

Start Value – 13.00

Element

Judging Deductions

Mount of choice (Coded or not) (No higher than ‘B’ value)	Refer to FIG deductions Higher than “B” value	0.50
½ spin immediate ½ turn (g) (If full spin is performed, this is better)	No lift onto toes Poor posture Pause between turns Stop between turns Lack of control	0.10 each time 0.10 0.10 0.30 0.10/0.30
Split leap or jump (min 150*) (g) (Or Sissone)	Lack of height in leap Not showing 150° split Less than 135° split shown Legs bent Poor upper body posture Poor arm position	0.10/0.30 0.10/0.30 0.50 0.10/0.30/0.50 0.10 0.10
Cat leap(g)	Insufficient height Knees not above hip height	0.10/0.30 0.10/0.30
Handstand (a) (Any variation of entry and exit Ie; Kick, press, jump into & step or roll out)	Lack of extension into handstand Not reaching vertical position Body not straight; Shoulder angle, arch/pike Legs/arms bent Lack of amplitude on standing up	0.10/0.30 0.10/0.30/0.50 0.10/0.30 0.10/0.30/0.50 0.10/0.30
High Stretch Jump (g)	Lack of height No extended shape (fingers to toes) Landing penalties as per FIG code	0.10/0.30 0.10
A close beam move (does not have to be an element & can be during the mount)©	No close beam move attempted Lack of fluency in transition to element close to the Beam	0.50 0.10
Handspring Dismount (a)	Lack of extension into Handspring Not passing through vertical Shoulders falling forward/angled Body piked/arched Lack of flight	0.10/0.30 0.10/0.30 0.10/0.30 0.10/0.30 0.10/0.30
<u>Bonus</u>	0.20 bonus for Handstand reaching vertical (<u>not</u> required to be held)	
Artistry	Refer to FIG code of points Deductions	

Element/Requirement <u>attempted but not achieved</u>	Element /Requirement <u>not attempted</u>
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic/underlined element.

LEVEL 4 – Floor

Start Value – 13.00

<u>Element</u>	<u>Judging Deductions</u>
Full Spin (g)	Not on toes 0.10
	Lack of precision in turn 0.10
	Body posture faults 0.10
	Turn not complete not achieved
Splits on the floor (right/left) (g)	Slightly less than 180° 0.10
	Up to 45° missing 0.30
	More than 45° missing-Splits not achieved 0.50
	Hips twisted 0.10
	Back foot twisted 0.10
	Body posture 0.10
Backward Roll to Handstand (a) with straight arms & legs	Not achieving handstand at vertical 0.10/0.30/0.50
	Handstand 45° or more past vertical = element not achieved 1.00
	Poor body shape;
	Angle at shoulders 0.10/0.30
	Arch/pike in middle 0.10/0.30
	Lack of amplitude on standing up 0.10/0.30
One armed Cartwheel	Lack of extension into cartwheel 0.10/0.30
	No attempt to use only 1 arm Failure to attempt - 2.50
	Using 2 arms after attempting 1 arm 1.50
	Lack of amplitude throughout 0.10/0.30
	Not executed in a straight line 0.10/0.30
Backward Walkover (a)	Lack of extension into walkover 0.10/0.30
	Not showing 180° split in kickover 0.10/0.30
	Arch in back in handstand phase 0.10/0.30
	Shoulder angle in handstand phase 0.10
	Poor posture on landing 0.10/0.30
	Legs bent 0.10/0.30/0.50
Dive Roll (a)	Insufficient flight 0.10/0.30
	Poor body shape 0.10/0.30
	Not controlled 0.10/0.30
Split Leap (min. 180°) (g) (Any 180° Leap is ok. Ie; Change leg)	Lack of height in leap 0.10/0.30
	Not showing 180-135° split 0.10/0.30
	Less than 135° split – Element not achieved 0.50
	Legs bent 0.10/0.30/0.50
	Poor upper body posture and arm position 0.10
Bonus	0.20 for excellent Split Leap
Artistry	Refer to FIG code of points Deductions

<u>Element/Requirement attempted but not achieved</u>	<u>Element /Requirement not attempted</u>
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic/underlined element.

LEVEL 5 – Vault

Start Value – 11.00

Handspring Prep on a Vaulting Table
Vault set @ 115 cm
Safety mats behind the vault set 20cm higher.

Equipment Required: 1 springboard, 115 cms vaulting table, safety matted platform 20 cm above horse from Level 5 onwards 2 springboards are permitted but the use of same will incur a penalty of **2.00** marks.

Technical Points: 20 meter Run Up. Handspring from 2-foot take-off, finish on back lying on safety mats. Thrust to occur at/before vertical. Good body shape and good distance from vaulting table should be shown.

Element

Judging Deductions

Arm swing and take-off	Poor underarm swing	0.10 / 0.30
	No underarm swing	0.50
	Overarm action shown	1.00
First Flight	Poor technique;	
	Hip angle	0.10 / 0.30
	Arch	0.10 / 0.30
	Legs separated	0.10 / 0.30
	Knees bent	0.10 / 0.30 / 0.50
Repulsion phase	Angle in Shoulders Closed	0.10 / 0.30
	Bent arms	0.10 / 0.30 / 0.50
Second Flight phase	Body position not straight	0.10 / 0.30
	Lack of height	0.10 / 0.30 / 0.50 / 0.80
	Lack of width	0.10 / 0.30 / 0.50
Landing	Lack of tension	0.10 / 0.30
	Shoulders and hips not landing together	0.10 / 0.30
	Landing sitting up	0.50
General	Lack of tension throughout	0.10 / 0.30
	Insufficient dynamics	0.10 / 0.30 / 0.50
	Deviation from a straight line	0.10 / 0.30 / 0.50

LEVEL 5 – A-Bars

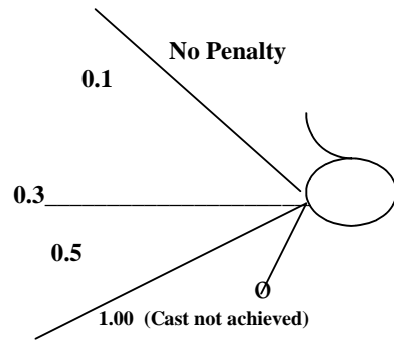
Start Value – 14.00

Upward Hip Circle, Cast, Backward Hip Circle, Cast, Back Hip Circle,
Cast to Pike or Straddle on Jump to the high bar, 2 Swings, On third swing wrap over the bar,
Immediate Undershoot Dismount – 20 cm safety mat must be used.

<u>Element</u>	<u>Judging Deductions</u>	
Upward Hip Circle	Not performed from 2 feet	0.30
	Body piked on upward hip circle	0.10 / 0.30
	Legs bent	0.10 / 0.30 / 0.50
	Front support not immediate (fluency)	0.10
Cast with legs together	Cast not immediate (pause or stop)	0.50 (Intermediate swing)
	Lack of rhythm into cast	0.10
	Cast at or above 45° from vertical	No penalty
	Cast clearly above horizontal, but below 45° from vertical	0.10
	Cast at horizontal	0.30
	Cast below horizontal but above 45° under horizontal	0.50
	Cast below 45° under horizontal (Not achieved)	1.00
	Poor body shape in cast; Arms or legs bent	0.10 / 0.30 / 0.50
	Pike or Arch at the hips	0.10 / 0.30
	Insufficient extension in cast	0.10
See Cast Penalties diagram Below		
Back Hip Circle	Piking at the hips	0.10 / 0.30
	Bent legs	0.10 / 0.30 / 0.50
	Bent arms	0.10 / 0.30 / 0.50
	Lack of extension on circling	0.10
Cast with legs together	As above and below	
Back Hip Circle	As above	
Cast to Pike or Straddle on Jump to high bar	Bent Legs	0.10 / 0.30
	Squat on	0.50
	Poor body shape in jump to high bar	0.10 / 0.30
	Bent arms when catching high bar	0.10 / 0.30 / 0.50
Swing	Forward swing not to horizontal	0.10 / 0.30
	Poor body shape on swing forward	0.10 / 0.30
	Lack of height in back swing	0.10 / 0.30
	Poor body shape on back swing	0.10 / 0.30
Swing	Forward swing not to horizontal	0.10 / 0.30
	Poor body shape on swing forward	0.10 / 0.30
	Lack of height in back swing	0.10 / 0.30
	Poor body shape on back swing	0.10 / 0.30
On Third swing wrap Over the bar	Poor body shape on swing forward	0.10 / 0.30
	Lack of tension in wrap over bar	0.10 / 0.30
	Front support not immediate	0.10 / 0.30
	Failing to circle bar	(failure to complete move)
Immediate Undershoot	Undershoot not immediate, (Intermediate swing)	0.50
	Bent Arms / Legs	0.10 / 0.30 / 0.50
	Body not straight throughout	0.10 / 0.30
	Lack of flight	0.10 / 0.30
Bonus	0.20 Bonus for 1 cast above 45°	

Level 5 Bars cont...

Cast Penalties



Element/Requirement <u>attempted but not achieved</u>	Element /Requirement <u>not attempted</u>
Deduct 1.00 for Bar Elements + fall deductions if applicable	Deduct 2.50 for an acrobatic/Bar element.

LEVEL 5 – Beam

Start Value 13.00

Element

Judging Deductions

Mount of choice (Coded or not)	Refer to FIG code of points for list of mounts	
Cat Leap Immediate Tuck Jump (g)	Insufficient height in catleap	0.10 / 0.30
	Knees not above hip horizontal in catleap	0.10 / 0.30
	Pause or stop before Tuck jump	0.10 / 0.30
	Hips turned in tuck jump	0.10 / 0.30
	Lack of height in tuck jump	0.10 / 0.30
	Failure to tuck knees up above horizontal	0.10 / 0.30
	Feet and knees not together in tuck jump	0.10
1/1 Spin (g)	Not on toes	0.10
	Lack of precision in turn	0.10
	Body posture faults	0.10
	Turn not complete	Element not achieved
Split leap or jump (min 180°) (g) <i>(Any variation of 180° Leap)</i>	Lack of height in leap	0.10 / 0.30
	Not showing 180-135° split	0.10 / 0.30
	Less than 135° split – Element not achieved	0.50
	Legs bent	0.10 / 0.30 / 0.50
	Poor upper body posture / arm position	0.10
Cartwheel (a)	Lack of extension into the cartwheel	0.10 / 0.30
	Bent arms / legs in the cartwheel	0.10 / 0.30 / 0.50
	Lack of amplitude on standing up	0.10 / 0.30
	Not passing through vertical	0.10
A close beam move (does not have to be an element & can be during the mount) ©	No close beam move attempted	0.50
	Lack of fluency in transition to move close to beam	0.10
Handspring Dismount (a)	Lack of extension into Handspring	0.10 / 0.30
	Not passing through vertical	0.10 / 0.30
	Shoulders falling forward/angled	0.10 / 0.30
	Body piked/arched	0.10 / 0.30
	Lack of flight	0.10 / 0.30

Bonus

0.20 for 180° achieved in Split Leap / Jump

Artistry

Refer to FIG code of points Deductions

<u>Element/Requirement attempted but not achieved</u>	<u>Element /Requirement not attempted</u>
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic/underlined element.

LEVEL 5 – Floor

Start Value – 13.00

Element

Judging Deductions

1 ½ Spin (g)	Not on toes	0.10
	Lack of precision in turn	0.10
	Body posture faults	0.10
	Turn not complete	0.50 not achieved
Jump 1/1 Turn (g)	Lack of height	0.10 / 0.30
	Body posture faults	0.10
	Lack of precision in turn	0.10
	Turn not complete	0.50 not achieved
Split Leap (min. 180°) (g)	Lack of height in leap	0.10 / 0.30
	Not showing 180-135° split	0.10 / 0.30
	Less than 135° split – Element not achieved	0.50
	Legs bent	0.10 / 0.30 / 0.50
	Poor upper body posture / arm position	0.10
Backward Walkover (a)	Lack of extension into walkover	0.10 / 0.30
	Not showing 180° split in Walkover	0.10 / 0.30
	Arch in back in handstand phase	0.10
	Shoulder angle in handstand phase	0.10
	Poor posture on landing	0.10 / 0.30
	Legs bent	0.10 / 0.30 / 0.50
Backward Roll to Handstand (a) with straight arms & legs	Not achieving handstand at vertical	0.10 / 0.30 / 0.50
	Handstand 45° or more past vertical = element not achieved	1.00
	Poor body shape; Angle at shoulders	0.10 / 0.30
	Arch/pike in middle	0.10 / 0.30
	Lack of amplitude on standing up	0.10 / 0.30
Tic-Toc <u>or</u> Forward Walkover (a)	Lack of extension into tic-toc or walkover	0.10 / 0.30
	Insufficient split of legs	0.10 / 0.30
	Poor control throughout	0.10 / 0.30
	Front leg dropping below 45°	0.10 / 0.30
	Body posture faults on standing up	0.10 / 0.30
	Legs bent	0.10 / 0.30 / 0.50
Dive Roll (a)	Insufficient flight	0.10 / 0.30
	Poor body shape	0.10 / 0.30
	Not controlled	0.10 / 0.30
From standing start Roundoff (a) Stretch jump(g)	Roundoff not from a standing start	0.30
	Insufficient extension into roundoff	0.10 / 0.30
	Roundoff not in a straight direction	0.10
	Insufficient amplitude throughout	0.10 / 0.30
	Failure to land with upper body at vertical	0.10 / 0.30
	Pause or stop before high jump	0.10 / 0.30
	Lack of height in stretch jump	0.10 / 0.30
	No extended shape (fingers to toes)	0.10
	Landing faults as per FIG	

Bonus

0.20 for excellent Split Leap

Artistry

Refer to FIG code of points Deductions

<u>Element/Requirement attempted but not achieved</u>	<u>Element /Requirement not attempted</u>
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic/underlined element.

LEVEL 6 – Vault

Start Value – 12.00

Handspring to Stand Vaulting Table @ 115cm – additional 20cm safety mat on top of standard 20cm landing area

Equipment Required Springboard, Vaulting Table, Standard 20cm Landing Matted Area & additional 10cm safety mat on top

Technical Points Handspring from two foot take-off, to stand on standard landing mats. Thrust to occur at/before vertical. Good body shape and good distance from vaulting table should be shown.

<u>Element</u>	<u>Judging Deductions</u>	
First Flight	Hip angle	0.10 / 0.30
	Arch	0.10 / 0.30
	Legs separated	0.10 / 0.30
	Knees bent	0.10 / 0.30 / 0.50
Support Phase	Angle in Shoulders Closed	0.10 / 0.30
	Bent arms / knees	0.10 / 0.30 / 0.50
Second Flight phase	Body position not straight	0.10 / 0.30
	Lack of height	0.10 / 0.30 / 0.50 / 0.80
	Lack of width	0.10 / 0.30 / 0.50
Landing	Deviation from a straight direction	0.10 / 0.3 / 0.50
	Legs apart on landing	0.10
	Small Steps or hops on landing	0.10
	Large steps or jump on landing	0.30 each (max 0.80)
	Body posture fault	0.10 / 0.30
	Deep squat	0.50
	Brushing apparatus with hands-arms, but not falling against the apparatus	0.30
	Support on mat or apparatus with 1 or 2 Hands	1.00
	Fall on mat to knees or hips	1.00
	Fall on or against apparatus	1.00
	Spotting during vault	Void
General	Lack of tension throughout	0.10 / 0.30
	Insufficient dynamics	0.10 / 0.30 / 0.50
	Deviation from a straight line	0.1 / 0.3 / 0.50

LEVEL 6 – A-Bars

Start Value – 14.00

Glide Swing (swing back & release to stand), Upward Hip Circle, Cast, Backward Hip Circle, Cast, Back Hip Circle, Cast to Pike or Straddle on and catch high bar, 2 Swings, On third swing wrap over the bar, Immediate Under swing, 1 x Swing, On the next swing immediate flyaway dismount – 20 cm safety mat must be used.

<u>Element</u>	<u>Judging Deductions</u>	
Glide Swing	Lack of extension	0.10 / 0.30
	Jerk in the swing	0.10
	Arms Bent	0.10 / 0.30 / 0.50
	Closed Shoulder Angle	0.10 / 0.30
	Legs raised too high at start of swing	0.10 / 0.30
Upward Hip Circle	Not performed from 2 feet	0.30
	Body piked on upward hip circle	0.10 / 0.30
	Legs bent	0.10 / 0.30 / 0.50
	Front support not immediate (fluency)	0.10
Cast – with legs together	Cast not immediate (pause or stop)	0.50
	Lack of rhythm into cast	0.10
	Cast at or above 45° from vertical	No penalty
	Cast clearly above horizontal, but below 45° from vertical	0.10
	Cast at horizontal	0.30
	Cast below horizontal but above 45° under horizontal	0.50
	Cast below 45° under horizontal (Not achieved)	1.00
	Poor body shape in cast;	0.10 / 0.30
	Arms or legs bent	0.10 / 0.30 / 0.50
	Pike or Arch at the hips	0.10 / 0.30
Insufficient extension in cast	0.10	
See Cast Penalties diagram Below		
Back Hip Circle	Piking at the hips	0.10 / 0.30
	Bent legs	0.10 / 0.30 / 0.50
	Bent arms	0.10 / 0.30 / 0.50
	Lack of tension on circling	0.10
Cast with legs together	As above	
Back Hip Circle	As above	
Cast to Pike or Straddle on to catch high bar	Bent Legs	0.10 / 0.30
	Squat on	0.50
	Poor body shape in jump to high bar	0.10 / 0.30
	Bent arms	0.10 / 0.30 / 0.50
Swing	Forward swing not to horizontal	0.10 / 0.30
	Poor body shape on swing forward	0.10 / 0.30
	Lack of height in back swing	0.10 / 0.30
	Poor body shape on back swing	0.10 / 0.30
Swing	Forward swing not to horizontal	0.10 / 0.30
	Poor body shape on swing forward	0.10 / 0.30
	Lack of height in back swing	0.10 / 0.30
	Poor body shape on back swing	0.10 / 0.30
On Third swing wrap Over the bar	Poor body shape on swing forward	0.10 / 0.30
	Lack of tension in wrap over bar	0.10 / 0.30
	Front support not immediate	0.10
	Failing to circle bar	(failure to complete move)

Level 6 Bars cont...

Immediate Under Swing	Underswing not immediate, (Intermediate swing)	0.50
	Lack of extension in body shape in under swing	0.10 / 0.30
	Lack of height in back swing	0.10 / 0.30
	Poor body shape on back swing	0.10 / 0.30
1 x Swing	Forward swing not to horizontal	0.10 / 0.30
	Poor body shape on swing forward	0.10 / 0.30
	Lack of height in back swing	0.10 / 0.30
	Poor body shape on back swing	0.10 / 0.30
On next swing flyaway dismount <i>(Any shape, tucked, piked/stretched)</i>	Lack of Flight	0.10 / 0.30
	Body posture faults	0.10
	Lack of extension before landing	0.10 / 0.30
	Landing Faults as per FIG	

Or

Wrap over to other Coded Dismount

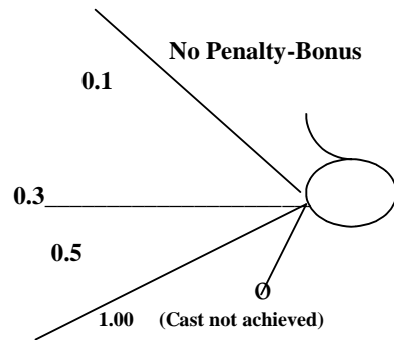
**Deductions for wrap over as above
Deductions for dismount as per fig
Deductions for execution as per FIG
And deduct 1.00 from Startvalue**

Undershoot with ½ turn performed

Bonus

0.20 Bonus for 1 cast above 45°

Cast Penalties



Element/Requirement <u>attempted but not achieved</u>	Element /Requirement <u>not attempted</u>
Deduct 1.00 for Bar Elements + fall deductions if applicable	Deduct 2.50 for an acrobatic/Bar element.

LEVEL 6 – Beam

Start Value 13.00

Element

Judging Deductions

Mount of choice (Coded or not)	Refer to FIG Code of Points
1/1 Spin (g)	Not on toes 0.10 Lack of precision in turn 0.10 Body posture faults 0.10 Turn not complete Element not achieved
Split leap or jump (min 180*) (g)	Lack of height 0.10 / 0.30 Not showing 180-135° split 0.1/0.30 Less than 135° split – Element not achieved 0.50 Legs bent 0.10 / 0.30 / 0.50 Poor upper body posture / arm position 0.10
Immediate Tuck Jump(g)	Slight pause, (lack of rhythm on connection 0.10 Not immediate (Stop) 0.30 Poor body posture 0.10 Lack of ‘Tuck’ in tuck jump (up to hip angle of 135°) 0.10 / 0.30 Hip angle open more than 135° = failure to achieve element 0.50 Lack of height 0.10 / 0.30
Handstand (a)	Lack of extension into handstand 0.10 / 0.30 Body posture faults 0.10 Not reaching vertical position in handstand 0.10 / 0.30 Handstand 45° or more past vertical = element not achieved 1.00 Lack of amplitude on standing up 0.10 / 0.30
Cartwheel (a)	Lack of extension into the cartwheel 0.10 / 0.30 Bent arms / legs in the cartwheel 0.10 / 0.30 / 0.50 Lack of amplitude on standing up 0.10 / 0.30 Not passing through vertical 0.10
A close beam move (does not have to be an element & can be during the mount)©	No close beam move attempted 0.50 Lack of fluency in transition to move close to the Beam 0.10
Any Coded Dismount (salto forward or backward recommended) (a)	Refer to FIG Code of Points
Bonus	0.20 Bonus for excellent Split Leap
Artistry	Refer to FIG code of points Deductions

<u>Element/Requirement attempted but not achieved</u>	<u>Element /Requirement not attempted</u>
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic/underlined element.

LEVEL 6 – Floor

Start Value – 13.00

Element

Judging Deductions

1 ½ Spin (g)	Not on toes	0.1
	Lack of precision in turn	0.1
	Body posture faults	0.10
	Turn not complete	0.5 not achieved
Jump 1 ½ Turn (g)	Lack of height	0.10 / 0.30
	Body posture faults	0.10
	Lack of precision in turn	0.10
	Turn not complete	0.5 not achieved
Split Leap x 2 (either directly or indirectly Connected – as per FIG Code - Min. 180°)	Lack of height in leap	0.10 / 0.30
	Not showing 180-135° split	0.10/0.30
	Less than 135° split – Element not achieved	0.50 (each)
	Legs bent	0.10 / 0.30 / 0.50
	Poor upper body posture and arm position	0.10
Handspring to one foot (a) (Handspring to 2 feet may be performed)	Lack of extension into Handspring	0.10/0.30
	Lack of flight in handspring	0.10 / 0.30
	Legs/arms bent	0.10 / 0.30 / 0.50
	Body posture faults on landing	0.10 / 0.30
Dive Roll (a)	Insufficient flight	0.10/0.30
	Poor body shape	0.10
	Not controlled	0.10/0.30
Backward Roll to Handstand (a) with straight arms & legs	Not achieving handstand at vertical	0.10/0.30
	Handstand 30° or more past vertical = element not achieved	1.00
	Poor body shape;	
	Angle at shoulders	0.10/0.30
	Arch/pike in middle	0.10/0.30
	Lack of amplitude on standing up	0.10/0.30
Roundoff Flip (a)	Insufficient extension into roundoff	0.10 / 0.30
	Roundoff not in a straight direction	0.10
	Insufficient amplitude throughout	0.10 / 0.30
	Body posture fault landing roundoff	0.10 / 0.30
	Lack of extension into flip	0.10 / 0.30
	Legs/arms bent	0.10 / 0.30 / 0.50
	Body posture fault landing flip	0.10 / 0.30
	Not performed in straight direction	0.10
	Failure to attempt back flip	2.50
	Stop between the elements	0.50
Bonus	0.20 Bonus for excellent split leaps	
	0.20 Bonus for Front Salto instead of Dive Roll	
Artistry	Refer to FIG code of points Deductions	
Deductions for Front Salto <u>if performed</u>	Lack of height	0.10/0.30
	Insufficient exactness of shape in salto	0.10/0.30
	Landing Faults as per FIG	0.10/0.30

<u>Element/Requirement attempted but not achieved</u>	<u>Element /Requirement not attempted</u>
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic/underlined element.

INTERMEDIATE CLUB TEAM CHAMPIONSHIPS

Vault

Vault	Any Vault from the FIG Code of Points to be performed
Start Value	Per the FIG Code of Points
Deductions	Per the FIG Code of Points
Vault Height	125cm
Requirements	1 Vault to be performed (2 attempts permitted if the gymnast has not touched the springboard, vault or run underneath the apparatus on her 1 st attempt).

If 2 spring board are used deduct 2.00 from the final score.

INTERMEDIATE CLUB TEAM CHAMPIONSHIPS

A-Bars – Start Value 14.00

Upstart, Cast backward hip circle, Cast (to within 30° of handstand) backward hip circle, Cast to pike or straddle on to catch high bar, 2 x swings, on the third swing wrap over the bar, immediate cast above horizontal into tuck flyaway dismount.

– 20cm safety mat must be used.

Bonus

**Long upstart, instead of 2 swings wrap over
Cast to within 10° of handstand
Straight flyaway**

Element

Faults

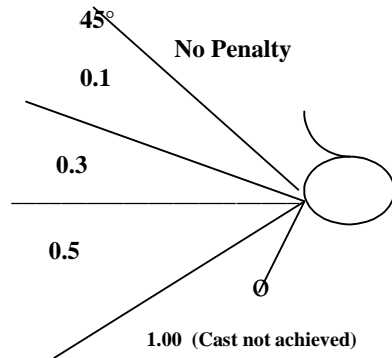
Deductions

Upstart

Bent arms or knees
Leg/knee separation
Insufficient extension
Brushing feet on mat
Hit feet on mat

0.10/0.30/0.50
0.10/0.30
0.10
0.50
1.00

Cast Penalties



Poor body shape in cast;
Arms or legs bent
Pike or Arch at the hips
Insufficient extension in cast

0.10/0.30/0.50
0.10/0.30
0.10

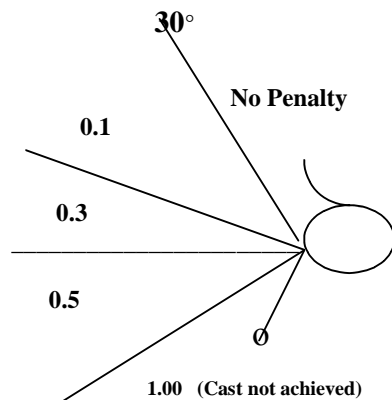
Back Hip Circle

Piking at the hips
Bent arm or legs
Lack of extension on circling

0.10/0.30
0.10/0.30/0.50
0.10

Cast to within 30° of Handstand Straddle in cast will be deducted 0.30 if Handstand is not achieved. (Legs apart)

Cast Penalties



Intermediate Club Team Champ – A-Bars contin.....

	Poor body shape in cast; Arms or legs bent Pike or Arch at the hips Insufficient extension in cast	0.10/0.30/0.50 0.10/0.30 0.10
Backward Hip Circle	Piking at hips Bent arm or legs Lack of extension	0.10/0.30 0.10/0.30/0.50 0.10
Cast to pike or straddle on jump to high bar	Cast penalties as before (45°) Bent legs Body posture fault in jump Bent arms catching bar	0.10/0.30/0.50 0.10 0.10/0.30/0.50
Swing x 2	Forward swing below horizontal Body posture fault in forward swing Lack of height in back swing Body posture fault in back swing	0.10/0.30 0.10 0.10/0.30 0.10
On third swing wrap over the bar	Body posture fault on forward swing Body posture fault in wrap over Front support not immediate Stop – (Intermediate swing) Failing to circle bar (failure to achieve move)	0.10/0.30 0.10/0.30 0.10 0.50 1.50 + 1.00
Cast above horizontal	Cast above horizontal Cast at / below horizontal As before	No penalty 0.10/0.30/0.50
Tuck flyaway	Lack of flight Insufficient exactness of shape in Salto Lack of extension before landing Landing faults including posture, Steps etc as per FIG	0.10/0.30 0.10/0.30 0.10
Or		
Other Coded Dismount	Deducts as per FIG	
Undershoot with ½ turn Performed	Deductions for execution as per FIG And deduct <u>1.00</u> from Startvalue	
Bonus	Long upstart (instead of 2 swings wrap over) Cast to within 10° of handstand Straight flyaway	0.20 0.20 0.20

Element/Requirement <u>attempted but not achieved</u>	Element /Requirement <u>not attempted</u>
Deduct 1.00 for Bar Elements + fall deductions if applicable	Deduct 2.50 for an acrobatic/Bar element.

INTERMEDIATE CLUB TEAM CHAMPIONSHIPS

Beam – Start Value 13.00

<u>Element</u>	<u>Faults</u>	<u>Deductions</u>
Mount from the Code	Refer to FIG Code of Points	0.10
1/1 Spin	Not on toes	0.10
	Lack of precision in turn	0.10
	Body posture faults	0.10
	Turn not complete - Element not achieved	
Split Leap / Jump (180°) connected with a “J” or Coded Gymnastic Element	Lack of height	0.10/0.30
	Not showing 180°-135° split	0.10/0.30
	Less than 135° split- Not achieved	0.50
	Legs bent	0.10/0.30/0.50
	Poor body posture	0.10
A Forward or Sideways Acro Element (not rolls)	Lack of extension into the move	0.10/0.30
	Bent arms/legs	0.10/0.30/0.50
	Body Posture faults on standing up	0.10/0.30
	Not passing through vertical	0.10
A Backward Acro Element (not rolls)	Lack of extension into the move	0.10/0.30
	Bent arms/legs	0.10/0.30/0.50
	Body Posture faults on standing up	0.10/0.30
	Not passing through vertical	0.10
A close beam move (doesn't have to be an element)	No close beam move attempted	0.50
	Lack of fluency in transition	0.10
Coded dismount (Salto backward or forward is recommended)	Refer to FIG Code of Points General Table of Faults	
Bonus	Acro Element with Flight	0.20
	Excellent Split Leap	0.20
Artistry	Refer to FIG code of points Deductions	

<u>Element/Requirement attempted but not achieved</u>	<u>Element /Requirement not attempted</u>
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic element.

INTERMEDIATE CLUB TEAM CHAMPIONSHIPS

Floor – Start Value 13.00

<u>Element</u>	<u>Faults</u>	<u>Deductions</u>
1 ½ spin	Not on toes	0.10
	Lack of precision	0.10
	Body posture faults	0.10
	Turn not complete – Not achieved	0.50
Jump 1 ½ turn	Lack of height	0.10/0.30
	Body posture faults	0.10
	Lack of precision	0.10
	Turn not complete – Not achieved	0.50
Split leap (180° in connection with another “J” or Coded Leap/ Hop (Either directly or indirectly Connected – as per FIG Code)	Lack of height in leaps	0.10/0.30
	Not showing 180-135°	0.10/0.30
	Less than 135° - Not achieved	0.50
	Legs bent	0.10/0.30/0.50
Handspring to 2 feet immediate stretch jump	Poor Body Posture	0.10
	Lack of extension into handspring	0.10/0.30
	Lack of Flight	0.10/0.30
	Bent arms/legs	0.10/0.30/0.50
	Body Posture Faults on landing	0.10/0.30
	Deep squat Landing	0.50
	Lack of stretch in jump	0.10/0.30
Lack of height in stretch jump	0.10/0.30	
Front salto	Lack of height	0.10/0.30
	Insufficient exactness of shape in salto	0.10/0.30
	Lack of extension before landing	0.10
	Landing Faults as per FIG (small/Large)	0.10/0.30 each
Roundoff 2 flips	Body Posture Faults in roundoff	0.10/0.30
	Body posture fault landing roundoff	0.10/0.30
	Lack of extension in flip	0.10/0.30
	Legs/arms bent	0.10/0.30/0.50
	Body posture fault landing flip	0.10/0.30
	Deviation from a straight direction	0.10
	Failure to attempt flip/flips	2.50 each
	Hesitation between elements	0.10
Stop between roundoff & Flips	0.50	
Backward roll to Handstand ½ turn	Arms/legs bent	0.10/0.30/0.50
	Handstand not at Vertical	0.10/0.30/0.50
	Precision in turn	0.10
	Failure to complete turn, but more than 90° done	0.50
Forward roll out	More than 90° of turn missing	1.00 (Not achieved)
	Failure to roll out	1.00 (Fall)
Bonus	Connecting Handspring and somersault	0.20 (no stretch jump required)
	Excellent Split Leaps	0.20
Artistry	Refer to FIG code of points Deductions	

<u>Element/Requirement attempted but not achieved</u>	<u>Element /Requirement not attempted</u>
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic element.

LEVEL 7 – Vault

Start Value – 12.40

Handspring to stand at 115cm for U-11 & 13

Handspring to stand at 125cm for O-13

Equipment Required

Length of run is optional.
1 springboard, vault table, standard 20cm landing mat &
Additional 10cm safety mat on top.

Technical Points

Handspring from two foot take-off, to stand on standard landing mats. Thrust to occur before/ at vertical. Good body shape and good distance from vaulting table should be shown.

<u>Element</u>	<u>Faults</u>	<u>Deductions</u>
First Flight	Hip angle	0.10/0.30
	Arch	0.10/0.30
	Legs separated	0.10/0.30
	Knees bent	0.10/0.30/0.50
Repulsion phase	Shoulder Angle	0.10/0.30
	Bent arms/knees	0.10/0.30/0.50
Second Flight Phase	Insufficient stretch	0.10/0.30
	Lack of height	0.10/0.30/0.50/0.80
Landing	Lack of Length	0.10/0.30/0.50
	Deviation from straight line	0.10/0.3/0.50
	Legs apart on landing	0.10
	Extra arm swings	0.10
	Additional trunk movements to maintain balance	0.10/0.30
	Small steps or hops on landing	0.10 (Max 0.80)
	Large steps or jump on landing	0.30 each (Max 0.80)
	Body posture fault	0.10/0.30
	Deep squat	0.50
	Brushing apparatus with hands/arms But not falling against it	0.30
	Support on mat/apparatus with hand	1.00
	Fall on mat to knees/hips	1.00
	Fall on or against apparatus	1.00
	Spotting during vault	Void
General	Insufficient Dynamics	0.10/0.30/0.50

LEVEL 7 – A-Bars

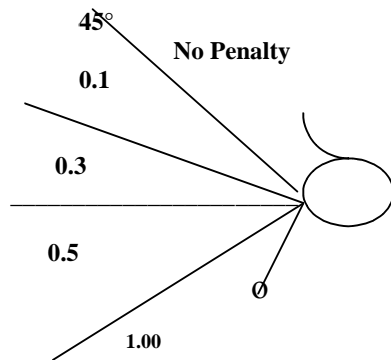
Start Value – 14.00

Upstart, Cast backward hip circle, Cast (to within 30° of handstand) backward hip circle, Cast to pike or straddle on to catch high bar, 2 x swings, on the third swing wrap over the bar, immediate cast above horizontal into tuck flyaway dismount.
 – 20cm safety mat must be used.

Bonus **Long upstart, instead of 2 swings wrap over
 Cast to within 10° of handstand
Straight flyaway**

<u>Element</u>	<u>Faults</u>	<u>Deductions</u>
Upstart	Bent arms or knees	0.10/0.30/0.50
	Leg/knee separation	0.10/0.30
	Insufficient extension	0.10
	Brushing feet on mat	0.50
	Hit feet on mat	1.00

Cast Penalties

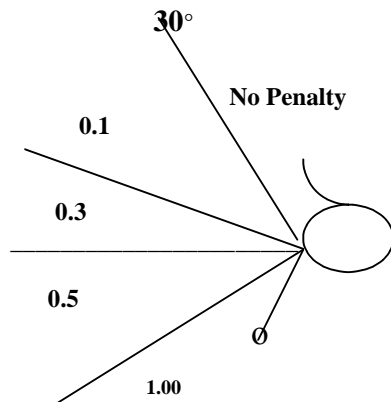


Poor body shape in cast; Arms or legs bent	0.10/0.30/0.50
Pike or Arch at the hips	0.10/0.30
Insufficient extension in cast	0.10

Back Hip Circle	Piking at the hips	0.10/0.30
	Bent arm or legs	0.10/0.30/0.50
	Lack of extension on circling	0.10 /0.30

Cast to within 30° of Handstand Straddle in cast will be deducted 0.30 if Handstand is not achieved. (Legs apart)

Cast Penalties



Level 7 A-Bars conitn.....

	Poor body shape in cast; Arms or legs bent Pike or Arch at the hips Insufficient extension in cast	0.10/0.30/0.50 0.10/0.30 0.10
Backward Hip Circle	Piking at hips Bent arm or legs Lack of extension	0.10/0.30 0.10/0.30/0.50 0.10/0.30
Cast to pike or straddle on jump to high bar	Cast penalties as before (45°) Bent legs Squat on Body posture fault in jump Bent arms catching bar	0.10/0.30 0.50 0.10 0.10/0.30/0.50
Swing x 2	Forward swing below horizontal Body posture fault in forward swing Lack of height in back swing Body posture fault in back swing	0.10/0.30 0.10 0.10/0.30 0.10
On third swing wrap over the bar	Body posture fault on forward swing Body posture fault in wrap over Front support not immediate Stop – (Intermediate swing) Failing to circle bar (failure to achieve move)	0.10 0.10 0.10 0.50 1.50 + 1.0
Cast above horizontal	Cast above horizontal Cast at / below horizontal - As before	No penalty 0.10/0.30/0.50
Tuck flyaway	Lack of flight Insufficient exactness of shape in Salto Lack of extension before landing Landing faults including posture, Steps etc as per FIG	0.10/0.30 0.10/0.30 0.10
Or		
Other Coded Dismount	Deducts as per FIG	
Undershoot with ½ turn Performed	Deductions for execution as per FIG And deduct <u>1.00</u> from Start Value	
Bonus	Long upstart (instead of 2 swings wrap over) Cast to within 10° of handstand Straight flyaway	0.20 0.20 0.20

Element/Requirement <u>attempted but not achieved</u>	Element /Requirement <u>not attempted</u>
Deduct 1.00 for Bar Elements + fall deductions if applicable	Deduct 2.50 for an acrobatic/Bar element.

LEVEL 7 – Beam

Start Value – 13.00

<u>Element</u>	<u>Faults</u>	<u>Deductions</u>
Mount of choice (coded or not)	Refer to FIG Code of Points	
1/1 Spin	Not on toes Lack of precision in turn Body posture faults Turn not complete - Element not achieved	0.10 0.10 0.10
Split leap/jump (180°) connected with a “J” or Coded Dance Element	Lack of height Not showing 180°-135° split Less than 135° split- Not achieved Legs bent Poor body posture	0.10/0.30 0.10/0.30 0.50 0.10/0.30/0.50 0.10
Cartwheel	Lack of extension into cartwheel Bent arms/legs Body Posture faults on standing up Not passing through vertical	0.10/0.30 0.10/0.30/0.50 0.10/0.30 0.10
Backward walkover	Body posture faults during W/O Lack of split Body posture faults on landing	0.10 0.10/0.30 0.10/0.30
A close beam move (doesn't have to be an element)	No close beam move attempted Lack of fluency in transition	0.50 0.10
Coded dismount (Salto backward or forward is recommended)	Refer to FIG Code of Points General Table of Faults	
Bonus	Excellent Split Leap	0.20
Artistry	Refer to FIG code of points Deductions	

<u>Element/Requirement attempted but not achieved</u>	<u>Element /Requirement not attempted</u>
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic element.

LEVEL 7 – Floor

Start Value – 13.00

<u>Element</u>	<u>Faults</u>	<u>Deductions</u>
1 ½ spin	Not on toes	0.10
	Lack of precision	0.10
	Body posture faults	0.10
	Turn not complete – Not achieved	0.50
Jump 1 ½ turn	Lack of height	0.10/0.30
	Body posture faults	0.10
	Lack of precision	0.10
	Turn not complete – Not achieved	0.50
Split leap x 2 Either directly or indirectly Connected – as per FIG COP Min 180°	Lack of height in leaps	0.10/0.30 (each Leap)
	Not showing 180-135° split	0.10/0.30
	Less than 135° - Not achieved	0.50
	Legs bent	0.10/0.30/0.50
	Poor body posture	0.10
	Not connected as per FIG ie; walk/ stop	0.30
Any other “J” of Coded Gymnastic Element	Refer to FIG Code of Points	
Handspring to 2 feet, immediate stretch jump	Lack of extension into handspring	0.10/0.30
	Lack of Flight	0.10/0.30
	Bent arms/legs	0.10/0.30/0.50
	Deep squat on landing	0.50
	Lack of stretch in jump	0.10/0.30
	Lack of Height in Stretch Jump	0.10/0.30
Roundoff flip	Insufficient extension into roundoff	0.10/0.30
	Bent Arms/knees	0.10/0.30
	Body posture fault landing roundoff	0.10/0.30
	Lack of extension into flip	0.10/0.30
	Legs/arms bent	0.10/0.30/0.50
	Body posture fault landing flip	0.10/0.30
	Deviation from a straight direction	0.10
	Failure to attempt flip	2.50
	Stop between the elements	0.50
Front salto	Lack of height	0.10/0.30
	Insufficient exactness of shape in salto	0.10/0.30
	Landing Faults as per FIG	0.10/0.30
Backward roll to handstand ½ turn forward roll out	Arms/legs bent	0.10/0.30/0.50
	Handstand not at Vertical	0.10/0.30/0.50
	Precision in turn	0.10
	Failure to complete turn, but more than 90° done	0.50
	More than 90° of turn missing	1.00 (Not achieved)
Failure to roll out	1.00 (Fall)	
Bonus	Excellent split leaps	0.20
Artistry	Refer to FIG code of points Deductions	

Level 7 Floor contin.....

See also Specific Execution Deductions at that beginning of the 1-10 deductions booklet.

Element/Requirement <u>attempted but not achieved</u>	Element /Requirement <u>not attempted</u>
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic element.

LEVEL 8

Vault

i) Handspring Start Value as per FIG
or ii) any coded vault with LA turn in either first &/or second flight.

ii) Value as per FIG plus 0.20 bonus.

Vault table @ 115cm for U-11 & U13

Vault table @ 125cm for O-13

Equipment Required Length of run is optional. 1 springboard, vault table, standard 20cm landing mat & Additional 10cm safety mat on top.

<u>Element</u>	<u>Faults</u>	<u>Deductions</u>
First Flight	Incomplete LA turn	0.10/0.30/0.50
	Hip angle	0.10/0.30
	Arch	0.10/0.30
	Legs separated	0.10/0.30
	Knees bent	0.10/0.30/0.50
Repulsion phase	Staggered/alternate hand placement on	
	Forward entry vaults	0.10/0.30
	Shoulder Angle	0.10/0.30
	Failure to pass through Vertical	0.10/0.30
	Bent arms/knees	0.10/0.30/0.50
Second Flight Phase	Lack of height	0.10/0.30/0.50/0.80
	Precision of LA turn	0.10
	Legs crossed	0.10
	Legs separated	0.10/0.30
	Knees Bent	0.10/0.30/0.50
	Insufficient Stretch	0.10/0.30
Landing	Lack of Length	0.10/0.30/0.50
	Deviation from straight line	0.10/0.30/0.50
	Legs apart on landing	0.10
	Extra arm swings	0.10
	Additional trunk movements to maintain balance	0.10/0.30
	Small steps or hops on landing	0.10 (Max 0.80)
	Large steps or jump on landing	0.30 each (Max 0.80)
	Body posture fault	0.10/0.30
	Deep squat	0.50
	Brushing apparatus with hands/arms	
	But not falling against it	0.30
	Support on mat/apparatus with hand	1.00
	Fall on mat to knees/hips	1.00
	Fall on or against apparatus	1.00
Spotting during vault	Void	
General	Insufficient Dynamics	0.10/0.30/0.50

LEVEL 8

A-Bars

Start Value – 14.00

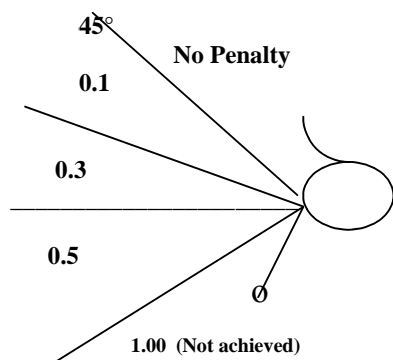
Upstart, cast above horizontal, float upstart, cast to pike/straddle on, long upstart, cast immediate backward hip circle, cast within 30° of handstand, ¾ giant circle (¾ swing to wrap over), immediate under swing, swing back, long upstart, cast into flyaway.

Bonus Straight flyaway
Sole circle (must have straight legs)
Cast within 10° of handstand

<u>Element</u>	<u>Faults</u>	<u>Deductions</u>
Upstart	Bent arms or knees	0.10/0.30/0.50
	Leg/knee separation	0.10/0.30
	Insufficient extension	0.10
	Brushing feet on mat	0.50
	Hit feet on mat	1.00
Cast above horizontal	Cast at / above 45°	No penalty
	Cast penalties as shown in diagram below	0.10/0.30/0.50
Float upstart	Bent arms or knees	0.10/0.30/0.50
	Leg/knee separation	0.10/0.30
	Insufficient extension	0.10
	Brushing feet on mat	0.50
	Hit feet on mat	1.00
Cast to pike/straddle on	Cast penalties as shown in diagram below	
	Bent legs	0.10/0.30
	Squat on	0.50
	Poor body shape in jump	0.10/0.30
	Bent arms catching bar	0.10/0.30/0.50
Long upstart	Lack of extension into upstart	0.10
	Bent arms/legs	0.10/0.30/0.50

Cast immediate back Hip Circle

Cast Penalties



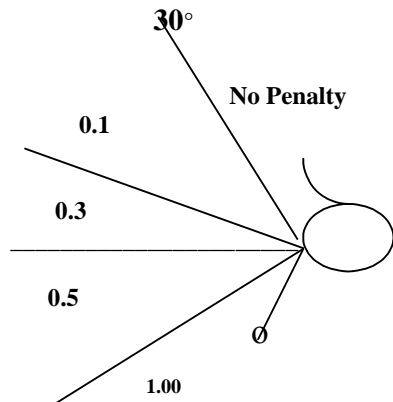
Level 8 A-Bars contin.....

Cast penalties cont....

Arms/legs bent	0.10/0.30/0.50
Insufficient extension in cast	0.10
Piking/arch at hips	0.10/0.30

Cast to within 30° of Handstand Straddle in cast will be deducted 0.30 if Handstand is not achieved. (Legs apart)

Cast Penalties



Arms/legs bent	0.10/0.30/0.50
Pike/arch at hips	0.10/0.30
Insufficient extension	0.10

¾ Giant circle

Arms/legs bent	0.10/0.30/0.50
Lack of extension	0.10/0.30
Body Posture fault	0.10

Immediate underswing

Underswing not immediate (intermediate)	0.50
Lack of extension	0.10

Swing back

Arms legs bent	0.10/0.30/0.50
Body Posture Fault	0.10

Long upstart

Lack of extension	0.10
Bent arms/legs	0.10/0.30/0.50

Cast into flyaway

Cast deductions as above	
Lack of flight	0.10/0.30
Insufficient exactness of shape in salto	0.10/0.30
Lack of extension before landing	0.10
Landing faults as per FIG	

Or

Other Coded Dismount Deducts as per FIG

Undershoot with ½ turn Performed Deductions for execution as per FIG And deduct 1.00 from Start Value

Bonus

Straight flyaway	0.20
Sole circle (straight legs)	0.20
Cast within 10° of handstand	0.20

Element/Requirement <u>attempted but not achieved</u>	Element /Requirement <u>not attempted</u>
Deduct 1.00 for Bar Elements + fall deductions if applicable	Deduct 2.50 for an acrobatic/Bar element.

LEVEL 8

Beam

Start Value – 13.00

<u>Element</u>	<u>Faults</u>	<u>Deductions</u>
Mount from code	Refer to FIG Code of Points	
1/1 spin	Not on toes Lack of precision in turn Body posture faults Turn not complete	0.10 0.10 0.10 Element not achieved
Split leap/jump (180°) connected with another Coded or “J” Gym Element	Lack of height Not showing 180°-135° split Less than 135° split- No element Legs bent Poor body posture/arm position Not connected as per FIG	0.10/0.30 0.10/0.30 0.50 0.10/0.30/0.50 0.10 0.30
Cartwheel	Lack of extension into cartwheel Bent arms/legs Body posture Fault on standing up Not passing through vertical	0.10/0.30 0.10/0.30/0.50 0.10/0.30 0.10
Or Tic-toc	Not showing 180°-135° split Legs/arms bent Body Posture Faults	0.10/0.30 0.10/0.30/0.50 0.10
Or Forward Walkover	Body Posture Faults Lack of split Body Posture Faults on standing	0.10 0.10/0.30 0.10/0.30
Backward Acro Element (ex. Rolls)	Body Posture Faults Body posture faults on standing	0.10 0.10/0.30
A close beam move (doesn't have to be an element)	No close beam move attempted Lack of fluency in transition	0.50 0.10
Any salto dismount from the Code	Refer to FIG Code of Points	
Bonus	Backward Acro Flight Element	0.20
Artistry	Refer to FIG code of points Deductions	

Element/Requirement <u>attempted but not achieved</u>	Element /Requirement <u>not attempted</u>
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic element.

LEVEL 8**Floor****Start Value – 13.00**

<u>Element</u>	<u>Faults</u>	<u>Deductions</u>
1 ½ spin	Not on toes	0.10
	Lack of precision	0.10
	Body posture faults	0.10
	Turn not complete – Not achieved	0.50
Jump 1 ½ turn	Lack of height	0.10/0.30
	Body posture faults	0.10
	Lack of precision	0.10
	Turn not complete – Not achieved	0.50
Split Leap (180°) connected to another “J” or Coded Leap / Hop. Either directly or indirectly Connected – As per FIG COP	Lack of height in leaps	0.10/0.30
	Not showing 180-135° split	0.10/0.30
	Less than 135° - Not achieved	0.50
	Legs bent	0.10/0.30/0.50
	Poor body posture	0.10
	Not connected as per FIG	0.30
Any other ‘J’ or Coded Gymnastic Element	Refer to FIG Code of Points	
Handspring to 2 feet immediate stretch jump	Lack of extension into handspring	0.10/0.30
	Lack of Flight	0.10/0.30
	Bent arms/legs	0.10/0.30/0.50
	Body Posture Faults on landing	0.10/0.30
	Deep squat Landing	0.50
	Lack of stretch in jump	0.10/0.30
	Lack of height in stretch jump	0.10/0.30
Front salto	Lack of height	0.10/0.30
	Insufficient exactness of shape in salto	0.10/0.30
	Lack of extension before landing	0.10
	Landing Faults as per FIG (small/Large)	0.10/0.30 each
Roundoff 2 flips	Body Posture Faults in roundoff	0.10
	Body posture fault landing roundoff	0.10/0.30
	Lack of extension in flip	0.10/0.30
	Legs/arms bent	0.10/0.30/0.50
	Body posture fault landing flip	0.10/0.30
	Deviation from a straight direction	0.10
	Failure to attempt flip/flips	2.50 each
	Hesitation between elements	0.10
Stop between roundoff & Flips	0.50	
Backward roll to Handstand ½ turn Forward roll out	Arms/legs bent	0.10/0.30/0.50
	Handstand not at Vertical	0.10/0.30/0.50
	Precision in turn	0.10
	Failure to complete turn, but more than 90° done	0.50
	More than 90° of turn missing	1.00 (Not achieved)
	Failure to roll out	1.00 (Fall)
Bonus	Connecting Handspring and somersault	0.20 (no stretch jump)
Artistry	Refer to FIG code of points Deductions	

<u>Element/Requirement attempted but not achieved</u>	<u>Element /Requirement not attempted</u>
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic Elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic element.

LEVEL 9

Vault

Handspring front salto prep. vault	Tariff 3.00
or	
Tsukahara prep. vault	Tariff 3.00
or	
Yurchenko prep. vault	Tariff 3.00

Technical features of the vault

The vaults should show good repulsion in preparation for a Salto, the body rotating through vertical in a stretched position before the feet touch the mats (slightly dished stretch for tsukahara and Yurchenko and an open stretch for handspring front salto prep.)

Equipment required A mounted platform 20cm higher than the vault should be set up as the landing area.

Vault heights

U-11 & 13 – 115cm

O-13 – 125cm

	<u>Fault</u>	<u>Deduction</u>
First flight	Bent knees	0.10 / 0.30 / 0.50
	Hip angle	0.10 / 0.30
	Arch	0.10 / 0.30
	Legs separated	0.10 / 0.30
Repulsion phase	Bent arms	0.10 / 0.30 / 0.50
	Staggered/alternate hand placement	0.10 / 0.30 (fwd. entry vault)
	Shoulder angle	0.10 / 0.30
	Failure to pass through vertical	0.10 / 0.30
Second flight phase	Knees bent	0.10 / 0.30 / 0.50
	Legs separated	0.10 / 0.30
Failure to maintain a stretched position until passed through vertical		0.10 / 0.30 / 0.50
Feet landing when the shoulders are lower than 45° before vertical		0.80
Feet landing when the shoulders are between 45° & 30° before vertical		0.50
Feet landing when the shoulders are between 30° & 10° before vertical		0.30
Feet landing when the shoulders are at vertical		0.10
Feet landing when the shoulders are past vertical		No deduction
Insufficient Dynamics		0.10 / 0.30 / 0.50

Judging stops once the gymnast has passed through vertical.

LEVEL 9

A-Bars

Start Value – 14.00 (if 7 elements are performed)

Any 7 of the following Elements;

Elements with No value in the FIG code of points

Cast to within 30° of Handstand

Sole circle Fwd/Bwd tucked

Pike or Straddle on to get to the high bar

Cast to within 30° of Handstand, ¾ Giant, wrapover,
& immediate underswing.

Valued in the FIG code of points

Upstart

Float Upstart

Long Upstart

- Cast to within 10° of H.S.*

Clear circle*

- Piked Sole circle*

Backward hip circle

- Giant circle*

Upstart 2 feet through

Fwd/Bwd Seat circle

Straddle cut & catch done from Upstart

Straddle cut & catch from Fwd seat circle

Piked/Straddle shoot to catch the high bar

Pike on undershoot ½ turn to re-grasp the

HB* 0.20 if turn performed above horizontal

Any coded Salto Dismount

Any other Elements from the code of points

Elements marked * have 0.2 bonus

Elements

Faults

Deductions

Upstart/Float upstart on
on LB

Bent arms or knees
Leg/knee separation
Insufficient extension
Brushing feet on mat
Hit feet on mat

0.10/0.30/0.50
0.10/0.30
0.10
0.50
1.00

Long upstart

Lack of extension
Bent arms/legs

0.10
0.10/0.30/0.50

Cast to pike/straddle on

Cast Penalties
Bent legs
Squat on
Poor body shape in jump
Bent arms catching bar

0.10/0.30
0.50
0.10/0.30
0.10/0.30/0.50

Sole circle Fwd/Bwd tucked

Cast Penalties
Body Posture Faults

0.10/0.30/0.50
0.10/0.30

Piked Sole circle

Cast Penalties
Body Posture Faults
Slightly Bent legs

0.10/0.30/0.50
0.10/0.30
0.10

Level 9 A-Bars contin.....

Backward Hip Circle

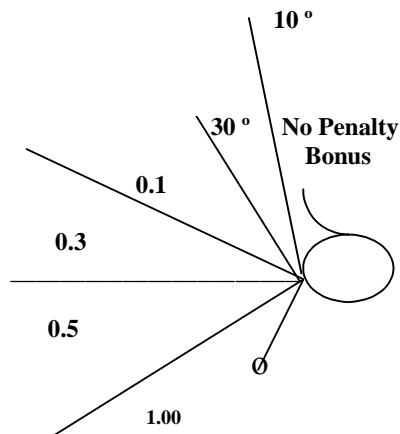
Piking at the hips	0.10/0.30
Bent arm or legs	0.10/0.30/0.50
Lack of extension on circling	0.10 /0.30

Cast to within 30°/10° of handstand

Straddle in cast will be deducted 0.30 if Handstand is not achieved. (Legs apart)

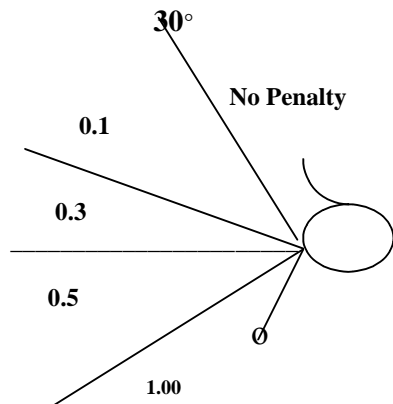
Cast to within 30° of Handstand

Cast Penalties



Cast to within 30° of Handstand

Cast Penalties



Arms/legs bent	0.10/0.30/0.50
Pike/arch at hips	0.10/0.30
Insufficient extension	0.10

Clear circle

Cast Penalties	0.10/0.30/0.50
Body Posture faults	0.10
Performing a Backward hip circle – failure to achieve 1.50 (but element counts towards 7 elements)	
Arms/legs bent	0.10/0.30/0.50
Not completed in clear support	0.10/0.30

Upstart two feet through

Arms/legs bent	0.10/0.30/0.50
Brush/touch on apparatus	0.30
Hit on Apparatus	0.50
Leg or knee separations	0.10/0.30

Fwd or Bwd seat circle

Arms/legs bent	0.10/0.30/0.50
Leg or knee separations	0.10/0.30
Insufficient extension from bar	0.10/0.30
Brush/touch on apparatus	0.30
Hit on Apparatus	0.50

Level 9 A-Bars contin.....

Straddle cut and catch done from upstart 2 feet through/ forward seat circle	Legs/arms bent in cut Brush/touch on apparatus Hit on Apparatus Lack of flight	0.10/0.30/0.50 0.30 0.50 0.10/0.30
Pike on Undershoot ½ turn to Re-grasp Same bar. (This can be done on low bar or high bar.)	Arms/legs bent Turn at horizontal (must be above)	0.10 / 0.30 / 0.50 0.10/0.30
Piked/straddled undershoot Counter-flight to catch HB	Arms / legs bent Insufficient flight Lack of rotation to catch	0.10/0.30/0.50 0.10/0.30 0.10
Cast-¾ Giant circle Immediate underswing	Cast Penalties Arms/legs bent Lack of extension Body Posture fault Underswing not immediate (intermediate) Lack of extension on underswing	0.10/0.30/0.50 0.10/0.30/0.50 0.10 0.10 0.50 0.10
Any coded salto dismount	Lack of flight Insufficient exactness of shape Lack of extension on landing Landing Faults as per FIG	0.10/0.30/0.50 0.10/0.30 0.10/0.30/0.50
Any other coded elements	As per FIG General Table of faults	
<u>Bonus</u>	Cast to within 10° of handstand Clear circle finishes above horizontal Piked Sole circle (forward or backward with straight legs) Pike Undershoot ½ turn done above horizontal on the HB Giant circle to handstand	0.20 0.20 0.20 0.20 0.20

<u>Element/Requirement attempted but not achieved</u>	<u>Element /Requirement not attempted</u>
Deduct 1.00 for Bar Elements + fall deductions if applicable	Deduct 2.50 for an acrobatic/Bar element.

LEVEL 9

Beam

Start Value 13.00

Beam heights

U- 11/13- 115cm

O-13 – 125cm

Set elements

Faults

Deductions

Mount from the code

General table of faults

A Turn from the FIG COP
(Group 3)

Not on toes 0.10
Lack of precision in turn 0.10
Body posture fault 0.10
Turn not complete 0.50

Split leap/jump connected
with any other “J” or
Coded Gymnastic Element

Lack of height 0.10 / 0.30
Not showing 180 - 130° split 0.10 / 0.30
Less than 135° split 0.50
Legs bent 0.10 / 0.30 / 0.50
Body posture fault 0.10
Lack of rhythm in connection 0.10
Failure to connect 0.30

Any forward/sideways acro
element from the code
(excluding rolls)

Arms/legs bent 0.10 / 0.30 / 0.50
Body posture fault 0.10
Landing Faults

A close beam move
(does not have to be an element)

Lack of fluency into or out of move 0.10

Any backward acro element
From the code
(excluding rolls)

Arms/legs bent 0.10 / 0.30 / 0.50
Body posture fault 0.10
Landing Faults

Any salto dismount
from the code

Lack of Flight 0.10 / 0.30
Insufficient exactness of tuck pike or stretch 0.10 / 0.30
Lack of extension before landing 0.10
Steps on landing as per FIG

Bonus

0.20 for a straight or ‘B’ valued salto dismount (forwards or backwards)
0.20 for a flighted acro element (fwds or bwds)

Artistry

Refer to FIG code of points Deductions

Element / Requirement attempted but not achieved	Element / Requirement not attempted
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic element

LEVEL 9
Floor

Start Value 13.00

<u>Set Elements</u>	<u>Faults</u>	<u>Deductions</u>
1½ Spin or more	Not on toes	0.10
	Lack of precision in turn	0.10
	Body posture faults	0.10
	Turn not complete	0.50
Jump 1½ Turn or more	Lack of height	0.10 / 0.30
	Body posture faults	0.10
	Lack of precision in turn	0.10
	Turn not complete	0.50
Double split leap connected either directly or indirectly with a Split Leap – As per FIG COP – Min 180*	Leg not lifting to 45° in first split	Element not achieved
	Lack of height in leaps	0.10 / 0.30 each
	Not showing 135° - 180° split	0.10 / 0.30 each
	Legs bent	0.10 / 0.30 / 0.50
	Poor body posture	0.10
Any other jump or leap from the Code of Points or list of ‘J’ elements	Lack of height	0.10 / 0.30
	Body posture faults	0.10
	Split & turn deductions as above if applicable	
Handspring to 2 feet immediate stretch jump	Lack of extension into handspring	0.10/0.30
	Lack of Flight	0.10/0.30
	Bent arms/legs	0.10/0.30/0.50
	Body Posture Faults on landing	0.10/0.30
	Deep squat Landing	0.50
	Lack of stretch in jump	0.10/0.30
	Lack of height in stretch jump	0.10/0.30
Salto Forward / Sideward (Tucked piked or stretched)	Lack of height	0.10/0.30
	Insufficient exactness of shape in salto	0.10/0.30
	Lack of extension before landing	0.10
	Landing Faults as per FIG (small/Large)	0.10/0.30 each
Backward roll to handstand 1/1turn	Arms/knees bent	0.10/0.30/0.50
	Handstand not at Vertical	0.10/0.30/0.50
	Precision in turn	0.10
	Body Posture Faults Throughout	0.10
	Failure to complete turn, but more than ¾ done	0.50
	More than 90° of turn missing	1.00 (Not achieved)
Salto Backward (Tucked piked or stretched)	Lack of height	0.10/0.30
	Insufficient exactness of shape in salto	0.10/0.30
	Lack of extension before landing	0.10
	Landing Faults as per FIG (small/Large)	0.10/0.30 each
Bonus	0.20 for straight salto backwards	
	0.20 for connecting the handspring & front salto	
	0.20 for straight salto forward	
Artistry	Refer to FIG code of points Deductions	

Element / Requirement attempted but not achieved	Element / Requirement not attempted
Deduct 0.50 for gymnastic elements or connections	Deduct 0.50 for connections/steps etc that are not elements
Deduct 1.00 for acrobatic elements + fall deductions if applicable	Deduct 1.50 for gymnastic element or connection Deduct 2.50 for an acrobatic element