

Floor Exercise									
(12x12m square)									
Criteria	Maximum of 8 elements, 7 elements plus the dismount to count, for all Under 18 year groups. Maximum of 10 elements, 9 elements plus the dismount to count for Seniors Short routine deductions will be as per FIG for all age groups. Repeated elements will not be counted but will incur execution deductions. Execution, Technical and Apparatus specific deductions as per FIG Senior and Junior Code								
Age Group	Under 8 Year Born 2015	Under 10 Year Born 2013 and 2014	Under 12 Year Born 2011 and 2012		Under 14 Year Born 2009 and 2010	Under 16 Year Born 2007 and 2008	Under 18 Year Born 2005 and 2006	Senior Born 2004 and earlier	
Short routines	Penalty (ND)				Penalty (ND)			Penalty (ND)	
5+ elements	0.00	0.00	0.00		6 Elements	0.00		8 elements	0.00
4 elements	2.00	2.00	2.00		5 Elements	3.00		7 elements	3.00
3 elements	4.00	4.00	4.00		4 Elements	4.00		6 Elements	4.00
1-2 elements	6.00	6.00	6.00		3 Elements	5.00		5 Elements	5.00
No elements	10.00	10.00	10.00		2 Elements	6.00		4 Elements	6.00
					1 Element	7.00		3 Elements	7.00
					0 Elements	10.00		2 Elements	8.00
								1 Elements	9.00
								0 Elements	10.00
Exercise Content									
Difficulty Value	Award			Difficulty value	Award				
Uncoded Skill	0.1	0.1	0.1	Uncoded Skill	0.1	0.1	0.1	N/A	
A Skills	0.3	0.3	0.3	A Skills	0.3	0.3	0.3	0.1	
B Skills	0.5	0.5	0.5	B Skills	0.5	0.5	0.5	0.3	
Element Groups	Award Once			Element Groups	Award Once				
1. Non Acrobatic	0.5	0.5	0.5	1. Non Acrobatic	0.5	0.5	0.5	0.5	
2. Forward Acro	0.5	0.5	0.5	2. Forward Acro	0.5	0.5	0.5	0.5	
3. Backward Acro	0.5	0.5	0.5	3. Backward Acro	0.5	0.5	0.5	0.5	
4. Dismount (Not from Group 1)	0.3 Uncoded Flighted skill 0.5 if minimum A skill	0.3 Uncoded Flighted skill 0.5 if minimum A skill	0.3 Uncoded Flighted skill 0.5 if minimum A skill	4. Dismount (Not from Group 1)	A = 0.30 B = 0.50	A = 0.30 B = 0.50	A = 0.30 B = 0.50	A = 0.30 B = 0.50	
Uncoded Skills									
(one element can only fulfil one element group i.e. roundoff used as a dismount will not be able to fulfil group 4 requirement)									
Element Group									
	1	2			3	4			
	Press to Handstand (Not Held)	Any Forward Roll Variation			Any Backward Roll Variation	N/A			
	Swedish Fall	Round off (Flighted Skill)			Cartwheel				
	Piked or Straddle Lever	Handstand Forward Roll			Backward roll through Handstand on straight arms				
Vault									
Age Group	Under 8 Year Born 2015	Under 10 Year Born 2013 and 2014	Under 12 Year Born 2011 and 2012		Under 14 Year Born 2009 and 2010	Under 16 Year Born 2007 and 2008	Under 18 Year Born 2005 and 2006	Senior Born 2004 and earlier	
Vault Height	Trampoline + Safety Mat	110cm (Table)	120cm (Table)		125cm (Table)	125/135cm (Table)	135cm (Table)	135cm (Table)	
Criteria	SET VAULT: From raised block, step onto trampoline, handspring onto back (60cm raised matted area)	2 vaults to be performed with the best score to count. The same vault may be repeated. Technical and Apparatus specific deductions as per FIG Junior Code unless otherwise stated			2 different vaults to be performed, from 2 different vault groups. Average score taken from the 2 vaults. Technical and Apparatus specific deductions as per FIG Code unless otherwise stated.				
	Evaluation from 10.00 points.	Evaluation from 10.00 points plus vault difficulty value (Max D Score 2.0). Difficulty values as per FIG <u>plus</u>							
Uncoded Vault	Straddle over or Tuck Through Vault								
Difficulty Value	0.50								