



## Yorkshire Regional General Gymnastics Competitions 3 PC & 4 PC Girls Apparatus (Give it a Go)

### Skills and Tariff sheet – Introductory to Championship Levels

#### Summer competition

Individual gymnasts to enter on either 3 or 4 PC (floor & vault compulsory)  
(Club entry numbers of gymnasts are not restricted as competitions are still relatively new)

#### Christmas Teams competition below:

Requirements –Team of 4 gymnasts, Max 2 gymnasts to perform on each piece of apparatus. Individual gymnasts can perform on a maximum of 2 pieces (eg floor and beam OR vault and bars)

A Team of 3 may enter as long as all pieces have at least one gymnast (max two pieces of apparatus rule is still applicable). Teams of 2 may be considered for 13+ and older at Competition Manager's discretion.

	Introductory Level	Intermediate Level	Advanced Level	Adv+ & Champs Level
<b>Key Information</b>	<ul style="list-style-type: none"> <li>Equipment dimensions/type can be found within the handbook</li> </ul>			
<b>Floor Information</b>	<ul style="list-style-type: none"> <li>8 elements are required</li> <li>All holding elements are to be held for two 'Mississippi' (or similar choice of wording)</li> <li>Music length is requested to be between 45s-1min 15s.</li> <li>Longer music may be used (max 1 min 30s) without a penalty, but is not to be encouraged. Music longer than 1 min 30s will incur a penalty</li> </ul>			
			<ul style="list-style-type: none"> <li>Bonus can be added to the DV score</li> <li>Two bonus per routine permitted</li> </ul>	<ul style="list-style-type: none"> <li>Bonus can be added to the DV score</li> <li>Two bonus per routine permitted</li> </ul>
<b>Beam Information</b>	<ul style="list-style-type: none"> <li>6 elements are required (including mount &amp; dismount = 1 category), 4 additional skills must be chosen from at least 3 different categories</li> <li>All holding elements are to be held for two 'Mississippi' (or similar wording)</li> </ul>			
	<ul style="list-style-type: none"> <li>Beam height 125cm. Matting will be adjusted on a high beam for difficulty level however gymnasts can always request matting to be removed to their personal preference, but additional matting cannot be added.</li> </ul>			
	Matting to sit under the beam to 90cm	Matting to sit under the beam to 60cm	Matting to sit under the beam to 30cm	Matting to sit under the beam to 30cm
	<ul style="list-style-type: none"> <li>Bonus can be added to DV score – 2 bonuses available</li> </ul>			
<b>Bar Information</b>	4 elements	4 Elements	4 elements	4 elements
	<ul style="list-style-type: none"> <li>Bonus can be added to the DV score – 2 bonuses available</li> </ul>			
<b>Vault Information</b>	<ul style="list-style-type: none"> <li>Vault height as per handbook, warm up vault must suit the group</li> <li>Two attempts permitted on vault, best score to count</li> <li>Bonus can be added to the DV score, for full horizontal shape in layout vault</li> </ul>			

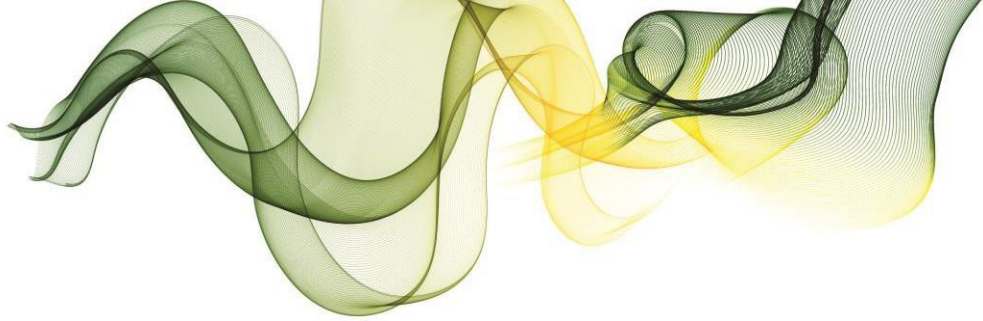


<b>Difficulty Value</b> (DV score)	<b>Floor</b>	<ul style="list-style-type: none"> <li>Each Element is valued at 0.1</li> <li>Max DV score = 0.8</li> <li>Additional Elements performed don't count towards DV score but may incur Execution Deductions (unless stated as a bonus – Adv+/Champs Level only)</li> <li>Bonus are added to the DV score if available</li> </ul>
	<b>Beam</b>	<ul style="list-style-type: none"> <li>Each Element is valued at 0.1</li> <li>Max DV score = 0.6</li> <li>Additional Elements performed don't count towards DV score but may incur Execution Deductions</li> <li>Bonuses are added to the DB score</li> </ul>
	<b>Bar</b>	<ul style="list-style-type: none"> <li>Each Element is valued at 0.1</li> <li>Max DV score = 0.4</li> <li>Additional Elements performed don't count towards DV score but may incur Execution Deductions (unless stated as a bonus – Adv+/Champs Level only)</li> <li>Bonus are added to the DV score</li> </ul>
	<b>Vault</b>	<ul style="list-style-type: none"> <li>This is listed next to the skill within the Skills section of this document</li> <li>Bonus added to DV score</li> </ul>
<b>Compositional Score</b> (C score)	<b>Floor</b>	<ul style="list-style-type: none"> <li>For each 'Category' selected a value of 0.5 is added to the C score</li> <li>Max C score = 2.5</li> <li>At least 1 Element to be selected from each Category</li> <li>Elements selected from the 'Other skills' section don't count towards an 'Category' but do count towards your total element count</li> </ul>
	<b>Beam</b>	<ul style="list-style-type: none"> <li>For each 'Category' selected a value of 0.5 is added to the C score</li> <li>Max C score = 2.0</li> <li>At least 1 Element to be selected from 4 Categories (Mount &amp; Dismount = 1 category)</li> </ul>
	<b>Bar</b>	<ul style="list-style-type: none"> <li>For each 'Category' selected a value of 0.5 is added to the C score</li> <li>Max C score = 1.5</li> <li>At least 1 Element to be selected from each Category</li> </ul>
	<b>Vault</b>	<ul style="list-style-type: none"> <li>This is not required in this part of the competition</li> </ul>
<b>Execution Score</b> (E score)		<ul style="list-style-type: none"> <li>Scored out of 10.0</li> <li>See deduction table included within this document for guidance of the type of Execution Deductions judges will make</li> </ul>
<b>Scoring Information</b>		<ul style="list-style-type: none"> <li>Difficulty Value (DV score) + Compositional Score (C score) + Execution Score (E score) = Starting Score</li> <li>Starting Score – Judges Execution Deductions = Final Score</li> </ul>



### Skills – Floor

Category	Introductory Level	Intermediate Level	Advanced Level	Adv+ & Champs Level
<b>Forwards</b> (Min of 1)	<ul style="list-style-type: none"> <li>Forwards roll to stand (1 or 2 legs at a time)</li> <li>Forwards roll to sit (tuck or straddle)</li> <li>Forwards roll to straddle stand</li> <li>Handstand tucked (high bunny jump)</li> <li>Handstand</li> </ul>	<ul style="list-style-type: none"> <li>Forwards roll to stand (1 or 2 feet)</li> <li>Forwards roll to sit (straddle)</li> <li>Forwards roll to straddle stand</li> <li>Handstand</li> <li>Handstand to bridge</li> <li>Handstand forwards roll (bent or straight arms)</li> <li>Forward Walkover</li> <li>Dive forwards roll</li> </ul>	<ul style="list-style-type: none"> <li>Forwards roll to stand (1 or 2 feet) / straddle / pike - with straight arms on entry (different exit shapes permitted as different skills)</li> <li>Handstand (straight, splits, stag or etc.)</li> <li>Handstand to bridge to stand</li> <li>Handstand forwards roll (straight arms)</li> <li>Forwards walkover (2 hands, 1 handed, free – no run permitted)</li> <li>Dive forwards roll</li> <li>Forwards somersault (tucked)</li> <li>Free walkover</li> </ul>	<ul style="list-style-type: none"> <li>Forwards roll to stand (1 or 2 feet) / straddle / pike - with straight arms on entry (different exit shapes permitted as different skills)</li> <li>Handstand (straight, splits, stag or etc.)</li> <li>Handstand to bridge to stand</li> <li>Handstand forward roll (straight arms)</li> <li>Handstand pirouette (min ½ up to 1/1)</li> <li>Forwards walkover (2 hands, 1 handed, free – no run permitted)</li> <li>Handspring (to 2 or 1)</li> <li>Headspring</li> <li>Flyspring</li> <li>Dive forwards roll</li> <li>Forwards somersault (tucked)</li> <li>Free walkover</li> </ul>
<b>Backwards</b> (Min of 1)	<ul style="list-style-type: none"> <li>Backwards roll to tuck</li> <li>Backwards roll to stand (straddle, pike, or front support)</li> <li>Shoulder roll</li> <li>Rock to stand</li> <li>Shoulder stand then rock to stand</li> </ul>	<ul style="list-style-type: none"> <li>Backwards roll to tuck to feet</li> <li>Backwards roll to stand (straddle, pike, or front support)</li> <li>Backwards roll with straight arms and legs</li> <li>Push up to bridge, kickover</li> <li>Backwards walkover</li> </ul>	<ul style="list-style-type: none"> <li>Backwards roll to stand with straight arms (tuck, straddle, pike, or front support) - (different exit shapes permitted as different skills)</li> <li>Backwards roll to handstand (bent or straight arms)</li> <li>Backwards walkover</li> <li>Valdez</li> <li>Flic (to 1 or 2 feet)</li> <li>Backwards Somersault (tucked)</li> </ul>	<ul style="list-style-type: none"> <li>Backwards roll to stand with straight arms (tuck, straddle, pike, or front support) - (different exit shapes permitted as different skills)</li> <li>Backwards roll to handstand (bent or straight arms)</li> <li>Backwards walkover</li> <li>Valdez</li> <li>Flic (to 1 or 2 feet or to 2<sup>nd</sup> flic)</li> <li>Backwards somersault (tucked)</li> </ul>
<b>Sideways</b> (Min of 1)	<ul style="list-style-type: none"> <li>Log roll</li> <li>Egg roll tucked</li> <li>Side roll with knees passing through straddle</li> <li>180° Teddy bear roll</li> <li>Cartwheel</li> </ul>	<ul style="list-style-type: none"> <li>Dish roll to arch</li> <li>Side roll with knees passing through straddle</li> <li>180° Teddy bear roll</li> <li>Cartwheel</li> <li>Cartwheel ¼ in/out</li> <li>Cartwheel one handed (2<sup>nd</sup> hand down)</li> <li>Round off</li> </ul>	<ul style="list-style-type: none"> <li>Cartwheel</li> <li>Cartwheel ¼ in/out</li> <li>Cartwheel one handed (2<sup>nd</sup> hand down)</li> <li>Free cartwheel (no run permitted)</li> <li>Dive cartwheel</li> <li>Round off</li> <li>Tinsica</li> </ul>	<ul style="list-style-type: none"> <li>Cartwheel</li> <li>Cartwheel ¼ in/out</li> <li>Cartwheel one handed (2<sup>nd</sup> hand)</li> <li>Cartwheel x2 (smoothly linked)</li> <li>Free cartwheel (no run permitted)</li> <li>Dive cartwheel</li> <li>Round off</li> <li>Tinsica</li> </ul>



**Skills – Floor (continued)**

Category	Introductory Level	Intermediate Level	Advanced Level	Adv+ & Champs Level
<b>Flight</b> (Min of 1)	<ul style="list-style-type: none"> <li>Jumps (straight, star, tuck, ½ turn, or 1/1 turn)</li> <li>Leaps (scissor kick, cat)</li> <li>Sissone prep (spring from 2 feet to land on 1 leg in arabesque)</li> </ul>	<ul style="list-style-type: none"> <li>Jumps (tuck, star, straddle, ½ turn, or 1/1 turn)</li> <li>Leaps (scissor kick, cat)</li> <li>Sissone prep (spring from 2 feet to land on 1 leg in arabesque)</li> </ul>	<ul style="list-style-type: none"> <li>Jumps (tuck, straddle, split, wolf, ½ turn, 1/1 turn, tuck ½ turn)</li> <li>Leaps (scissor kick, stag, split, cat leap, cat ½ turn)</li> <li><b>Sissone</b></li> </ul>	<ul style="list-style-type: none"> <li>Jumps (tuck, straddle, split, wolf, ½ turn, 1/1 turn, tuck ½ turn, straddle ½ turn)</li> <li>Leaps (scissor kick, stag, split, cat leap, cat ½ turn, cat leap 1/1 turn, change leg split leap)</li> <li><b>Sissone</b></li> </ul>
<b>Balance</b> (Min of 1)  Held for 2 sec	<ul style="list-style-type: none"> <li>V sit (with or without aid of arms)</li> <li>Supports (front or back)</li> <li>Straddle sit</li> <li>Single leg balance/ passé/ arabesque</li> <li>½ Lever (one leg on floor)</li> <li>Frog balance</li> <li>Headstand tucked</li> <li>Dish</li> <li>Arch</li> </ul>	<ul style="list-style-type: none"> <li>V sit (with or without aid of arms)</li> <li>½ Lever (pike or straddle)</li> <li>Single leg balance/ passé/ arabesque</li> <li>Headstand straight legged (can pass through tuck)</li> <li><b>Y balance</b></li> </ul>	<ul style="list-style-type: none"> <li>V sit (without aid of arms)</li> <li>½ Lever (pike or straddle)</li> <li>Handstand (leg position optional)</li> <li>Elephant lift held</li> <li>Single leg balance/ passé/ arabesque</li> <li>Y-balance/ ring balance</li> </ul>	<ul style="list-style-type: none"> <li>V sit (without aid of arms)</li> <li>½ Lever (pike or straddle)</li> <li>Handstand (leg position optional)</li> <li>Elephant lift to handstand</li> <li>Single leg balance/ passé/ arabesque</li> <li>Y-balance/ ring balance</li> </ul>
	<ul style="list-style-type: none"> <li>Splits (any – without aid of hands)</li> <li>Japana (chest on floor or swim through)</li> <li>Bridge</li> <li>D balance</li> </ul>	<ul style="list-style-type: none"> <li>Splits (any – without aid of hands)</li> <li>Japana (chest on floor or swim through)</li> <li>Bridge</li> <li>D balance</li> </ul>	<ul style="list-style-type: none"> <li>Splits (any – without aid of hands)</li> <li>Japana (chest on floor or swim through)</li> <li>Bridge</li> <li>D balance</li> <li>Chest balance (fish)</li> </ul>	<ul style="list-style-type: none"> <li>Splits (any – without aid of hands)</li> <li>Japana (chest on floor or swim through)</li> <li>Bridge</li> <li>D balance</li> <li>Chest balance (fish)</li> </ul>
<b>Other skills</b> (max 2 elements can be chosen from this section)	<ul style="list-style-type: none"> <li>Releve turn</li> <li>Spin (½)</li> <li>Half turn single leg hop (optional leg position)</li> </ul>	<ul style="list-style-type: none"> <li>Releve turn</li> <li>Spin (½ or 1/1)</li> <li>Half turn single leg hop (optional leg position)</li> </ul>	<ul style="list-style-type: none"> <li>Spin (½, 1/1, 1/1 with extended straight leg)</li> <li>Half turn single leg hop (optional leg position)</li> <li>1½ spin</li> </ul>	<ul style="list-style-type: none"> <li>Spin (½, 1/1, 1/1 with extended straight leg, illusion, 1/1 with high leg held)</li> <li>Half turn single leg hop (optional leg position)</li> <li>1½ spin</li> </ul>
<b>Bonus</b> (Max of 1.0 per routine) <b>*Extra info on page 14</b>			<ul style="list-style-type: none"> <li>Linking of two acrobatic tumbling elements with flight = 0.5</li> <li>Use of Dance passage of two skills from the Flight Category = 0.5</li> <li>Salto/aerial = 0.5</li> </ul>	<ul style="list-style-type: none"> <li>Linking of two acrobatic tumbling elements with flight = 0.5</li> <li>Use of Dance passage of two skills from the Flight Category = 0.5</li> <li>Salto/aerial = 0.5</li> </ul>



### Deductions – Floor

		Deductions	0.1	0.3	0.5	1.0
<b>Execution Score</b> (E score) Max of 10.0	<b>Artistry deduction throughout</b>	Insufficient flow/dynamics of routine	X	X	X	
		Touch of hair/leotard/clothing	X			
	<b>Specific floor deductions</b>	Prompting by coach (first occurrence)		X		
		Prompting by coach (further occurrences) (max 1.0)	X			
		Missing competition requirements			X	
		No Presentation (each time)	X			
		Bent arms or bent knees	X	X	X	
	<b>Skill focused deductions</b> (Each time)	Leg or knee separation	X	X		
		Insufficient height of element	X	X		
		Insufficient tuck, pike or stretch	X	X		
		Brush against apparatus		X		
		Instability/wobble/adjustment in element	X	X		
		Balance Element not held for two seconds			X	
		Feet not pointed/loose/body alignment	X			
		Lack of rotation on turns and acro skills	X	X		
		Backwards roll with 2 point contact		X		
		<b>Landing deductions</b> (Each time)	Landing from tumblers (step)	X	X	
	Trunk movement to maintain balance		X	X		
	Extra steps up to 0.5		X			
	Very large step or jump			X		
	Deep squat			X		
	Stepping off the floor area (1 foot)		X			
	Stepping off the floor area (2 feet)			X		
<b>Falls</b> (Each skill)	2 <sup>nd</sup> attempt of balance element			X		
	Falls				X	

		Deductions	0.1	0.3	0.5	1.0
<b>Head Judge Deductions</b> (Create DV score and C score)	<b>DV score</b>	Missing elements (max 0.8)	X			
	<b>Categories covered</b> (Up to 2.5)	Forwards (max 0.5)			X	
		Backwards (max 0.5)			X	
		Sideways (max 0.5)			X	
		Flight (max 0.5)			X	
		Balance (max 0.5)			X	
	<b>Bonus</b> (Adv & Adv+ only)	Performance of bonus element (0.5 per Element, Max 1.0)			X	X

**Please note for non-matching kit (shorties/leggings not in the same material / colour) a deduction of 0.3 will be applied to the overall score. The same penalty applies to team members in non-matching attire.**



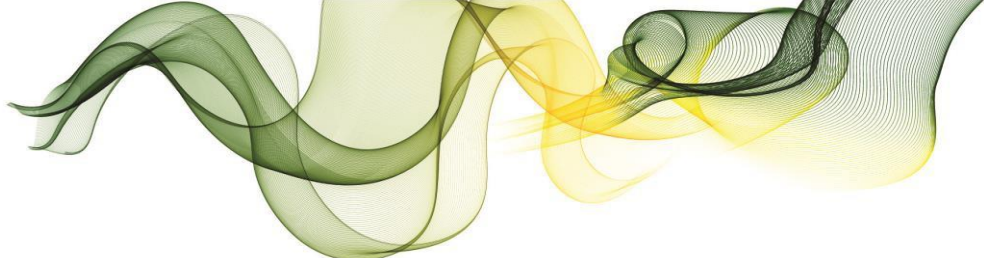
### Skills/Tariffs – Vault

Vault		DV score			
		Introductory Level	Intermediate Level	Advanced Level	Adv+ & Champs Level
1	Squat on	1.0	1.0	1.0	1.0
2	Straddle on	1.0	1.0	1.0	1.0
3	Straight jump on to block – jump off (straights/tuck/star)	1.0	1.0	1.0	1.0
4	Squat through*	1.5	1.5	1.5	1.5
5	Straddle over*	1.5	1.5	1.5	1.5
6	Straight jump up – handstand fall onto level mats	1.5	1.5	1.5	1.5
7	Straight jump up – round off dismount	Under review	2.0	2.0	2.0
8	Handstand flatback		2.5	2.5	2.5
9	Straight jump up – handspring dismount onto lower mats			3.0	3.0
10	Handspring stand up onto level mats			3.5	3.5
11	Handspring			4.0	4.0
12	Handspring 1/2 on or Handspring 1/2 off				4.0

**\*Bonus of 1.0 to be added to the DV score when a layout vault is shown with a full horizontal layout shape.**

### Deductions – Vault

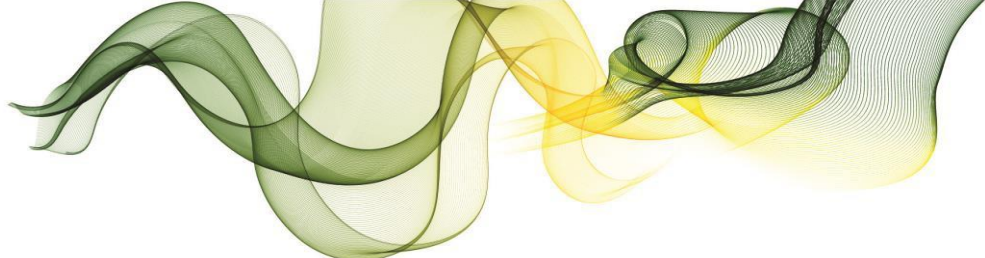
Deductions		0.1	0.3	0.5	1.0
<b>First flight</b>	Incomplete turn	X	X	X	
	Hip angle	X	X		
	Bend knees	X	X	X	
	Leg separation	X	X		
	Arch	X	X		
	Insufficient layout in squad/ straddle	X	X	X	
<b>Repulsion</b>	Staggered altered hand placement	X	X	X	
	Bent arms	X	X	X	
	Shoulder angle	X	X		
	Touch with one hand				X
	Failure to pass through vertical		X		
<b>Second flight</b>	Lack of height	X	X	X	X
	Incomplete turn	X	X		
	Insufficient length	X	X	X	X
	Bent knees	X	X	X	
	Leg separation	X	X		
	<b>Landing</b>	Extra steps (each)	X		
Large steps (over shoulder width)			X		
Extra arm swing		X			
Additional trunk movement		X	X		
Body posture faults		X			
Deep Squat				X	
Deviation from centre		X			
Brush on apparatus				X	
Step off landing mat 1 foot		X			
Step off landing mat 2 feet			X		
Fall					X
<b>Additional</b>	Double bounce on Springboard/floor before				X
	Skill attempted but not completed			X	
	Skill not attempted at all				X
	Support from coach				X



## Apparatus

The following equipment and apparatus will be used for these competitions:

Apparatus	Specific use for	Manufacturer	Size, dimensions, run up, landing details
Floor	All levels	Contact venue for specifics	Min = 10m x 8m
Box vault (cross) [*Traditional Vault type]	All Levels Vault selections: 1, 2, 4, and 5 (Squat on / through and Straddle on / over)	Contact venue for specifics	Heights: Under 8's = 0.8m Under 10's = 0.9m Under 12's = 1.0m Over 13's = 1.1m – 1.2m Landing: 0.3m thick safety mat
Vault [*Block only Vault type]	All Levels Vault selections: 3 (Straight jump on to block – jump off (straights/tuck/star)	Contact venue for specifics	Heights: <b>All ages = 0.6m</b> Landing: 0.3m thick safety mat
Vault with level mats [*Block only Vault type]	All Level Vault selection: 6 (Straight jump up handstand onto level mats)	Contact venue for specifics	Heights: <b>All ages = 0.6m</b> Landing mats to level with block
Vault [*Block Vault type]	Intermediate, Advanced and Advanced+ Level Vaults selection: 7 (Straight jump up Round off dismount)	Contact venue for specifics	Heights: <b>All ages = 0.6m</b> Landing: 0.3m thick safety mat
Vault with level mats [*Inverted Vault type]	Intermediate, Advanced and Advanced+ Level Vaults selections: 8 (Handstand flatback)	Contact venue for specifics	Heights: Under 8's = 0.6m Under 10's = 0.6m Under 12's = 0.9m Over 13's = 0.9m



Vault with safety landing mat at the end  [*Inverted Vault type]	Advanced and Advanced + Levels  Vault selections: 9 (Straight jump up Handspring dismount)	Contact venue for specifics	Heights: All Ages = 0.6m  Landing: 0.3m thick safety mat
Vault with level mats  [*Inverted Vault type]	Intermediate, Advanced and Advanced+ Level  Vault selections: 10 (Handspring)	Contact venue for specifics	Heights: Under 8's = 0.6m Under 10's = 0.6m Under 12's = 0.9m Over 13's = 0.9m
Vault  [*Inverted Vault type]	Advanced and Advanced + Levels Vault selection: 11 and 12  (Handspring ½ on or Handspring ½ off)	Contact venue for specifics	Heights: Under 8's = 0.6m Under 10's = 0.6m Under 12's = 0.9m Over 13's = 0.9m Landing: 0.3m thick safety mat

If you have any specific questions regarding the apparatus, please contact the Competition Organiser/ Competition Event Manager

**Notes:**

- 'Please see Skills and Tariff sheets' for vault values
- \*Vault type definitions:

**Traditional vault**

School vaults (Wooden layered, box vaults or horse style vault)

**Block only Vault**

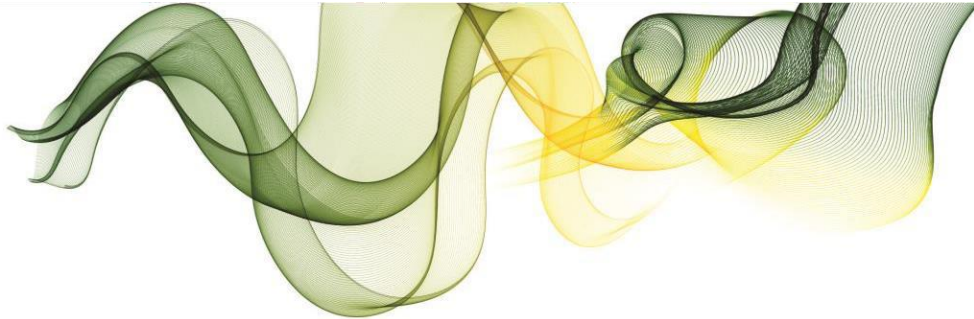
Coaching block – maximum height 60cm

**Inverted vaults** (vaults that include a handstand)

Block, Block & mats, Table (if available) or school vaults if preferred

- When using traditional style vaults (box, layered, wooden style school vaults etc.) please allow for + / - 5 cm of the stated vault height.
- Coaches can request for vault heights to be increased than stated heights. Heights can't be lowered than stated measurements.





**Skills – Beam**

Category	Introductory Level	Intermediate Level	Advanced Level	Advanced+ Level
<b>Min of 6 skills - 4 of the skills must come from different categories (Mount and Dismount count as one category)</b>				
<b>Mount (min 1)</b>  <b>Dismount (min 1)</b>	<ul style="list-style-type: none"> <li>Squat on</li> <li>Straddle on</li> <li>Front support, leg round to straddle sit</li> </ul> <p style="text-align: center;">* * *</p> <ul style="list-style-type: none"> <li>Straight Jump</li> <li>Tuck Jump</li> <li>Star Jump</li> </ul>	<ul style="list-style-type: none"> <li>Squat on</li> <li>Straddle on</li> <li>Front support, leg round to straddle sit</li> </ul> <p style="text-align: center;">* * *</p> <ul style="list-style-type: none"> <li>Pike Jump</li> <li>Straddle Jump</li> <li>Round off</li> <li>Run to two footed straight Jump</li> <li>Handspring (13+only)</li> </ul>	<ul style="list-style-type: none"> <li>Squat on</li> <li>Front support, leg round to straddle sit</li> <li>Jump to straddle hold (on to end or side)</li> <li>Straddle on, slide down to Japanna</li> <li>Squat through to sit</li> </ul> <p style="text-align: center;">* * *</p> <ul style="list-style-type: none"> <li>Run to jump off</li> <li>Round off</li> <li>Handspring</li> </ul>	<ul style="list-style-type: none"> <li>Squat on</li> <li>Front support, leg round to straddle sit</li> <li>Jump on no hands (2 footed)</li> <li>Forward roll on from the end</li> <li>Arabesque on to the end (jump to one foot)</li> <li>Japanna</li> <li>Jump to straddle hold (either on the end or side)</li> <li>Straddle to handstand</li> <li>Squat through to sit</li> </ul> <p style="text-align: center;">* * *</p> <ul style="list-style-type: none"> <li>Run to jump off</li> <li>Handspring</li> <li>Round off</li> <li>Free Round off</li> <li>Front Salto (from one or two footed take of)</li> <li>Back Salto</li> </ul>
<b>Acro Skill (optional category)</b>  <b>Need 3 categories in total (as well as mount / dismount)</b>	<ul style="list-style-type: none"> <li>Needle kick</li> <li>Rock to stand from lay position or sit position</li> <li>Bunny hops (hips above shoulders)</li> </ul>	<ul style="list-style-type: none"> <li>Needle kick</li> <li>Rock to stand from lay position or sit position</li> <li>Bunny hops (hips above shoulders)</li> <li>Mini handstand</li> <li>Handstand</li> <li>Forward roll to straddle/stand</li> <li>Cartwheel</li> </ul>	<ul style="list-style-type: none"> <li>Forward roll</li> <li>Backward roll</li> <li>Cartwheel</li> <li>Free roll</li> <li>Handstand -optional leg positions</li> <li>Back walkover</li> <li>Cartwheel to handstand – optional exit</li> </ul>	<ul style="list-style-type: none"> <li>Forward roll to stand</li> <li>Cartwheel (1 or 2 handed)</li> <li>Free Roll</li> <li>Handstand- optional leg position</li> <li>Backwards roll</li> <li>Back walkover</li> <li>Forward walkover</li> <li>Backwards roll</li> <li>Tick tock</li> <li>Valdez</li> </ul>
<b>Turns (optional category)</b>  <b>Need 3 categories in total (as well as mount/ dismount)</b>	<ul style="list-style-type: none"> <li>½ Turn on toes</li> <li>½ Turn in crouch</li> <li>Change direction at the end of the beam</li> <li>Tap turn (step point to the front, transfer weight and step point to side, transfer weight and point to the rear)</li> </ul>	<ul style="list-style-type: none"> <li>½ spin</li> <li>½ Turn on toes</li> <li>½ Turn in crouch</li> <li>½ turn on toes, immediately followed by ½ turn on toes</li> <li>½ jump turn (13+ only)</li> </ul>	<ul style="list-style-type: none"> <li>½ spin</li> <li>½ Turn on toes</li> <li>Full spin</li> <li>½ turn in straddle</li> <li>½ spin, ½ turn on toes</li> </ul>	<ul style="list-style-type: none"> <li>½ spin</li> <li>½ Turn on toes</li> <li>½ spin, ½ turn</li> <li>Full spin</li> <li>Straddle hold ½ turn</li> <li>½ jump</li> <li>Spin leg held straight</li> <li>½ turn in tuck with 1 leg straight</li> </ul>



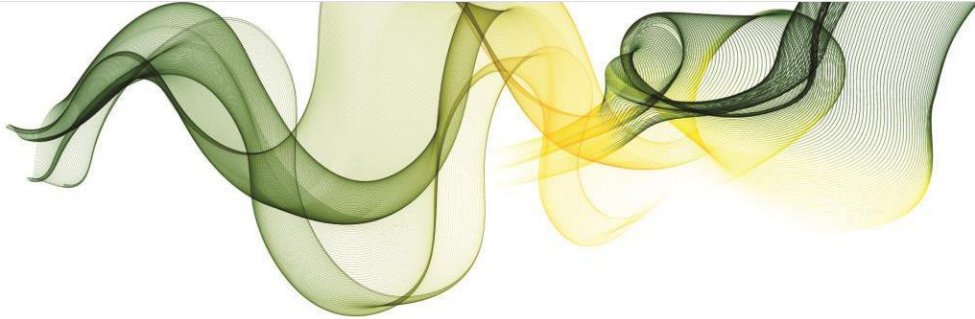
<p><b>Jumps/Leap (optional category)</b></p> <p><b>Need 3 categories in total</b></p> <p><b>(as well as mount/dismount)</b></p>	<ul style="list-style-type: none"> <li>• Straight Jump</li> <li>• Tuck Jump</li> <li>• Cat Leap</li> </ul>	<ul style="list-style-type: none"> <li>• Straight Jump</li> <li>• Tuck Jump</li> <li>• Star Jump</li> <li>• Cat Leap</li> <li>• Sissone</li> <li>• Stag Leap</li> <li>• Swing leg hop</li> <li>• Fouetté hop (no turn)</li> <li>• Split Jump (13+only)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight Jump</li> <li>• Tuck Jump</li> <li>• Split Jump</li> <li>• Wolf Jump</li> <li>• Cat Leap</li> <li>• Split Leap</li> <li>• Stag Leap</li> <li>• Sissone</li> <li>• Entrechat</li> </ul>	<ul style="list-style-type: none"> <li>• Straight Jump</li> <li>• Tuck Jump</li> <li>• Split Jump</li> <li>• Wolf Jump</li> <li>• Cat Leap</li> <li>• Split Leap</li> <li>• Stag Leap</li> <li>• Change leg split leap</li> <li>• Sissone</li> </ul>
<p><b>Balances (optional category)</b></p> <p><b>Need 3 categories in total</b></p> <p><b>(as well as mount / dismount)</b></p>	<ul style="list-style-type: none"> <li>• V-sit with or without the aid of arms</li> <li>• Star shape – whilst sat on the beam</li> <li>• Single leg balance (min 45°)</li> <li>• Passé</li> <li>• Arabesque</li> <li>• Shoulder stand</li> <li>• Front support on top of the beam</li> <li>• Bridge</li> <li>• Relevé (two feet)</li> </ul>	<ul style="list-style-type: none"> <li>• ½ lever</li> <li>• Staddle ½ lever</li> <li>• Single leg balance (min 45degree – work towards 90 degree)</li> <li>• Passé</li> <li>• Arabesque (min 45° – work towards 90°)</li> <li>• V-sit without the aid of arms</li> <li>• Splits (any)</li> <li>• Shoulder stand</li> <li>• Y-balance</li> </ul>	<ul style="list-style-type: none"> <li>• ½ Lever (pike/straddle)</li> <li>• Y-balance</li> <li>• Arabesque</li> <li>• Russian Lever</li> <li>• Splits (any)</li> <li>• V-sit (no arm to assist)</li> <li>• Ring Balance</li> <li>• Penché Arabesque (Low chest)</li> </ul>	<ul style="list-style-type: none"> <li>• ½ Lever (pike/straddle)</li> <li>• Y-balance</li> <li>• Fish Balance (chest)</li> <li>• Russian Lever</li> <li>• Splits (any)</li> <li>• Arabesque</li> <li>• Ring Balance</li> <li>• V-sit (no arm to assist)</li> <li>• Penché Arabesque (Low chest)</li> </ul>
<p><b>Bonus</b> (Max of 1.0 per routine)</p>	<p align="center"><b>Bonus 0.5 – For staying on the beam and doing skills from 4 categories</b> <b>Bonus 0.5 for completing an acro skill landed on the beam</b></p>			



### Deductions – Beam

Deductions		0.1	0.3	0.5	1.0	
	<b>Artistry deduction throughout</b>	Insufficient flow/dynamics of routine	X	X	X	
	<b>Specific beam deductions</b>	Touch of hair/leotard/clothing	X			
		Prompting by coach (first occurrence)		X		
		Prompting by coach (further occurrences) (max 1.0)	X			
		Poor rhythm (each)	X			
		Adjustments to maintain balance (each)	X	X		
		Pause	X			
		Pause exceeding 2 secs		X		
		Additional support against the beam (leg/arm/hand)	X	X		
		Missing competition requirements			X	
		<b>Skill focused deductions (Each time)</b>	Bent arms/knees	X	X	
	Body alignment		X	X		
	Leg or knee separation		X	X		
	Insufficient height of element		X	X		
	Insufficient tuck, pike or stretch		X	X		
	Excessive arm swing action (each)		X	X		
	Brush against apparatus		X			
	Instability/wobble/adjustment in element		X	X		
	Balance Element not held for two seconds				X	
	Feet not pointed/loose/body alignment	X				
	<b>Landing deductions</b>	Trunk movement to maintain balance	X	X		
		Extra steps up to 0.5	X			
		Very large step or jump		X		
		Deep squat		X		
	<b>Falls (Each skill)</b>	Falls (0.5 first fall / to a Max of 1.5)			X	
		<b>Additional</b>	Skill attempted but not completed			X
	Skills not attempted at all				X	
Support from coach					X	

Deductions		0.1	0.3	0.5	1.0	
<b>Head Judge Deductions (Create DV score and C score)</b>	<b>DV score</b>	Missing elements (max 0.6)	X			
	<b>Categories covered (Up to 2.0)</b>	Mount/Dismount (max 0.5)			X	
		Acro (max 0.5)			X	
		Turn (max 0.5)			X	
		Flight (max 0.5)			X	
		Balance (max 0.5)			X	
<b>Bonus</b>	Performance of bonus element (1.0)					



### Skill – Uneven Bars

Category	Introductory Level Minimum 4 skills required	Intermediate Level Minimum 4 skills required	Advanced Level Minimum 4 skills required	Adv+/Champs Level Minimum 4 skills required
<b>Mount</b> (Min of 1)	<ul style="list-style-type: none"> <li>Jump to front support LB (from springboard)</li> <li>Upward circle / Back circle up LB (kick/Jump)</li> <li>Jump to hang on HB (coach assistance optional)</li> </ul>	<ul style="list-style-type: none"> <li>Back circle up LB (kick or jump)</li> <li>Jump with springboard to front support mount</li> <li>Jump in hang on HB (coach assistance optional)</li> </ul>	<ul style="list-style-type: none"> <li>Back circle up from pull/two feet or 1 foot LB</li> <li>Jump to hang on HB (coach assistance optional)</li> <li>Jump from springboard to front support LB</li> <li>Jump from springboard to LB immediate back hip circle</li> </ul>	<ul style="list-style-type: none"> <li>Back circle up from pull/two feet or 1 foot LB</li> <li>Jump to hang on HB</li> <li>Jump from springboard to front support LB</li> <li>Jump from springboard to LB immediate back hip circle</li> <li>Float upstart</li> </ul>
<b>Skills on the Bars</b> (Min of 1)	<ul style="list-style-type: none"> <li>Cast LB</li> <li>Cast back hip circle LB</li> <li>Swing back/ drop back (bent or straight leg)</li> <li>5 x Fish swings on HB</li> <li>Dish hold LB (top thigh on bar)</li> <li>From hand, held shape – Tuck, Straddle, Pike HB or LB (Held for 2 secs)</li> <li>Leg lift in tuck position</li> <li>½ turn in hang</li> </ul>	<ul style="list-style-type: none"> <li>Cast towards horizontal LB</li> <li>Cast back hip circle LB or HB</li> <li>Back mill circle LB</li> <li>5 x Fish swings HB</li> <li>2 x Full swings LB or HB with or without regrasp – max 4 swings – best 2 to count but deductions apply throughout</li> <li>From hang, held shape – Tuck, Straddle, Pike, chin up, inverted hang, dish shape (thighs on bar) LB or HB (held for 2 secs)</li> <li>Leg lift in tuck</li> <li>Leg lift in Star</li> <li>½ turn in hang</li> </ul>	<ul style="list-style-type: none"> <li>2 x Float swings</li> <li>Cast towards horizontal</li> <li>Cast back hip circle</li> <li>Baby Giant (same bar or LB to HB)*</li> <li>Forward circle</li> <li>Mill circle forward / backwards</li> <li>Squat on LB</li> <li>Jump to HB from LB</li> <li>Counter swing</li> <li>Leg lift in tuck, star or pike</li> <li>Chin up</li> <li>From Hang, held straddle, pike or inverted hold</li> <li>5 x Fish swings</li> <li>3 Full swings (4 allowed best 3 to count, deductions apply throughout)</li> <li>Swing ½ turn</li> <li>½ turn in hang</li> <li>Sole circle (13+ only) (Moves can be repeated if on different bars)</li> </ul>	<ul style="list-style-type: none"> <li>2 x Float swings</li> <li>Cast towards horizontal</li> <li>Cast back hip circle</li> <li>Baby Giant (same bar or LB to HB)*</li> <li>Forward circle</li> <li>Mill circle forward / backwards</li> <li>Squat on LB</li> <li>Jump to HB from LB</li> <li>Counter swing</li> <li>Leg lift in tuck, star or pike</li> <li>Chin up</li> <li>From hang, held straddle, pike or inverted hold</li> <li>5 x Fish swings</li> <li>3 Full swings (4 allowed best 3 to count, deductions apply throughout)</li> <li>Swing ½ turn</li> <li>½ turn in hang</li> <li>Sole circle (13+ only) (Moves can be repeated if on different bars)</li> </ul>
<b>Dismount</b> (Min of 1)	<ul style="list-style-type: none"> <li>Straddle undershoot</li> <li>Squat on LB stretch jump forward to land (face away from HB)</li> <li>Cast away to land LB</li> <li>Roll forward to land LB</li> <li>Drop to landing from HB or LB (drop permitting)</li> <li>Forward circle, chin up / controlled exit lower to drop LB or HB</li> <li>Hang from high bar drop ½ turn (with or without swing)</li> </ul>	<ul style="list-style-type: none"> <li>Cast to land LB</li> <li>Straddle or Pike undershoot LB</li> <li>Squat on stretch jump forward to land (face away from other bar)</li> <li>Forward circle, chin up / controlled exit lower to drop LB or HB</li> <li>Hang from high bar drop ½ turn (with or without swing)</li> <li>Swing to land HB</li> <li>Swing ½ turn dismount off HB</li> </ul>	<ul style="list-style-type: none"> <li>Cast to land on floor with ½ turn dismount LB</li> <li>Forward circle down to held chin up position, controlled exit</li> <li>Hang from high bar drop ½ turn (with or without swing)</li> <li>Straddle undershoot</li> <li>Straddle undershoot ½ turn</li> <li>Pike undershoot</li> <li>Swing with ½ turn dismount</li> <li>Squat on straight/star jump forward to land (face away from other bar)</li> </ul>	<ul style="list-style-type: none"> <li>Cast to land on floor with ½ turn dismount LB</li> <li>Forward circle down to held chin up position, controlled exit</li> <li>Hang from high bar drop ½ turn (with or without swing)</li> <li>Straddle undershoot</li> <li>Straddle undershoot ½ turn off</li> <li>Pike undershoot</li> <li>Pike Undershoot ½ turn off</li> <li>Squat on pike/straddle jump forward to land (face away from other bar)</li> </ul>
<b>Bonus</b> (Max of 1.0 per routine)	<b>0.5 Bonus for transitioning from low bar to high bar</b> <b>0.5 for dynamic routine</b>			

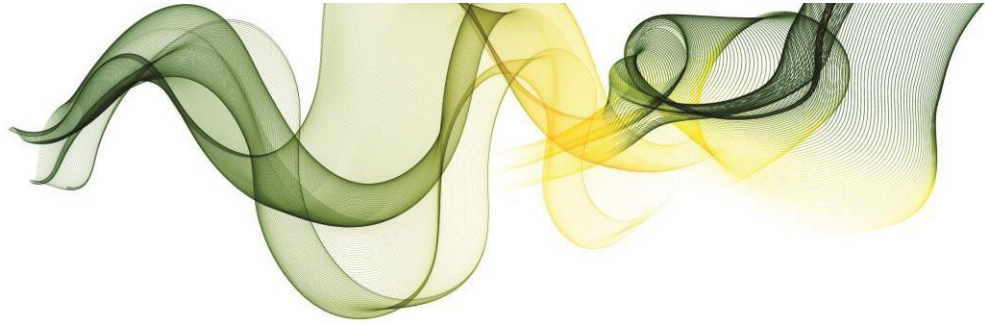
\*Good clearance from floor when skill is performed on LB



### Deductions – Uneven Bars

<b>Deductions</b>		<b>0.1</b>	<b>0.3</b>	<b>0.5</b>	<b>1.0</b>
<b>Specific Bar deductions</b>	Insufficient flow/dynamics of routine	X	X		
	Touch of hair/leotard/clothing	X			
	Poor rhythm (each)	X			
	Prompting by coach (first occurrence)		X		
	Prompting by coach (further occurrences) (max 1.0)	X			
	Adjustments to maintain balance (each)	X	X		
	Empty swing (waggle) (max 0.3 per skill)	X			
	Pause	X			
	Pause exceeding 2 secs		X		
	Additional support against the bar (leg/arm/hand)	X	X		
	Holding top bar with feet remaining on low bar		X		
	Lack of holding for held elements			X	
	Missing competition requirements			X	
	<b>Skill focused deductions (Each time)</b>	Bent arms/knees	X	X	
Body alignment		X	X		
Leg or knee separation		X	X		
Insufficient height of element		X	X		
Insufficient tuck, pike or stretch		X	X		
Feet not pointed/loose/body alignment		X			
Lack of height in casts		X	X		
Lack of height in swings		X	X		
<b>Landing deductions</b>	Extension into landing	X			
	Trunk movement to maintain balance	X	X		
	Extra steps up to 0.5	X			
	Very large step or jump		X		
	Deep squat		X		
<b>Falls (Each skill)</b>	Falls				X
<b>Additional</b>	Skill attempted but not completed			X	
	Skills not attempted at all			X	
	Support from coach				X
	Brush against apparatus			X	

<b>Deductions</b>		<b>0.1</b>	<b>0.3</b>	<b>0.5</b>	<b>1.0</b>
<b>Head Judge Deductions (Create DV score and C score)</b>	<b>DV score</b>	Missing elements (max 0.4)	X		
	<b>Categories covered (Up to 1.5)</b>	Mount (max 0.5)			X
		Skill on the bars (max 0.5)			X
		Dismount (max 0.5)			X
<b>Bonus</b>	Performance of bonus element (0.5 per element, Max 1.0)				X



**\*Extra bonus information**

**Linking of two acrobatic tumbling elements with flight**

Listed below are different variations of linking two acrobatic tumbling elements with flight, it is still open for coaches to do other variations but keep in mind the definition below with what skills with flight means.

*"a skill where the gymnast is suspended completely in the air without their hands or any other part of their body touching the floor"*

- Front handspring, flyspring
- Front handspring to 1, front handspring to 2
- Front handspring to 1, round off
- Round off, Back handspring
- Front somersault walkout, round off
- Handspring, front somersault
- Round off, Back somersault
- Back handspring to 2, back handspring to 1
- Back handspring to 1, back handspring to 2
- Free cartwheel, back handspring
- Free walkover, back handspring

**Linking dance passage of two flight elements**

The dance passage of two skills should be picked from the flight category and they should be linked with dance steps e.g. with running steps, small leaps, hops, chassé and chainé turns.

**Salto / Aerial**

Tucked front salto, tucked back salto and free cartwheel (aerial) will fulfil this criteria

If a salto is linked to a round off (e.g. round off, tucked back salto) this will fulfil both the linking of two acro elements with flight and the salto bonus.

A maximum of two bonuses will be awarded.