

# Men's Artistic National Setwork Championships

2024-28

 british  
gymnastics

**The routines within this booklet give an insight into the fundamentals of sound technique and progression, allowing the gymnasts to grow and develop through the age ranges.**

**Our mission going forwards:**

*'To ensure that success is sustained through the continuous development of our junior gymnasts through to senior competitors'*

To complement the written text, routine videos have been produced and will be available on the British Gymnastics website from early 2026. The National Setworks Championships remain as the principle route for selection to the Development Squad selection day.

**ALL judging will be as per the current FIG Code of Points unless otherwise stated.**

**\*Any gymnasts wishing to be considered for a Development Squad testing day invite should take part in the Paul Blakebrough Competition. Gymnasts competing in the Bob Currier Competition will be eligible for a GBR experience camp invite only. Full details of the competition structures and formats, medal allocations and squad invitation processes will be available in the annual MTC Competition Handbook.**



**National Setworks Championships  
Bob Currier Competition  
(Team and Individual)  
Bob Currier Trophy**

National Finals  
Age Group

Regional entry

Level 6	U14	6/6/3
Level 5	U13	6/6/3
Level 4	U12	6/6/4
Level 3	U11	6/6/4
Level 2	U10	6/6/4
Level 1	O8/U9	6/6/4

**GYMNASTS MAY ONLY COMPETE  
IN ONE COMPETITION IN ANY ONE  
YEAR BUT MAY TRANSFER ACROSS  
IN EITHER DIRECTION IF THEIR  
PERFORMANCE LEVEL REQUIRES IN  
SUBSEQUENT YEARS**

**National Setworks Championships  
Paul Blakebrough Competition  
(Team and Individual)  
Paul Blakebrough Trophy**

National Finals  
Age Group

Regional entry

Level 6	U14	6/6/3
Level 5	U13	6/6/3
Level 4	U12	6/6/4
Level 3	U11	6/6/4
Level 2	U10	6/6/4
Level 1	O8/U9	6/6/4

- Only 1 team per Region per level permitted for each competition
- Individual spaces over and above the team allocation may be permitted on a first come first served basis if spaces become available after all initial entries have been received
- Regions that are unable to field a full team will be allowed to enter individual gymnasts

# 2024-2028 NATIONAL NETWORKS CHAMPIONSHIPS APPARATUS REQUIREMENTS

With Gymnova catalogue Reference numbers

Apparatus will be set up as per FIG matting specifications with the additions of the matting stated below.

	Floor	Pommel/ mushroom	Rings	Vault	P Bars	H Bar	PPP
<b>Level 1 O8/U9</b>	12m x 2m strip	Mushroom REF: 3581	REF: 3770	Mat height REF: 7034 plus REF: 7008 on top Springboard REF: 2187 or 2186 <b>NO FIG BASE MATS</b>	<b>Height: 170</b> REF: 3833 OR 3832 Additional mat REF: 7005	Bar REF: 3030	Paralletes- Balancing Handles Ref: 3987
<b>Level 2 U10</b>	12m x 2m strip	Floor Mushroom REF: 3581 Floor Mushroom with handle REF: 3584	REF: 3770	Vault REF:2404 Mat height REF: 2x 7051 plus REF: 7008 on top <b>NO FIG BASE MATS</b>	<b>Height: 180</b> REF: 3833 OR 3832 Additional mat REF: 7005	Bar REF: 3030	Paralletes- Balancing Handles Ref: 3987
<b>Level 3 U11</b>	Diagonal	Low horse, no handles REF: 3572	REF:3770 Additional mat REF: 7051 FIG mat REF: 7008	Vault REF: 2404 Mat height REF: 2x 7051 plus REF: 7008 on top <b>NO FIG BASE MATS</b>	<b>Height: 190</b> REF: 3833 OR 3832 Additional mat REF: 7005	Bar REF: 3030	Paralletes - Balancing Handles Ref: 3987
<b>Level 4 U12</b>	Diagonal	Low horse, no handles REF: 3572	REF:3770 Additional mat REF: 7051 FIG mat REF: 7008	Vault REF: 2404 Mat height REF: 3x 7051 plus REF 7008	<b>Height: 200</b> REF: 3833 OR 3832 Additional mat REF: 7005	Bar REF: 3030 Additional compulsory mats REF: 7051	Paralletes - Balancing Handles Ref: 3987
<b>Level 5 U13</b>	Full floor area	FIG horse REF: 3570	REF:3770 FIG mat REF: 7008	<b>on top of FIG base mats</b> Vault REF: 2404 Mat height REF: 3x 7051 plus REF 7008 <b>on top of FIG base mats</b>	<b>Height: 200</b> REF: 3833 OR 3832 Additional mat REF: 7005	Bar REF: 3030 Additional optional mats REF: 7051 available	Paralletes - Balancing Handles Ref: 3987
<b>Level 6 U14</b>	Full floor area	FIG horse REF: 3570	REF:3770 FIG mat REF: 7008	FIG LANDING	<b>Height: 200</b> REF: 3833 OR 3832 Additional mat REF: 7005	Bar REF: 3030 Additional optional mats REF: 7051 available	Paralletes - Balancing Handles Ref: 3987

# Overview

- I) Each age group will have 3 routines to choose from they will be judged from 10.00, 11.00 or 12.00pts. This will be decided on by the personal coach as to the competency of each one of their gymnasts
- II) Each sequence (numbered on each page) will be judged out of 1.00pts unless otherwise stated
- III) Coaches have a responsibility to choose the correct level routine for their gymnasts and decisions based around D vs E will come in to play
- IV) There will be 3 routines per age group per apparatus
- V) Coaches will be expected to submit the routine values being competed for each gymnast before the warm up commences. Specific details will be communicated in advance
- VI) Judges will know in advance which routine the gymnast intends on competing and therefore can concentrate on E jury deductions only. If there are mistakes or missed elements, judges will have routines on the table to reference and refer to after the routine finishes in order to deduct accordingly from the D score
- VII) Gymnasts who perform a routine that differs from their submitted exercise will be judged at the lower value score, or the submitted score if the value is higher
- VIII) Unless stated, deductions will be per FIG. Special deductions will be clearly explained on each individual routine sheet
- IX) Gymnasts can mix and match between any of the 3 routines to suit their ability and level on each apparatus. For the Paul Blakebrough Competition, any combination of difficulty routines will be accepted. For the Bob Currier Competition, the gymnast can use any combination of difficulty as long as their total difficulty across all 7 routines DOES NOT exceed 74.00pts. FOR EXAMPLE:

Floor	Pommel	Rings	Vault	Parallel Bars	Horizontal Bar	PPP	Total
10.00pts	11.00pts	11.00pts	10.00pts	11.00pts	10.00pts	11.00pts	74.00pts
10.00pts	10.00pts	10.00pts	12.00pts	10.00pts	10.00pts	12.00pts	74.00pts
12.00pts	10.00pts	10.00pts	12.00pts	10.00pts	10.00pts	10.00pts	74.00pts

X) Unless stated, each numbered sequence in each routine will be valued as 1.00pts. if different, the value will be clearly displayed in RED next to the sequence

**XI) Gymnasts competing in the Level 6 competitions will NOT COMPETE PPP ROUTINES. The PPP rotation will serve as a rest round during the competition. The maximum total score for the Level 6 age group will now be 66.00pts.**

# Physical Preparation Programme



1

PPP LEVEL 1/LEVEL 2

Description	Description	Description
<p><b>On Paralletes:</b></p> <ol style="list-style-type: none"> <li>Kick to handstand (2 secs) Handstand shape should show a straight line from the toes to the fingers with a slightly rounded chest with the head in a neutral position looking at the hands</li> <li>Lower through Straddle to join legs together to stand.</li> <li>Step to handstand, roll to straddle sit immediate fold (show for 2 secs) with arms off the floor</li> <li>Swim through to front lie (chest flat to floor)</li> <li>Push up to front support and, with a straight leg, squat through to front splits (2 secs)</li> <li>Rotate through box splits (2 secs) to</li> <li>Front splits (2 secs)</li> <li>Place hands to the side and straddle lift up to stand On Paralletes:</li> </ol>	<p><b>On Paralletes:</b></p> <ol style="list-style-type: none"> <li>Kick to handstand (2 secs) Handstand shape should show a straight line from the toes to the fingers with a slightly rounded chest with the head in a neutral position looking at the hands.</li> <li>Lower down to Straddle Lever (2 secs) lift up into</li> <li>Join legs together, toes to touch the floor but not rest on it into</li> <li>Straddle lift to handstand (2 secs) In a straddle ½ lever, legs should be parallel to the ground with legs and arms straight.</li> <li>Roll to straddle sit immediate fold (show for 2 secs) with arms off the floor A straddle lift to handstand should be performed with straight arms and legs.</li> <li>Swim through to front lie (chest flat to floor)</li> <li>Push up to front support and, with a straight leg, squat through to front splits (2 secs)</li> <li>Rotate through box splits (2 secs) to front splits (2 secs) 0.5 each</li> <li>Roll back through shoulder stand to stand</li> </ol>	<p><b>On Paralletes from standing:</b></p> <ol style="list-style-type: none"> <li>Stoop through to ½ lever (2 secs)</li> <li>Pike lift to handstand (2 secs) Pike lift to Handstand should show straight arms and legs with the hips leading the lift.</li> <li>Lower to Straddle Lever (2 secs)</li> <li>Lift up to straddle hold, feet by hands (2 secs) Straddle hold should show the feet by the hands, off the ground with toes pointed. Shoulders should be open and hips above head.</li> <li>Continue into straddle lift to handstand (2 secs) Pike down to stand</li> <li>Roll to straddle sit immediate fold (show for 2 secs) with arms off the floor</li> <li>Swim through to front lie (chest flat to floor)</li> <li>Push up to front support and squat through to front splits (2 secs)</li> <li>Rotate through box splits to front splits (2 secs)</li> <li>Roll back through shoulder stand to stand</li> </ol>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

PPP LEVEL 3/LEVEL 4

Description	Description	Description
<p><b>On Paralletes: From standing:</b></p> <ol style="list-style-type: none"> <li>1. Stoop through to ½ lever (2 secs)</li> <li>2. Straddle lift to handstand (2 secs)</li> <li>3. Straddle down to stand with feet together</li> <li>4. Bend legs into deep squat into, stretch jump forward (0.5) into immediate double scissor kick with ½ turn to stand (0.5)</li> <li>5. Backward roll on straight arms to dished front support (not through handstand)</li> </ol> <p>During the backward roll, the arms should remain straight, chest should show a dish position and the feet should lead to the final hold front support</p> <ol style="list-style-type: none"> <li>6. Straight leg squat through to front splits (2 secs) rotate through box splits (2 secs), Rotate to front splits (2 secs)</li> <li>7. Sit back into L sit, Lift legs to Russian lever and immediately strike out to back support</li> <li>8. Turn over to front support, squat in to stand to finish</li> </ol>	<p><b>On Paralletes: From standing:</b></p> <ol style="list-style-type: none"> <li>1. Stoop through to ½ lever (2 secs),</li> <li>2. Straddle lift to handstand (2 secs)</li> <li>3. Pike down in to stoop hold, feet by hands (2 secs)</li> <li>4. Immediate straddle lift to handstand (2 secs)</li> <li>5. ½ forwards pirouette to handstand, pike down to stand</li> <li>6. Bend legs through a deep squat into stretch jump forward (0.5) into immediate, Stag jump to stand (0.5)</li> <li>7. Forward roll with straight leg. Facing forward, slide forward to front splits (2 secs) rotate through box splits (2 secs), Rotate to front splits (2 secs)</li> <li>8. Sit back into L sit (show not hold)</li> <li>9. Lift legs to Russian lever and immediately strike out to back support, turn over to front support, squat in to stand to finish</li> </ol> <p>A Russian lever should show the legs at a vertical position with straight arms and legs</p>	<p><b>On Paralletes: Standing facing the bars, outside of 1 rail</b></p> <ol style="list-style-type: none"> <li>1. Pike down and grasp the rail in under grasp and straddle lift to handstand (2 secs), ¼ turn in to 2 rails</li> <li>2. Lower down to ½ lever (2 secs)</li> <li>3. Immediate piked lift to handstand (2 secs)</li> <li>4. ½ reverse pirouette to handstand (both hands in under grasp), pike down to stand</li> <li>5. Bend legs into deep squat into, stretch jump forward into immediate</li> <li>6. Squat to 1 knee lunge, step forwards into a single leg kick with ½ turn</li> <li>7. Forward roll to front splits (2 secs)</li> <li>8. Rotate through box splits (2 secs)</li> <li>9. To front splits (2 secs)</li> <li>10. Place hand to the side and stoop into a straddle lift to handstand (2 secs), Pike down to finish</li> </ol>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>



PPP LEVEL 5

Description	Description	Description
<p><b>On Paralletes: Facing outwards:</b></p> <ol style="list-style-type: none"> <li>1. Place hands on bars and stoop through to ½ lever (2 secs)</li> <li>2. Straddle lift to handstand (2secs)</li> <li>3. Forward pirouette to momentary handstand</li> <li>4. Pike down into front splits (2 secs) arms out to side</li> <li>5. Place hands back on the bars and stoop through back to stand</li> <li>6. Step forwards into a Kick to handstand, immediate full pirouette back to handstand</li> <li>7. Forward to roll to straddle stand using no hands (to aid the straddle stand) <b>Using hands: (0.5) deduction</b></li> <li>8. Place hands on floor and straddle lift to handstand (2 secs)</li> </ol> <p>Pike down to finish</p>	<p><b>On Paralletes: From standing:</b></p> <ol style="list-style-type: none"> <li>1. Kick to handstand (2 secs)</li> <li>2. Step across to 1 rail handstand (Healy arm in front) (2secs)</li> <li>3. Step back across to a 2 rail handstand (2 secs)</li> <li>4. Forward OR reverse pirouette through under grasp to handstand into</li> <li>5. Immediate pike down into front splits (2 secs) arms out to side</li> <li>6. Place hands back on the bars and stoop into a straddle lift to handstand (2 secs), pike down to stand</li> <li>7. Kick to handstand into immediate full reverse pirouette back to handstand</li> <li>8. Forward roll to stand</li> <li>9. Place hands on floor and straddle lift to handstand (2 secs)</li> </ol> <p>Pike down to finish</p>	<p><b>On Paralletes: Standing facing the bars, outside of 1 rail</b></p> <ol style="list-style-type: none"> <li>1. Kick to handstand with a ½ forwards pirouette to handstand (2 secs)</li> <li>2. Step forwards to a 1 rail handstand (facing outwards in overgrasp) (2 secs)</li> <li>3. Step back in to a 2 rail handstand (2 secs)</li> <li>4. Step across to 1 rail handstand (Healy arm in front) (2secs) step back into 2 rails</li> <li>5. Reverse pirouette through under grasp to handstand into immediate</li> <li>6. Pike down into front splits (2 secs) arms out to side</li> <li>7. Place hands back on the bars and stoop into a straddle lift to handstand (2 secs), pike down to stand</li> <li>8. Kick to handstand into immediate full reverse pirouette back to handstand</li> <li>9. Forward roll to stand</li> <li>10. Place hands on floor and straddle lift to handstand (2 secs)</li> </ol> <p>Pike down to finish</p>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>



# Floor



# 2

## LEVEL 1 – O8/U9 FLOOR EXERCISE (12m x 2m strip)

Description	Description	Description
<ol style="list-style-type: none"> <li>1. Held for 2 seconds, present arms out to the side horizontally, shoulder blades together, palms facing the floor</li> <li>2. From a short run: Handspring to stand , ½ turn jump to land</li> <li>3. Cartwheel, immediate chasse 0.5, cartwheel ¼ turn inwards 0.5</li> <li>4. Backward roll to pike stand</li> <li>5. Step into handstand forward roll</li> <li><b>6. Step into Arabesque, hold for 2 secs, join feet back together</b></li> <li>7. Run into dive forward roll</li> <li>8. To finish, present arms out to the side horizontally, shoulder blades together, palms facing the floor</li> </ol>	<ol style="list-style-type: none"> <li>1. Held for 2 seconds, present arms out to the side horizontally, shoulder blades together, palms facing the floor 0.5</li> <li>2. From a short run: Handspring,</li> <li>3. Immediate rebound jump into dive forward roll jump half turn to land</li> <li>4. Step into Arabesque, hold for 2 secs, join feet back together Deduct 0.3 if no rebound jump after handspring</li> <li>5. Cartwheel, immediate chasse 0.5, cartwheel ¼ turn inwards 0.5</li> <li>6. Kick to Handstand into immediate ½ pirouette to a momentary handstand</li> <li>7. Backwards roll to handstand , lower to front support</li> <li>8. With straight legs, stoop up into a straddled hold position with feet off the floor next to hands, hold for 2 seconds, Join legs together and place back on the floor into</li> <li>9. 1 standing back flick with a rebound jump to land Deduct 0.3 if no rebound jump after flick</li> <li>10. To finish, present arms out to the side horizontally, shoulder blades together, palms facing the floor 0.5</li> </ol>	<ol style="list-style-type: none"> <li>1. Held for 2 seconds, present arms out to the side horizontally, shoulder blades together, palms facing the floor 0.5</li> <li>2. From a short run: Handspring,</li> <li>3. Immediate dive forward roll 0.5, scissor jump ½ turn 0.5</li> <li>4. Step into Arabesque, hold for 2 secs, join feet back together</li> <li>5. Cartwheel, immediate chasse 0.5, cartwheel ¼ turn inwards 0.5</li> <li>6. Backward roll to handstand with ½ turn to a momentary handstand, forward roll into.</li> <li>7. Immediate Endo roll to a momentary handstand</li> <li>8. Forward roll out with straight legs to stand</li> <li>9. Standing back flick into</li> <li>10. Back flick, immediate stretch jump to land Deduct 0.3 if no rebound after flick</li> <li>11. To finish, present arms out to the side horizontally, shoulder blades together, palms facing the floor 0.5</li> </ol>
<b>TOTAL SCORE - 10.00pts</b>	<b>TOTAL SCORE - 11.00pts</b>	<b>TOTAL SCORE - 12.00pts</b>

## LEVEL 2 - U10 FLOOR EXERCISE (12m x 2 m strip)

Description	Description	Description
<ol style="list-style-type: none"> <li>Held for 2 seconds, present arms out to the side horizontally, shoulder blades together, palms facing the floor, <b>step forwards into an Arabesque. Hold for 2 seconds</b></li> <li>2 to 3 steps handspring,</li> <li>Immediate rebound jump into dive forward roll <b>Deduct 0.3 if no rebound jump</b></li> <li>Backward roll to handstand, pike down into a jump with ½ turn to land.</li> <li>From stand, roll forwards into Endo roll to a momentary handstand, forward roll out with straight legs to stand. If the Straddle lift comes from a standing position (example: From stand, straddle lift to a momentary handstand) <b>0.3 deduction</b></li> <li>Standing back flick into</li> <li>Back flick into stretch jump to land <b>Deduct 0.3 if no rebound</b></li> <li>To finish, present arms out to the side horizontally, shoulder blades together, palms facing the floor</li> </ol>	<ol style="list-style-type: none"> <li>Held for 2 seconds, present arms out to the side horizontally, shoulder blades together, palms facing the floor, <b>step forwards into an Arabesque. Hold for 2 seconds</b></li> <li>2 to 3 steps into tucked front somersault to land</li> <li>Endo roll to momentary handstand, roll out to stand.</li> <li>Backward roll to handstand, pike down to stand</li> <li>Squat in to a stretch jump with ½ turn to stand</li> <li>into 2 to 3 steps handspring</li> <li>Immediate dive forward roll rebound jump into immediate</li> <li>Standing back flick into</li> <li>Back flick, stretch jump to land <b>Deduct 0.3 if no rebound</b></li> <li>To finish, present arms out to the side horizontally, shoulder blades together, palms facing the floor</li> </ol>	<ol style="list-style-type: none"> <li>Held for 2 seconds, present arms out to the side horizontally, shoulder blades together, palms facing the floor, step forwards into an Arabesque for 2 seconds</li> <li>2 to 3 steps handspring , into</li> <li>Tuck front somersault, Step with ½ turn</li> <li>Kick to handstand with a half turn,</li> <li>Immediate backward roll to handstand with a full turn, roll forwards into</li> <li>Endo roll to a momentary handstand, Forward roll out with straight legs to stand</li> <li>Standing back flick, into</li> <li>Back flick</li> <li>Back flick, immediate stretch jump to land <b>Deduct 0.3 if no rebound</b></li> <li>To finish, present arms out to the side horizontally, shoulder blades together, palms facing the floor</li> </ol>
<b>TOTAL SCORE - 10.00pts</b>	<b>TOTAL SCORE - 11.00pts</b>	<b>TOTAL SCORE - 12.00pts</b>

## LEVEL 3 - U11 FLOOR EXERCISE (diagonal)

Description	Description	Description
<ol style="list-style-type: none"> <li>1. Held for 2 seconds, present arms out to the side horizontally, shoulder blades together, palms facing the floor</li> <li>2. From a short run: Handspring (0.5), tuck front somersault (0.5), Step with ½ turn</li> <li>3. Kick to handstand with a half turn, immediate</li> <li>4. Backward roll to handstand,</li> <li>5. Backward roll to handstand with ½ turn, Forward roll out with straight legs to stand</li> <li><b>6. Arabesque OR 'Y' Scale balance. (2 sec)</b></li> <li>7. Standing back flick (0.5), immediate back flick, stretch jump to land (0.5) Deduct 0.3 if no rebound</li> <li>8. To finish, present arms out to the side horizontally, shoulder blades together, palms facing the floor</li> </ol>	<ol style="list-style-type: none"> <li>1. Held for 2 seconds, present arms out to the side horizontally, shoulder blades together, palms facing the floor</li> <li>2. From a short run: Handspring (0.4), tuck front somersault (0.3), dive forward roll (0.3), Step with ½ turn</li> <li>3. Kick to handstand with a half turn,</li> <li>4. Immediate backward roll to handstand'</li> <li>5. Backward roll to handstand with ½ turn, roll into immediate</li> <li>6. Endo roll to held handstand, Forward roll out with straight legs to stand</li> <li><b>7. Arabesque OR 'Y' Scale balance. (2 sec)</b></li> <li>8. Standing back flick (0.5), immediate tucked back somersault to land (0.5)</li> <li>9. To finish, present arms out to the side horizontally, shoulder blades together, palms facing the floor</li> </ol>	<ol style="list-style-type: none"> <li>1. Held for 2 seconds, present arms out to the side horizontally, shoulder blades together, palms facing the floor</li> <li>2. From a short run: Handspring (1.0), tuck front somersault (0.5), tuck front somersault (0.5), Step with ½ turn</li> <li>3. Roll forwards into, Endo roll to handstand (2 sec) (0.5), forward roll out, pike jump to handstand, with a half turn, (0.5)</li> <li>4. Immediate backward roll to handstand with a full turn,</li> <li>5. Backward roll to handstand with ½ turn, Forward roll out with straight legs to stand</li> <li><b>6. Arabesque OR 'Y' Scale balance. (2 sec) Any link with ½ turn towards the corner.</b></li> <li>7. Jump into roundoff, 2x back flicks (0.5) each flick</li> <li>8. Immediate tuck back somersault to land</li> <li>9. To finish, present arms out to the side horizontally, shoulder blades together, palms facing the floor.</li> </ol>
<b>TOTAL SCORE - 10.00pts</b>	<b>TOTAL SCORE - 11.00pts</b>	<b>TOTAL SCORE - 12.00pts</b>

## LEVEL 4 - U12 FLOOR EXERCISE (diagonal)

Description	Description	Description
<ol style="list-style-type: none"> <li>Held for 2 seconds, present arms out to the side horizontally, shoulder blades together, palms facing the floor (0.5)</li> <li>From a short run: Handspring (1.0), tuck front somersault (0.5), tuck front somersault (0.5), step with ½ turn</li> <li>Endo roll to handstand (0.5) into half pirouette, (0.5) If the Endo roll is replaced with a straddle lift to handstand from a standing position. 0.3 deduction</li> <li>Backward roll to handstand with ½ turn, forward roll out with straight legs to stand (0.5). Any link with 1/2 turn towards the corner (personal preference) (0.5)</li> <li><b>Arabesque or 'Y' Scale (2 sec) (1.0) OR any FIG code recognised artistry link (1.0)</b></li> <li>Jump into roundoff, back flick (0.5), back flick (0.5),</li> <li>Immediate tuck back somersault to land (1.0)</li> <li>To finish, present arms out to the side horizontally, shoulder blades together, palms facing the floor (0.5)</li> </ol>	<ol style="list-style-type: none"> <li>Held for 2 seconds, present arms out to the side horizontally, shoulder blades together, palms facing the floor (0.5)</li> <li>From a short run: Handspring (0.5), straight front somersault (1.0), tuck front somersault (0.5) to land, step with ½ turn</li> <li>Pike jump to handstand, into (0.5), endo roll to momentary handstand, ½ pirouette (0.5)</li> <li>Backwards roll to handstand (0.5), backwards roll ½ turn to handstand (0.5). Forward roll into swim through to front support (0.5)</li> <li>Step to the side into 2x double leg circles, squat in to stand. Jump half turn to corner. (0.5 per circle)</li> <li><b>Arabesque or 'Y' Scale (2 sec) (1.0) OR any FIG code recognised artistry link (1.0)</b></li> <li>Short run into roundoff, back flick (0.5), immediate straight back somersault to land (1.0)</li> <li>To finish, present arms out to the side horizontally, shoulder blades together, palms facing the floor (0.5)</li> </ol>	<ol style="list-style-type: none"> <li>Step into the corner, present arms out to the side horizontally, shoulder blades together, palms facing the floor (0.5)</li> <li>From a short run: Handspring (1.0), straight front somersault (1.0), tuck front somersault to land (0.5), Step with ½ turn</li> <li>Pike jump to handstand full pirouette (0.5), endo roll to held handstand (2 sec), ½ pirouette (0.5),</li> <li>Backwards roll to handstand full pirouette (0.5), backwards roll to handstand with ½ turn (0.5)</li> <li>Forward roll out to front splits. (0.5)</li> <li>Rotate through a momentary box splits (0.5) to front splits (0.5) Place hands to side and stoop up to stand. (0.5)</li> <li><b>Arabesque or 'Y' Scale (2 sec) (1.0) OR any FIG code recognised artistry link (1.0)</b> Any link with ½ turn towards the corner</li> <li>Jump into roundoff, back flick (0.5), immediate straight back somersault to land (1.0)</li> <li>To finish, present arms out to the side horizontally, shoulder blades together, palms facing the floor (0.5)</li> </ol>
<b>TOTAL SCORE - 10.00pts</b>	<b>TOTAL SCORE - 11.00pts</b>	<b>TOTAL SCORE - 12.00pts</b>

## LEVEL 5 - U13 FLOOR EXERCISE (Floor Area)

Description	Description	Description
<p>Step into the corner, present arms out to the side horizontally, shoulder blades together, palms facing the floor (not judged)</p> <ol style="list-style-type: none"> <li>1. Run into straight front somersault (1.0), tuck front somersault to land (0.5), Backward roll into immediate (0.5)</li> <li>2. 3 back flicks (0.5) each tuck back somersault to land (0.5)</li> <li>3. 1/8 turn, into forward roll to any splits. Place hands to the side swim through to front support (0.5) and step into 2 double leg circles to finish back in front support (0.5)</li> <li>4. Stoop up into a straddle lift to handstand (2 sec) (0.5). Cartwheel (0.5) into any FIG code recognised artistry link (1.0) into corner</li> <li>5. Short run into roundoff, back flick (1.0) immediate straight back somersault to land (1.0)</li> </ol>	<p>Step into the corner, present arms out to the side horizontally, shoulder blades together, palms facing the floor (not judged)</p> <p><b>Down the side:</b></p> <ol style="list-style-type: none"> <li>1. Run into dive forward roll to stand (0.5). Double scissor kick with turn into the corner (0.5)</li> <li>2. Run into straight front somersault (1.0) tuck front somersault to land (0.5) Backward roll into (0.5)</li> <li>3. Immediate 3 back flicks (0.5) each tuck back somersault (0.5)</li> <li>4. 1/8 turn towards the corner. Roll forwards into Endo</li> <li>5. lift to handstand (2 sec), lower down to front support. (1.0)</li> <li>6. 2 double leg circles (0.5), forward roll into cartwheel (0.5) into any FIG code recognised artistry link (1.0) into corner</li> <li>7. From a short run, jump into roundoff, whip back (1.0), immediate tuck back somersault to land (1.0)</li> </ol>	<p>Step into the corner, present arms out to the side horizontally, shoulder blades together, palms facing the floor (not judged)</p> <ol style="list-style-type: none"> <li>1. Run into straight front somersault (0.5), straight front somersault (1.0), immediate dive forward roll. (0.5)</li> <li>2. Stretch jump into momentary landing, immediate 3 back flicks (0.5) each tuck back somersault to land, jump half turn into (0.5)</li> <li>3. Forward roll to any splits, circle leg round to front support (0.5)</li> <li>4. Step into 5 flairs to finish in front support (0.4 per flair)</li> <li>5. Straddle lift to handstand (2 sec) (0.5)</li> <li>6. Any FIG code recognised artistry link (1.0) into corner including a 1 leg balance.</li> <li>7. From a short run, jump into roundoff, whip back (1.0), immediate straight back somersault to land (1.0)</li> </ol>
TOTAL SCORE - 10.00pts	TOTAL SCORE - 11.00pts	TOTAL SCORE - 12.00pts

## LEVEL 6 - U14 FLOOR EXERCISE (Floor Area)

Description	Description	Description
<ol style="list-style-type: none"> <li>1. Run into, tuck front somersault (0.5), dive forward roll (1.0)</li> <li>2. Any additional forward tumble <b>(from group II or IV)</b> other than the above.</li> <li>3. Round off back flick (0.5) tuck back (1.0)</li> <li>4. Any additional backward tumble <b>(from group II or IV)</b> other than the above.</li> <li>5. <b>Any code recognised single leg balance OR jump leap series to fulfil the artistry expectations (NL 01)</b></li> <li>6. Any "A value" Group I element</li> <li>7. Any additional minimum 'B' value dismount from Groups II, III or IV</li> </ol> <p><i>NB: The order for these elements can be altered.</i></p>	<ol style="list-style-type: none"> <li>1. Run into, Straight front (1.0), tuck front somersault (0.5), dive forward roll (0.5)</li> <li>2. Handspring (0.5) straight front (1.0), tuck front (0.5)</li> <li>3. <b>Any code recognised single leg balance OR jump leap series to fulfil the artistry expectations (NL 01)</b></li> <li>4. Any "A value" circle or acrobatic Group I element</li> <li>5. Jump into Roundoff flick (0.5) straight back (0.5)</li> <li>6. 2 steps into roundoff, back flick (1.0) straight back full turn (1.0)</li> </ol> <p><i>NB: The order for these elements can be altered.</i></p>	<ol style="list-style-type: none"> <li>1. Roundoff whip ½ (1.0), straight front somersault (0.5), dive forward roll (0.5)</li> <li>2. Handspring (0.5) straight front 1/1 twist (1.5), tuck front (0.5)</li> <li>3. Any splits (0.5) into any minimum "B value" Group I (0.5)</li> <li>4. <b>Any code recognised single leg balance OR jump leap series to fulfil the artistry expectations (1.0) (NL 01)</b></li> <li>5. Roundoff, flick (0.5), straight back with 2/1 twist (1.0)</li> <li>6. Roundoff, flick (0.5), double back tucked (1.5)</li> </ol> <p><i>NB: The order for these elements can be altered.</i></p>
<b>TOTAL SCORE - 10.00pts</b>	<b>TOTAL SCORE - 11.00pts</b>	<b>TOTAL SCORE - 12.00pts</b>

# Pommel Horse

# 3





LEVEL 1 - O8/U9 Pommel Horse

Description	Description	Description
<p><b>Medium mushroom as per Gymnova ref: 3581</b></p> <p>From front support, step to the side or jump into 5 x double leg circles</p> <p>Circle values: 1.6 per circle</p> <p>*Gymnasts may complete more than 5 circles, with no deduction other than for execution.</p> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. (2 falls permitted, stop if they fall a third time).</p>	<p><b>1 handle mushroom</b></p> <p>Hands either side of the handle</p> <p>From front support, step to the side or jump into 5 x double leg circles over the handle</p> <p>Circle value: 1.8 per circle</p> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. (2 falls permitted, stop if they fall a third time).</p>	<p><b>1 handle mushroom</b></p> <p>From front support, step to the side or jump into 5 x double leg circles on 1 handle</p> <p>Circle value 2.0 per circle</p> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. (2 falls permitted, stop if they fall a third time).</p>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>



LEVEL 2 - U10 Pommel Horse

Description	Description	Description
<p><b>Floor mushroom</b></p> <p>From front support, step to the side or jump into 5 x double leg circles</p> <p>Circle value: 1.6 per circle</p> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. (2 falls permitted, stop if they fall a third time).</p>	<p><b>Circles OR Flairs on floor</b></p> <p>From front support, step to the side or jump into 5 x circles</p> <p>OR</p> <p>5 x flairs.</p> <p>Flair value: 2.0 per circle</p> <p>Each gymnast may have up to 3 attempts to complete the circles or flairs but will be deducted for the falls. (2 falls permitted, stop if they fall a third time).</p>	<p><b>1 handle floor mushroom</b></p> <p>From front support, step to the side or jump into 5 circles on 1 handle</p> <p>Circle value: 1.8 per circle</p> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. (2 falls permitted, stop if they fall a third time).</p>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

## LEVEL 3 - U11 Pommel Horse

Description	Description	Description
<p><b>Low horse, no handles</b></p> <p>From front support, step to the side or jump into 5 x double leg circles in outward position</p> <p>Circle value: 1.6 per circle</p> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. (2 falls permitted, stop if they fall a third time).</p>	<p><b>Low horse, no handles</b></p> <p>From front support, step to the side or jump into 5 x double leg circles in middle in cross support</p> <p>Circle value: 1.8 per circle</p> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. (2 falls permitted, stop if they fall a third time).</p>	<p><b>Low horse, no handles</b></p> <p>From front support, step to the side or jump into 5 x double leg circles in middle, in cross support, forward travel to the end into 5 outward loops</p> <p>Gymnasts to start the forwards travel on the 6th circle.</p> <p>Circle value: 0.8 per circle</p> <p>Travel value: 2.0 total</p> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. (2 falls permitted, stop if they fall a third time).</p>
TOTAL SCORE - 10.00pts	TOTAL SCORE - 11.00pts	TOTAL SCORE - 12.00pts

LEVEL 3 - U11 Pommel Horse

Description	Description	Description
<p><b>Low horse, no handles</b></p> <p>From front support, step to the side or jump into 5 x double leg circles in outward position</p> <p>Circle value: 1.6 per circle</p> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. (2 falls permitted, stop if they fall a third time).</p>	<p><b>Low horse, no handles</b></p> <p>From front support, step to the side or jump into 5 x double leg circles in middle in cross support</p> <p>Circle value: 1.8 per circle</p> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. (2 falls permitted, stop if they fall a third time).</p>	<p><b>Low horse, no handles</b></p> <p>From front support, step to the side or jump into 5 x double leg circles in middle, in cross support, forward travel to the end into 5 outward loops</p> <p>Gymnasts to start the forwards travel on the 6th circle.</p> <p>Circle value: 0.8 per circle</p> <p>Travel value: 2.0 total</p> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. (2 falls permitted, stop if they fall a third time).</p>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

## LEVEL 4 – U12 Pommel Horse

Description	Description	Description
<p><b>Low Horse no handles</b></p> <p>From front support, step to the side or jump into</p> <ol style="list-style-type: none"> <li>1. 3 x double leg circles (1.0 mark per circle) facing inward</li> <li>2. Forward travel (2.0 marks) to the middle into</li> <li>3. 3 double leg circles (1.00 mark per circle)</li> </ol> <p>Gymnasts to start the forwards travel on the 4th circle. Gymnasts to complete 4 circles in the middle.</p> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. Any additional circle: 0.3 deduction (2 falls permitted, stop if they fall a third time).</p>	<p><b>Pommel Horse (FIG) Springboard allowed</b></p> <ol style="list-style-type: none"> <li>1. Jump into 2 double leg circles (1.0 marks per circle) on 2 handles, on the 3rd circle</li> <li>2. Czech</li> <li>3. Stockli B to the end</li> <li>4. 2 sideways loops (1.0 marks per circle), 1 hand on the handle, 1 on the leather</li> <li>5. ¼ turn into 2 inward loops on the end (1.0 marks per circle)</li> <li>6. Wende dismount</li> </ol> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. Any additional circle: 0.3 deduction (2 falls permitted, stop if they fall a third time).</p>	<p><b>Pommel Horse (FIG) Springboard allowed</b></p> <ol style="list-style-type: none"> <li>1. Jump into 2 double circles (1.0 marks per circle) on 2 handles, on the 3rd circle</li> <li>2. ¼ turn into 2 circles on 1 handle (1.0 marks per circle) (personal choice stockli or Czech) back in to 2 handles</li> <li>3. Stockli B to the end</li> <li>4. 2 sideways loops (1.0 marks per circle), 1 hand on the handle, 1 on the leather</li> <li>5. ¼ turn into, 2 inward loops (1.0 marks per circle) on the end</li> <li>6. Wende dismount</li> </ol> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. Any additional circle: 0.3 deduction (2 falls permitted, stop if they fall a third time).</p>
TOTAL SCORE – 10.00pts	TOTAL SCORE – 11.00pts	TOTAL SCORE – 12.00pts

## LEVEL 5 – U13 Pommel Horse

Description	Description	Description
<p><b>Pommel Horse FIG (springboard allowed)</b></p> <ol style="list-style-type: none"> <li>1. Jump into 3 double circles (1.0 marks per circle) on 2 handles, on the 4th:</li> <li>2. 'A value' travel to the end</li> <li>3. 3 inward loops (1.0 marks per circle) into</li> <li>4. Wende dismount</li> </ol> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. Any additional circle: 0.3 deduction (2 falls permitted, stop if they fall a third time).</p>	<p><b>Pommel Horse FIG</b></p> <p>Jump into</p> <ol style="list-style-type: none"> <li>1. 2 inward loops (1.0 marks per circle)</li> <li>2. On the 3rd circle, step up with ¼ turn onto the 2 handles</li> <li>3. 2 double leg circles (1.0 marks per circle) into</li> <li>4. Czech into</li> <li>5. Sideways travel into</li> <li>6. 1 sideways loop, ¼ turn into</li> <li>7. Immediate Wende dismount</li> </ol> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. Any additional circle: 0.3 deduction (2 falls permitted, stop if they fall a third time).</p>	<p><b>Pommel Horse FIG (springboard allowed)</b></p> <ol style="list-style-type: none"> <li>1. Jump into a maximum of 2 circles (1.0 per circle) into</li> <li>2. Stockli B to sideways loops</li> <li>3. Minimum of 2 sideways loops (1.0 per circle) into</li> <li>4. Stockli B back into 2 handles</li> <li>5. ½ Sivado</li> <li>6. Into 'D value' Magyar (2.0 marks)</li> <li>7. ½ Czech into sideways position with 1 hand on the handle, immediate ¼ turn to Wende</li> </ol> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. Any additional circle: 0.3 deduction (2 falls permitted, stop if they fall a third time).</p>
TOTAL SCORE – 10.00pts	TOTAL SCORE – 11.00pts	TOTAL SCORE – 12.00pts

## LEVEL 6 - U14 Pommel Horse

Description	Description	Description
<p><b>Pommel Horse FIG (springboard allowed)</b></p> <ol style="list-style-type: none"> <li>1. Jump into 5 double leg circles (1.0 marks per circle) on 2 handles in a row</li> <li>2. Any group II element</li> <li>3. Any group III element</li> <li>4. Any group IV element of A value minimum</li> </ol> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. (2 falls permitted, stop if they fall a third time).</p> <p><b>NB: The order for these elements can be altered.</b></p>	<p><b>Pommel Horse (FIG)</b></p> <ol style="list-style-type: none"> <li>1. Any 'A' value minimum group I element (1.5 marks)</li> <li>2. Any 'A' value minimum circle in cross support (1.5 marks)</li> <li>3. A sideways circle with 1 hand on a handle and one on the end of 'A' value (1.5 marks)</li> <li>4. Any additional minimum 'A' value group II element (1.5 marks)</li> <li>5. Any 'A' value minimum group III element (1.5 marks)</li> <li>6. Any 'A' value minimum group IV element (1.5 marks)</li> </ol> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. (2 falls permitted, stop if they fall a third time).</p> <p><b>NB: The order for these elements can be altered.</b></p> <p><b>Gymnasts can perform more difficult elements in order to fulfil each requirement but will receive no extra difficulty marks other than stated.</b></p>	<p><b>Pommel Horse (FIG)</b></p> <ol style="list-style-type: none"> <li>1. Any 'A' value minimum group I element (2.0 marks)</li> <li>2. Any 'A' value minimum circle in cross support (2.0 marks)</li> <li>3. Any additional minimum 'B' value group II element (2.0 marks)</li> <li>4. Any additional minimum 'C' value group III (2.0 marks)</li> <li>5. Any minimum 'B' value group IV element (2.0 marks)</li> </ol> <p>Each gymnast may have up to 3 attempts to complete the circles but will be deducted for the falls. (2 falls permitted, stop if they fall a third time).</p> <p><b>NB: The order for these elements can be altered.</b></p> <p><b>Gymnasts must complete all difficulty requirements in order to start from 12.00. Any single missing difficulty requirements would make the routine from 10.00 pts</b></p>
TOTAL SCORE - 10.00pts	TOTAL SCORE - 11.00pts	TOTAL SCORE - 12.00pts

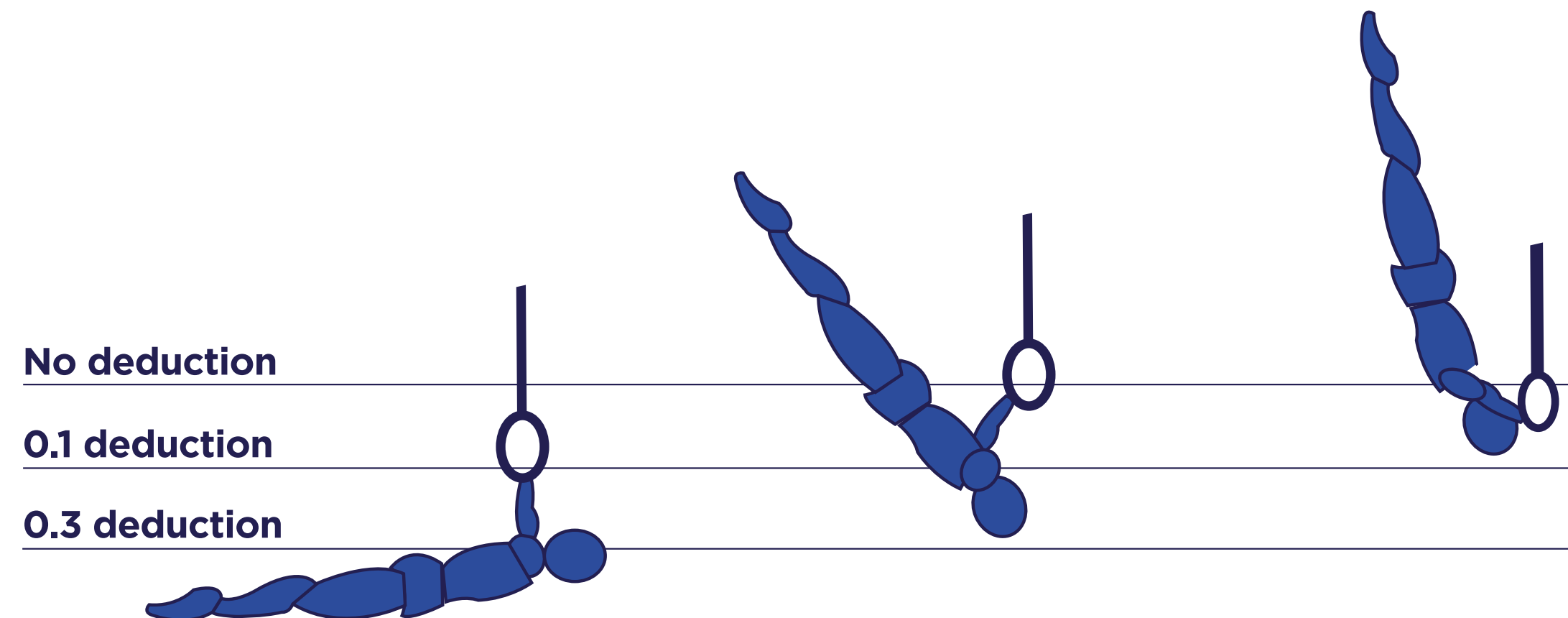
# Rings

# 4



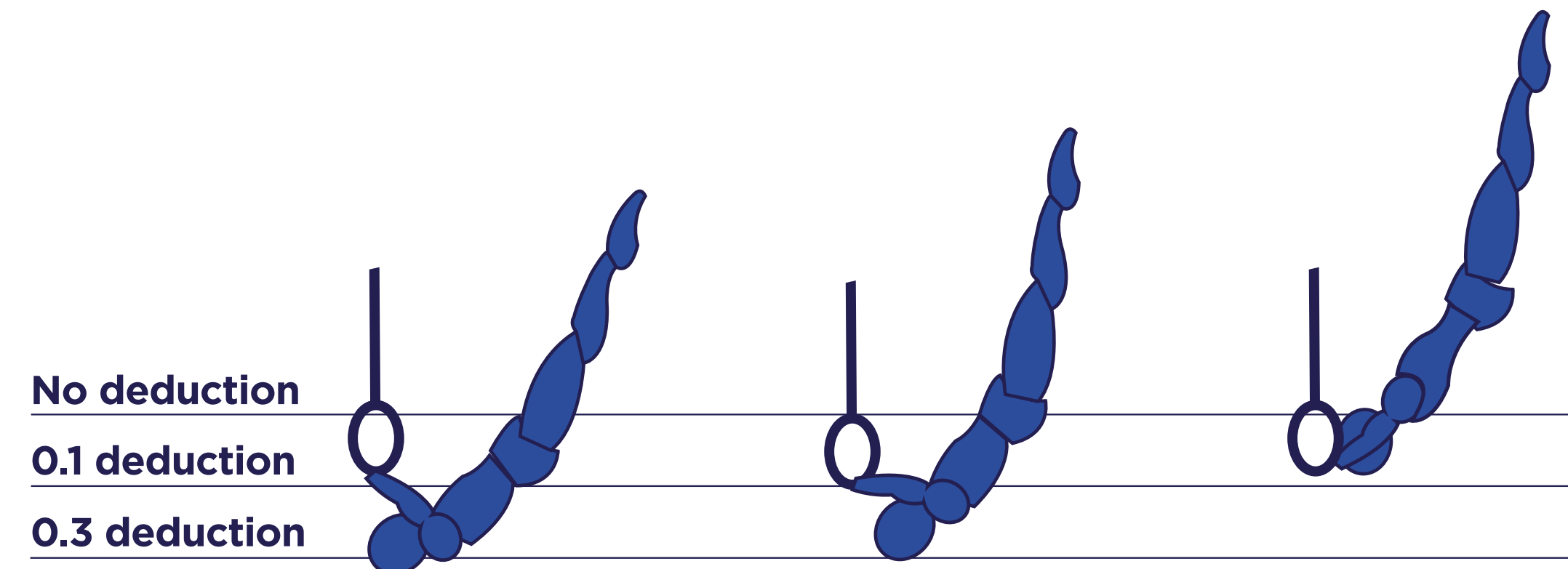
## Back Swing Deduction Examples

- 0.3 deduction: No visible rise of the shoulders with heels equal to or lower than the shoulders
- 0.1 deduction: Slight rise of the shoulders but lower than the bottom of the rings with heels higher than shoulders
- No deduction: Shoulder rise above the bottom of the rings with heels moving towards the vertical
- Hip angle and body shape deductions will be applied to all elements as per FIG guidelines in addition to the deductions stated above.



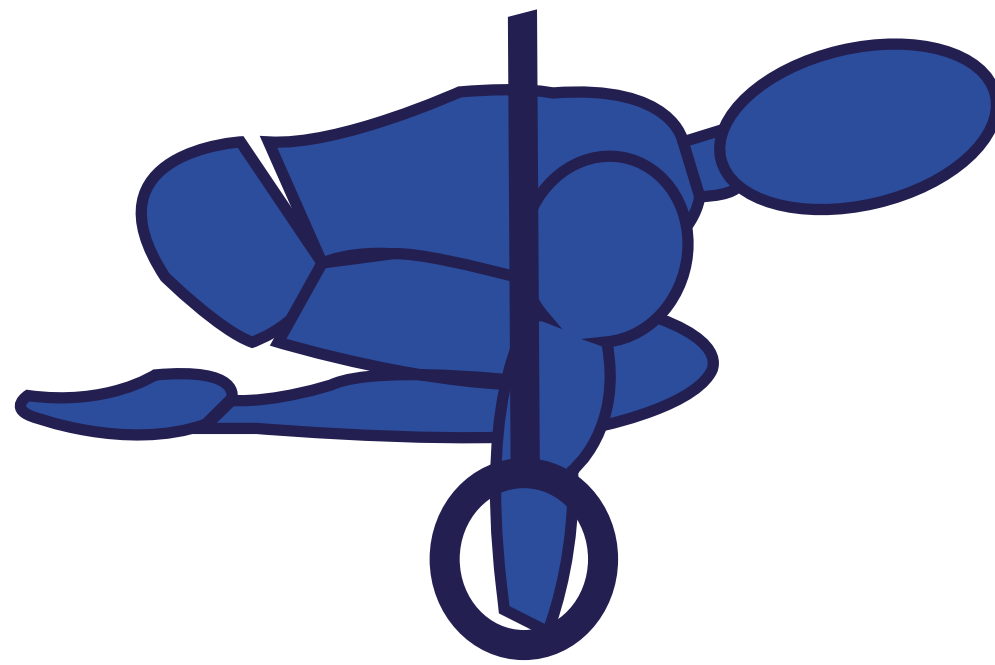
## Front Swing Deduction Examples

- 0.3 deduction: No visible rise of the shoulders
- 0.1 deduction: Slight rise of the shoulders but lower than the bottom of the rings
- No deduction: Shoulder rise above the bottom of the rings
- Hip angle and body shape deductions will be applied to all elements as per FIG guidelines in addition to the deductions stated above.

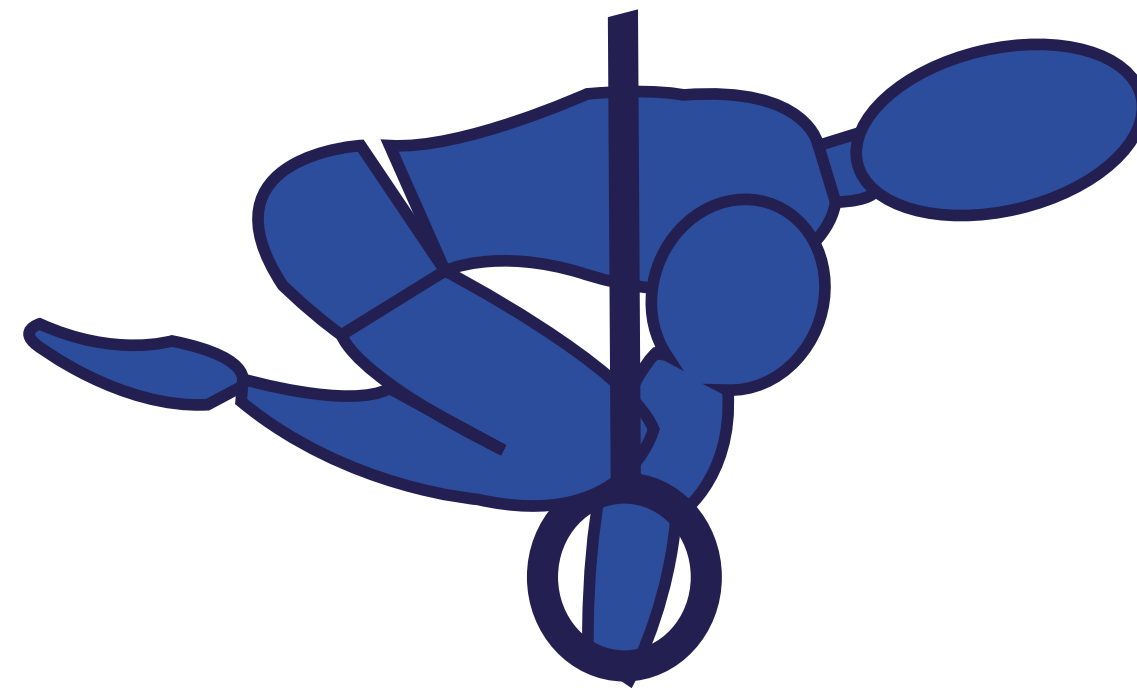


# Tucked Planche Deduction Examples

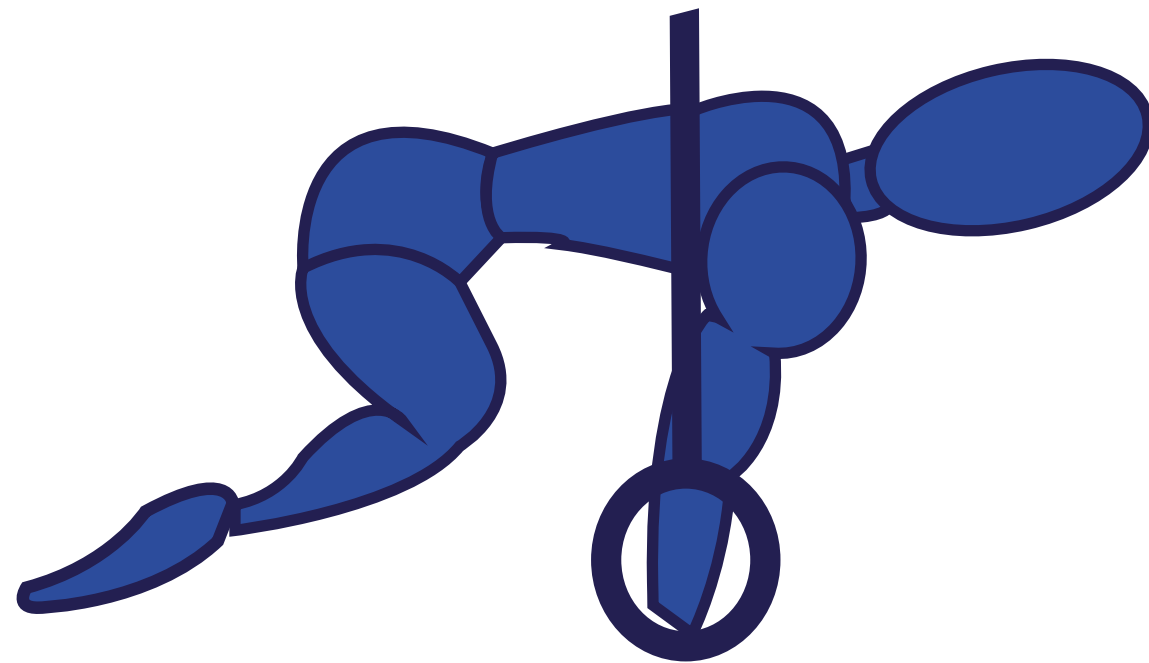
**0.5 Deduction**



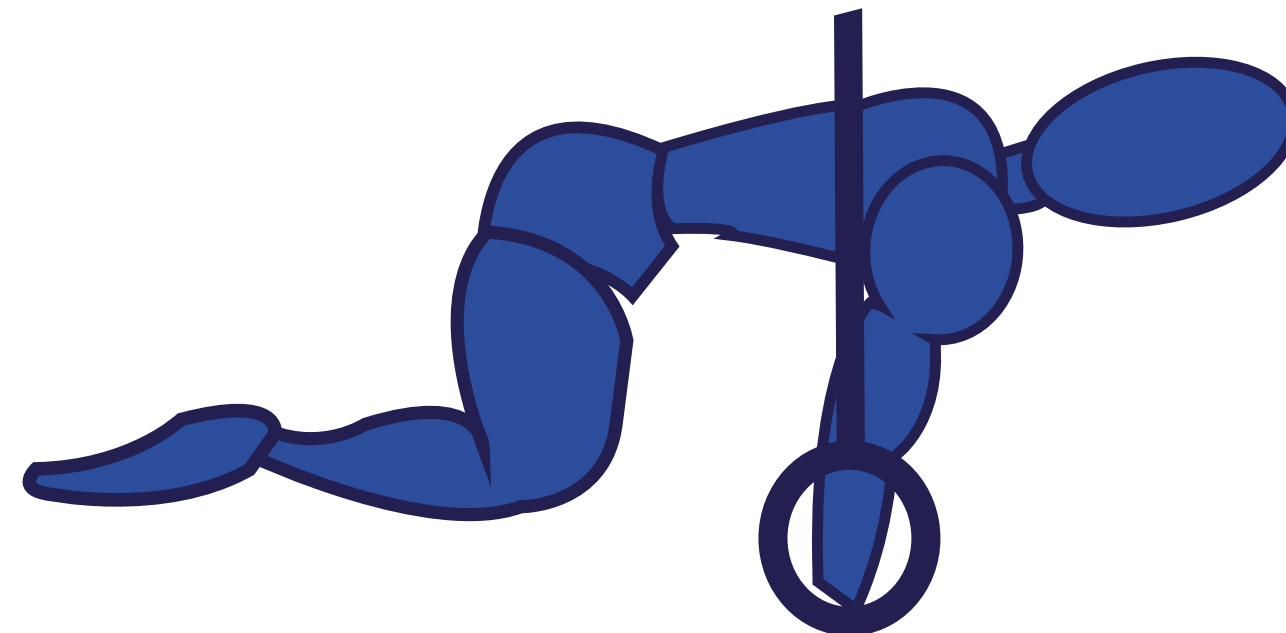
**0.3 Deduction**



**0.1 Deduction**



**No deduction**



- 0.5 deduction: Knees are in front of the cables
- 0.3 deduction: Knees are level or slightly behind the cables
- 0.1 deduction: Gymnast is showing a clear 'opening' of the hip angle but it is less than 90°
- No deduction: Gymnast shows clear 90° (or greater) angle from the hip joint to the knees
- Body position, arm bend, touching the cables with arms etc... will all be judged as per FIG in addition to the above deductions

## LEVEL 1 - O8/U9 RINGS

Description	Description	Description
<p><b>LOOPS From still hang:</b></p> <ol style="list-style-type: none"> <li>1. Static inlocate,</li> <li>2. Pike lift up to inverted hang</li> <li>3. Lower through tucked back planche to During the tucked back planche element, hip angle deductions will apply as per the Tucked top planche diagrams</li> <li>4. Straight body long hang</li> <li>5. Pike up to inverted hang</li> </ol> <p>Cast into:</p> <ol style="list-style-type: none"> <li>6. Swing backwards and forwards towards vertical</li> <li>7. Swing backwards and forwards towards vertical</li> <li>8. Swing backwards and forwards towards vertical</li> </ol> <p><b>9. Swing backwards to finish: THIS SWING IS NOT JUDGED</b></p>	<p><b>LOOPS Coach to lift gymnast to support</b></p> <ol style="list-style-type: none"> <li>1. 2 second static support</li> <li>2. Bent arm lower to still hang</li> <li>3. Static inlocate,</li> <li>4. pike up to inverted hang</li> <li>5. Lower to tucked back planche (2 secs) lower to hang (2.0 marks) During the tucked back planche element, hip angle deductions will apply as per the Tucked top planche diagrams</li> <li>6. Pike up to inverted hang</li> </ol> <p>Cast into</p> <ol style="list-style-type: none"> <li>7. Swing backwards and forwards towards the vertical</li> <li>8. Swing backwards and forwards towards the vertical</li> <li>9. Swing backwards and forwards towards the vertical</li> </ol> <p><b>10. Swing backwards to finish: THIS SWING IS NOT JUDGED</b></p>	<p><b>LOOPS Coach to lift gymnast to support</b></p> <ol style="list-style-type: none"> <li>1. 2 second static support</li> <li>2. 2 second static ½ lever</li> <li>3. Lift and lower forwards with bent arms and bent body to inverted hang</li> <li>4. Lower through front planche (0.5) to hang, Static inlocate (0.5)</li> </ol> <p>Cast into:</p> <ol style="list-style-type: none"> <li>5. Cast into swing backwards and forwards towards the vertical (2.0)</li> <li>6. Swing backwards and forwards towards the vertical (2.0)</li> <li>7. Swing backwards and forwards towards the vertical (2.0)</li> </ol> <p><b>8. Swing backwards to finish: THIS SWING IS NOT JUDGED</b></p> <p>Static hold skills as a whole are judged as a 1.0 skill. If a short time is recorded then each second will be deducted 0.5</p> <p>Swings are judged as 2.0 for each element, 1.0 for the front of the swing and 1.0 for the back of the swing</p>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

## LEVEL 2 - U10 RINGS

Description	Description	Description
<p><b>LOOPS From still hang:</b></p> <ol style="list-style-type: none"> <li>1. 2 second static support</li> <li>2. 2 second static ½ lever</li> <li>3. Roll backwards to inverted hang</li> <li>4. Lower through front planche to hang</li> <li>5. Static inlo, cast into</li> <li>6. Swing backwards and forwards towards the vertical</li> <li>7. Swing backwards and forwards towards the vertical</li> <li>8. Swing backwards and forwards towards the vertical</li> </ol> <p><b>9. Swing backwards to finish: THIS SWING IS NOT JUDGED</b></p> <p>Static hold skills as a whole are judged as a 1.0 skill. If a short time is recorded then each second will be deducted 0.5</p> <p>Swings are judged as 1.0 for each element, 0.5 for the front of the swing and 0.5 for the back of the swing</p>	<p><b>LOOPS Coach to lift gymnast to support</b></p> <ol style="list-style-type: none"> <li>1. 2 second static support</li> <li>2. Stoop lift into</li> <li>3. 2 second straddle ½ lever</li> <li>4. Stoop lift back into</li> <li>5. 2 second static ½ lever</li> <li>6. With straight arms, fall backwards to hang</li> <li>7. Cast into swing backwards and forwards towards the vertical</li> <li>8. Swing backwards and forwards towards the vertical</li> <li>9. Swing backwards and forwards towards the vertical</li> </ol> <p><b>10. Swing backwards to finish: THIS SWING IS NOT JUDGED</b></p> <p>Static hold skills as a whole are judged as a 1.0 skill. If a short time is recorded then each second will be deducted 0.5</p> <p>Swings are judged as 1.0 for each element, 0.5 for the front of the swing and 0.5 for the back of the swing</p>	<p><b>LOOPS</b></p> <ol style="list-style-type: none"> <li>1. Muscle up to support</li> <li>2. 2 second static support</li> <li>3. Stoop into a 2 second tucked top planche, lower to a</li> <li>4. 2 seconds ½ lever drop back to inverted hang and lower down to a</li> <li>5. 2 seconds straddle back planche</li> <li>6. Lower down to inverted hang</li> <li>7. Pike up into immediate cast into</li> <li>8. Swing backwards and forwards towards the vertical into</li> </ol> <p><b>9. Deltchev (2 sec) roll forwards into</b></p> <p>10. Swing backwards and forwards (not judged)</p> <p><b>11. Swing backwards and forwards towards the vertical</b></p> <p><b>12. Swing backwards to finish: THIS SWING IS NOT JUDGED</b></p> <p>Static hold skills as a whole are judged as a 1.0 skill. If a short time is recorded then each second will be deducted 0.5</p> <p>Swings are judged as 1.0 for each element, 0.5 for the front of the swing and 0.5 for the back of the swing</p>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

## LEVEL 3 - U11 RINGS

Description	Description	Description
<p><b>FIG Rings with 30cm landing mat</b></p> <ol style="list-style-type: none"> <li>Muscle up to support</li> <li>Hold support for 2 seconds</li> <li>Lift to ½ lever, hold for 2 seconds</li> <li>Roll backwards with bent arms to inverted hang</li> </ol> <p>Cast into</p> <ol style="list-style-type: none"> <li>Swing backwards and forwards towards the vertical</li> <li>Swing backwards and forwards towards the vertical</li> <li>Swing backwards and forwards towards the vertical into</li> <li>Tucked back somersault to land</li> </ol> <p><b>9. Assistance to support - 0.5</b>            Static hold skills as a whole are judged as a 1.0 skill. If a short time is recorded then each second will be deducted 0.5</p> <p>Swings are judged as 1.0 for each element, 0.5 for the front of the swing and 0.5 for the back of the swing</p>	<p><b>FIG Rings with 30cm landing mat</b></p> <ol style="list-style-type: none"> <li>Static inlocate, cast into</li> <li>Back uprise to</li> <li>A 2 second ½ lever</li> <li>Lift to a 2 second straddle ½ lever</li> <li>Lift back through ½ lever into, lower with straight arms to inverted hang</li> </ol> <p>Cast into</p> <ol style="list-style-type: none"> <li>Swing backwards and forwards towards the vertical</li> <li>Swing backwards and forwards towards the vertical</li> <li>Swing backwards and forwards towards the vertical</li> <li>Swing backwards and forwards towards the vertical</li> </ol> <ol style="list-style-type: none"> <li>Tucked back somersault to land</li> </ol> <p><b>Static hold skills as a whole are judged as a 1.0 skill. If a short time is recorded then each second will be deducted 0.5</b></p> <p>Swings are judged as 1.0 for each element, 0.5 for the front of the swing and 0.5 for the back of the swing</p>	<p><b>FIG Rings with 30cm landing mat</b></p> <ol style="list-style-type: none"> <li>Static inlocate, cast into</li> <li>Swing backwards toward the vertical, swing forwards into</li> <li>Deltchev (2 sec) roll forwards into</li> <li>Swing backwards and forwards towards the vertical</li> <li>Swing backwards into a back uprise into</li> <li>½ lever (2 sec)</li> </ol> <p><b>7. Lift out to a tucked top planche (2 sec)</b></p> <ol style="list-style-type: none"> <li>With straight arms, lower down and circle back on straight arms to inverted hang</li> </ol> <p>Cast into</p> <ol style="list-style-type: none"> <li>Swing backwards and forwards towards the vertical</li> <li>Tucked back somersault to land</li> </ol> <p><b>Static hold skills as a whole are judged as a 1.0 skill. If a short time is recorded then each second will be deducted 0.5</b></p> <p>Swings are judged as 1.0 for each element, 0.5 for the front of the swing and 0.5 for the back of the swing</p>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

## LEVEL 4 - U12 RINGS

Description	Description	Description
<p><b>FIG Rings. Optional 30cm landing mat</b></p> <ol style="list-style-type: none"> <li>1. From still hang, static inlocate</li> <li>2. Pike up to inverted hang</li> <li>3. Cast into Back uprise into</li> <li>4. ½ lever hold for 2 seconds</li> <li>5. Drop back into inverted hang</li> <li>6. Static dislocate</li> <li>7. Dislocate</li> <li>8. Tucked back dismount to land</li> </ol> <p>Static hold skills as a whole are judged as a 1.0 skill. If a short time is recorded then each second will be deducted 0.5</p>	<p><b>FIG Rings. Optional 30cm landing mat</b></p> <ol style="list-style-type: none"> <li>1. From still hang, static inlocate</li> <li>2. Pike up to inverted hang (0.5)</li> <li>3. Cast into Inlocate,</li> <li>4. Inlocate</li> <li>5. Back uprise into</li> <li>6. ½ lever hold for 2 seconds , drop back into inverted hang (0.5)</li> <li>7. Static dislocate</li> <li>8. Dislocate</li> <li>9. Tucked back dismount to land</li> </ol> <p>Static hold skills as a whole are judged as a 1.0 skill. If a short time is recorded then each second will be deducted 0.5</p>	<p><b>FIG Rings. Optional 30cms landing mat</b></p> <ol style="list-style-type: none"> <li>1. From still hang, static inlocate. Pike up to inverted hang</li> <li>2. Cast into dislocate</li> <li>3. Dislocate</li> </ol> <p><b>4. Deltchev (2sec) roll forward into</b></p> <ol style="list-style-type: none"> <li>5. Inlocate into</li> <li>6. Back uprise (0.5) into ½ lever hold for 2 seconds (0.5)</li> <li>7. Straight arm straddle lift to handstand 2 seconds</li> <li>8. Lower to a momentary tucked planche, kick out to a mini bail into</li> <li>9. Dislocate</li> <li>10. Tucked back dismount to land</li> </ol> <p>Static hold skills as a whole are judged as a 1.0 skill. If a short time is recorded then each second will be deducted 0.5</p>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

## LEVEL 5 - U13 RINGS

Description	Description	Description
<p><b>FIG Rings From still hang:</b></p> <ol style="list-style-type: none"> <li>1. Pull up to chin up position, piked press to inverted hang</li> <li>2. Lower through back planche with legs together to still hang</li> <li>3. Pike up to inverted hang. Cast into immediate Back uprise into</li> <li>4. ½ lever, hold for 2 seconds</li> <li>5. Roll forwards into immediate inlocate</li> <li>6. Swing backwards into dislocate</li> <li>7. Dislocate</li> <li>8. Straight back dismount to land</li> </ol> <p>Static hold skills as a whole are judged as a 1.0 skill. If a short time is recorded then each second will be deducted 0.5</p> <p>Straddle planche: 0.5 deduction</p>	<p><b>FIG Rings From still hang:</b></p> <ol style="list-style-type: none"> <li>1. Pull to chin up position, press through front planche to inverted hang</li> <li>2. Cast into inlocate</li> <li>3. Back uprise into</li> <li>4. ½ lever hold for 2 seconds</li> <li>5. Straddle lift to handstand (2 secs)</li> <li>6. Lower to tucked top planche, hold for 2 seconds</li> <li>7. Immediate bail into dislocate</li> <li>8. Dislocate through handstand</li> </ol> <p>For dislocate through handstand, the following deductions will apply:</p> <ol style="list-style-type: none"> <li>I) Shoulders at 45° above the rings: 0.1 deduction</li> <li>II) Shoulders above the rings: 0.3 deduction</li> <li>III) Shoulders below the rings: 0.5 deduction</li> </ol> <ol style="list-style-type: none"> <li>9. Straight back dismount to land</li> </ol> <p>Static hold skills as a whole are judged as a 1.0 skill. If a short time is recorded then each second will be deducted 0.5</p>	<p><b>FIG Rings From still hang:</b></p> <ol style="list-style-type: none"> <li>1. With straight arms, pull through front planche to inverted hang</li> <li>2. Cast into inlocate,</li> <li>3. Inlocate to minimum ring height</li> <li>4. Honma to momentary support with straight arms into</li> <li>5. ½ lever, hold for 2 seconds</li> <li>6. Lift to handstand, hold for 2 seconds (2.0 marks)</li> <li>7. Lower to a tucked top planche 2 seconds</li> <li>8. Bail into dislocate through handstand</li> </ol> <p>For dislocate through handstand, the following deductions will apply:</p> <ol style="list-style-type: none"> <li>I) Shoulders at 45° above the rings: 0.1 deduction</li> <li>II) Shoulders above the rings: 0.3 deduction</li> <li>III) Shoulders below the rings: 0.5 deduction</li> </ol> <ol style="list-style-type: none"> <li>9. Straight back dismount to land</li> </ol> <p>Unless otherwise stated, static hold skills as a whole are judged as a 1.0 skill. If a short time is recorded then each second will be deducted 0.5</p>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

## LEVEL 6 - U14 RINGS

Description	Description	Description
<p><b>FIG Rings</b></p> <ol style="list-style-type: none"> <li>2 directly connected inlocates (1.0 marks per inlo)</li> <li>2 directly connected dislocates (1.0 marks per dislo)</li> <li>Back uprise into</li> <li>½ lever hold for 2 seconds</li> <li>A tucked planche to a momentary position</li> <li>Straight back dismount to land</li> </ol> <p><b>NB: The order for these elements can be altered.</b></p> <p>Static inlocate is not included in the directly connected elements</p> <p>Static hold skills as a whole are judged as a 1.0 skill. If a short time is recorded then each second will be deducted 0.5</p>	<p><b>FIG Rings</b></p> <ol style="list-style-type: none"> <li>Inlocate above the rings (2.0 marks)</li> <li>Dislocate through handstand For dislocate through handstand, the following deductions will apply: I) Shoulders at 45° above the rings: 0.1 deduction II) Shoulders above the rings: 0.3 deduction III) Shoulders below the rings: 0.5 deduction</li> <li>Straddle planche hold for 2 seconds (2.0 marks)</li> <li>Lift to handstand, hold for 2 seconds (2.0 marks)</li> <li>Kip to ½ lever, hold for 2 seconds</li> <li>Straight back dismount</li> </ol> <p><b>NB: The order for these elements can be altered.</b></p> <p>Static hold skills as a whole are judged as a 1.0 skill. If a short time is recorded then each second will be deducted 0.5</p>	<p><b>FIG Rings</b></p> <ol style="list-style-type: none"> <li>Inlocate above the rings</li> <li>Dislocate through handstand For dislocate through handstand, the following deductions will apply: I) Shoulders at 45° above the rings: 0.1 deduction II) Shoulders above the rings: 0.3 deduction III) Shoulders below the rings: 0.5 deduction</li> <li>Back uprise into</li> <li>Straddle ½ lever 2 secs</li> <li>Straddle planche hold for 2 seconds (2.0 marks)</li> <li>Lift to handstand, hold for 2 seconds</li> <li>Honma to ½ lever, hold for 2 seconds (2.0 marks)</li> <li>Double back dismount</li> </ol> <p><b>NB: The order for these elements can be altered.</b></p> <p>Static hold skills as a whole are judged as a 1.0 skill. If a short time is recorded then each second will be deducted 0.5</p>
TOTAL SCORE - 10.00pts	TOTAL SCORE - 11.00pts	TOTAL SCORE - 12.00pts

# Vault

# 5



## LEVEL 1 - O8/U9 VAULT

Description	Description	Description
<p>Springboard onto 30cm +/- 10cm safety mat using 10cm landing mat (6m x 2m x 10cm)</p> <p>Tuck front salto into immediate dive roll to stand.</p> <p><b>NB: The order for these elements can be altered.</b></p> <p>Static inlocate is not included in the directly connected elements</p> <p>Static hold skills as a whole are judged as a 1.0 skill. If a short time is recorded then each second will be deducted 0.5</p>	<p>Springboard onto 30cm +/- 10cm safety mat using 10cm landing mat (6m x 2m x 10cm)</p> <p>Pike front salto into immediate dive roll to stand</p> <p>Dive forward rolls are deducted as per floor deduction. If the roll is not performed: 0.5 deduction</p>	<p>Springboard onto 30cm +/- 10cm safety mat using 10cm landing mat (6m x 2m x 10cm)</p> <p>Straight front salto into immediate dive roll to stand.</p> <p>Dive forward rolls are deducted as per floor deduction. If the roll is not performed: 0.5 deduction</p>
TOTAL SCORE - 10.00pts	TOTAL SCORE - 11.00pts	TOTAL SCORE - 12.00pts

## LEVEL 2 - U10 VAULT

Description	Description	Description
<p>Vaulting table height 115cm landing area 60cm +/- 10cm</p> <p>From a run of up to 25 metres,</p> <p>Handspring into immediate dive forward roll to stand Dive forward rolls are deducted as per floor deductions. If the roll is not performed: 0.5 deduction</p> <p><b>If the gymnast places a hand (or hands) on the table during a somersault vault: 0 score for the vault</b></p> <p><b>Touching either the head or bottom without showing support: 0.5 deduction</b></p> <p><b>Support on either the head or bottom: 1.0 deduction</b></p>	<p>Vaulting table height 115cm landing area 60cm +/- 10cm</p> <p>From a run of up to 25 metres,</p> <p>Tucked front salto to immediate dive forward roll, over vaulting table Dive forward rolls are deducted as per floor deduction. If the roll is not performed: 0.5 deduction</p> <p><b>If the gymnast places a hand (or hands) on the table during a somersault vault: 0 score for the vault</b></p> <p><b>Touching either the head or bottom without showing support: 0.5 deduction</b></p> <p><b>Support on either the head or bottom: 1.0 deduction</b></p>	<p>Vaulting table height 115cm landing area 60cm +/- 10cm</p> <p>From a run of up to 25 metres,</p> <p>Straight front salto to immediate dive forward roll, over vaulting table Dive forward rolls are deducted as per floor deduction. If the roll is not performed: 0.5 deduction</p> <p><b>If the gymnast places a hand (or hands) on the table during a somersault vault: 0 score for the vault</b></p> <p><b>Touching either the head or bottom without showing support: 0.5 deduction</b></p> <p><b>Support on either the head or bottom: 1.0 deduction</b></p>
<b>TOTAL SCORE - 10.00pts</b>	<b>TOTAL SCORE - 11.00pts</b>	<b>TOTAL SCORE - 12.00pts</b>

## LEVEL 3 - U11 VAULT

Description	Description	Description
<p>Vaulting table at 120cm and landing area 60cm +/- 10cm</p> <p>From a run of up to 25 metres,</p> <p>Handspring into immediate dive forward roll, over vaulting table.</p> <p>Dive forward rolls are deducted as per floor deduction. If the roll is not performed: 0.5 deduction</p> <p><b>Touching either the head or bottom without showing support: 0.5 deduction</b></p> <p><b>Support on either the head or bottom: 1.0 deduction</b></p>	<p>Vaulting table at 120cm and landing area 60cm +/- 10cm</p> <p>From a run of up to 25 metres, Tuck front somersault to immediate dive forward roll, over vaulting table</p> <p>Dive forward rolls are deducted as per floor deduction. If the roll is not performed: 0.5 deduction</p> <p><b>If the gymnast places a hand (or hands) on the table during a somersault vault: 0 score for the vault</b></p> <p><b>Touching either the head or bottom without showing support: 0.5 deduction</b></p> <p><b>Support on either the head or bottom: 1.0 deduction</b></p>	<p>Vaulting table height 120cm landing area 60cm +/- 10cm</p> <p>From a run of up to 25 metres,</p> <p>Straight front salto to immediate dive forward roll, over vaulting table</p> <p>Dive forward rolls are deducted as per floor deduction. If the roll is not performed: 0.5 deduction</p> <p><b>If the gymnast places a hand (or hands) on the table during a somersault vault: 0 score for the vault</b></p> <p><b>Touching either the head or bottom without showing support: 0.5 deduction</b></p> <p><b>Support on either the head or bottom: 1.0 deduction</b></p>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

## LEVEL 4 - U12 VAULT

Description	Description	Description
<p>Vaulting table at 120cm and 25m run up with landing area level with the top of the table</p> <p>Handspring to stand, fall to a flat lie on stomach</p>	<p>Vaulting table at 120cm and 25m run up with landing area level with the top of the table</p> <p>Handspring to stand into immediate dive forward roll  Dive forward rolls are deducted as per floor deduction.  If the roll is not performed: 0.5 deduction</p>	<p>Vaulting table at 120cm and 25m run up with landing area level with the top of the table</p> <p>Straight front to land into immediate dive forward roll.  Dive forward rolls are deducted as per floor deduction. If the roll is not performed: 0.5 deduction</p> <p><b>If the gymnasts places a hand (or hands) on the table during a somersault vault: 0 score for the vault.</b></p> <p><b>Touching either the head or bottom without showing support: 0.5 deduction</b></p> <p><b>Support on either the head or bottom: 1.0 deduction</b></p>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

## LEVEL 5 - U13 VAULT

Description	Description	Description
<p>Vaulting table at 125cm and 25m run up with landing area level with table +/- 5cm</p> <p>Handspring to land into dive forward roll</p> <p><b>OR</b></p> <p>Tsukahara Straight prep to stand, fall to flat back</p> <p>Dive forward rolls are deducted as per floor deduction. If the roll is not performed: 0.5 deduction</p>	<p>Vaulting table at 125cm and 25m run up with landing area 100cm +/- 5cm</p> <p>Tsukahara Straight prep to flat back</p> <p>Dive forward rolls are deducted as per floor deduction. If the roll is not performed: 0.5 deduction</p>	<p>Vaulting table at 125cm and 25m run up with landing area level with table +/- 5cm</p> <p>Yurchenko prep to back lie</p> <p>Body straight, feet not allowed to touch. If bent body or feet touching, mark from 8.0</p>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

## LEVEL 6 - U14 VAULT

Description	Description	Description
<p>Vaulting table at 135cm, competition landing 25m run up with landing area</p> <p>Handspring to land</p>	<p>Vaulting Table at 135cm Competition landing, 25m run up</p> <p>Handspring tuck front salto</p> <p><b>OR</b></p> <p>Tucked Tsukahara</p>	<p>Vaulting Table at 135cm Competition landing, 25m run up</p> <p>Straight Tsukahara or Yurchenko</p> <p><b>OR</b></p> <p>Tucked Kasamatsu</p>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

# Parallel Bars

6



## LEVEL 1 - O8/U9 PARALLEL BARS

Description	Description	Description
<p><b>Bar Height - 170. 10cm landing mat permitted.</b></p> <p>Springboard or <b>small platform</b> on mount is permitted</p> <ol style="list-style-type: none"> <li>1. Coach to assist gymnasts to a momentary support</li> <li>2. lift to half lever (2 secs)</li> <li>3. Lift towards Russian and</li> <li>4. Cast into</li> <li>5. Swing backwards towards handstand</li> <li>6. Swing forwards, swing backwards towards handstand</li> <li>7. Swing forward, swing backwards towards handstand</li> <li>8. On the 4th, step to one rail and dismount through handstand</li> </ol>	<p><b>Bar Height - 170. 10cm landing mat permitted.</b></p> <p>Springboard permitted</p> <ol style="list-style-type: none"> <li>1. From feet together, jump into float upstart to</li> <li>2. Half lever (2 secs)</li> <li>3. Straddle lift to handstand (2 secs) (2.0)</li> <li>4. Swing forwards swing backwards to handstand</li> <li>5. Swing forwards swing backwards to handstand</li> <li>6. Swing forwards swing backwards to handstand</li> <li>7. Swing forwards swing backwards to handstand and</li> <li>8. Step to one rail and dismount</li> </ol>	<p><b>Bar Height - 170. 10cm landing mat permitted.</b></p> <p>Springboard permitted</p> <ol style="list-style-type: none"> <li>1. From feet together, jump into float upstart immediate</li> <li>2. Swing to handstand</li> <li>3. Handstand held (2 secs)</li> <li>4. Swing down into drop upstart into</li> <li>5. ½ lever (2 secs)</li> <li>6. Straddle lift to Handstand (2 secs)</li> <li>7. Swing forwards swing backwards to handstand (2 secs)</li> <li>8. Swing forwards swing backwards into handstand</li> <li>9. Swing forwards swing backwards into handstand and</li> <li>10. Step to one rail and dismount</li> </ol>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

## LEVEL 2 - U10 PARALLEL BARS

Description	Description	Description
<p><b>Bar Height - 170. 10cm landing mat permitted.</b></p> <p>Springboard permitted</p> <ol style="list-style-type: none"> <li>1. Jump into float upstart immediate</li> <li>2. Swing towards handstand</li> <li>3. Swing down into ½ lever (2 secs)</li> <li>4. Straddle lift to Handstand (2 secs)</li> <li>5. Swing forwards swing backwards towards handstand</li> <li>6. Swing forwards swing backwards towards handstand</li> <li>7. Swing forwards swing backwards towards handstand</li> <li>8. Step to one rail and dismount</li> </ol>	<p><b>Bar Height - 170. 10cm landing mat permitted.</b></p> <p>Springboard permitted</p> <ol style="list-style-type: none"> <li>1. From feet together, jump into float upstart immediate</li> <li>2. Swing to handstand</li> <li>3. Handstand hold (2 secs)</li> <li>4. Swing down into drop upstart into ½ lever (2 secs)</li> <li>5. Straddle lift to Handstand (2 secs)</li> <li>6. Swing forwards swing backwards to handstand</li> <li>7. Swing forwards swing backwards to handstand</li> <li>8. Swing forwards swing backwards into handstand into immediate</li> <li>9. Step to one rail and dismount</li> </ol>	<p><b>Bar Height - 170. 10cm landing mat permitted.</b></p> <p>Springboard permitted</p> <ol style="list-style-type: none"> <li>1. From feet together, jump into float upstart immediate</li> <li>2. Swing to handstand</li> <li>3. Handstand held (2 secs)</li> <li>4. Swing down into drop upstart into</li> <li>5. ½ lever (2 secs)</li> <li>6. Straddle lift to Handstand (2 secs)</li> <li>7. Swing forwards swing backwards to handstand (2 secs)</li> <li>8. Swing forwards swing backwards into handstand</li> <li>9. Swing forwards swing backwards into handstand and</li> <li>10. Step to one rail and dismount</li> </ol>
<b>TOTAL SCORE - 10.00pts</b>	<b>TOTAL SCORE - 11.00pts</b>	<b>TOTAL SCORE - 12.00pts</b>

## LEVEL 3 - U11 PARALLEL BARS

Description	Description	Description
<p><b>Bar Height - 180. 10cm landing mat permitted.</b></p> <p>Springboard permitted</p> <ol style="list-style-type: none"> <li>1. Jump to upper arms, swing forwards, swing backwards into</li> <li>2. Back uprise to horizontal (0.5), swing forwards to ½ lever (2 secs) (0.5)</li> <li>3. Straddle lift to handstand (2 secs)</li> <li>4. Swing forwards, swing backwards into</li> <li>5. forwards pirouette (static or swinging)</li> <li>6. Swing forwards, swing backwards to handstand</li> <li>7. Hold handstand (2 secs)</li> <li>8. Swing forward into a tuck back somersault dismount</li> </ol>	<p><b>Bar Height - 180. 10cm landing mat permitted.</b></p> <p>Springboard permitted</p> <ol style="list-style-type: none"> <li>1. Jump to upper arms, swing forwards, swing backwards, into</li> <li>2. Back uprise to horizontal</li> <li>3. Swing forwards into ½ lever (2 secs)</li> <li>4. Lift into a drop upstart into</li> <li>5. Swing backwards towards handstand</li> <li>6. Swing forwards and backwards to handstand</li> <li>7. Swing forwards and backwards to handstand</li> <li>8. Hold handstand for (2 secs)</li> <li>9. Swing down into Diamidov prep (minimum horizontal) into forward flank dismount</li> </ol>	<p><b>Bar Height - 180. 10cm landing mat permitted.</b></p> <p>Springboard permitted</p> <ol style="list-style-type: none"> <li>1. Jump to upper arms, swing forwards, swing backwards, swing forwards into</li> <li>2. Front uprise swing to handstand</li> <li>3. Hold handstand for (2 secs)</li> <li>4. Swing down to momentary Russian lever,</li> <li>5. Drop into upstart swing to handstand</li> <li>6. Hold handstand for (2 secs)</li> <li>7. Swing forwards and backwards to handstand, immediate</li> <li>8. Swinging forwards pirouette to handstand hold (2 secs)</li> <li>9. Swing forwards swing backwards into handstand</li> <li>10. Swing down into Diamidov prep (minimum 45°) into forward flank dismount</li> </ol>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

## LEVEL 4 - U12 PARALLEL BARS

Description	Description	Description
<p><b>Bar Height - 200. 10cm landing mat permitted.</b></p> <p>Springboard permitted</p> <ol style="list-style-type: none"> <li>1. Upstart swing towards handstand</li> <li>2. Swing down to momentary Russian lever, into</li> <li>3. Drop shoot to upper arms, swing backwards into</li> <li>4. Back uprise to horizontal (0.5), swing forwards to ½ lever (2 secs) (0.5)</li> <li>5. Straddle lift to handstand (2 secs)</li> <li>6. Swing to handstand</li> <li>7. Swing to handstand hold (2 secs)</li> <li>8. Tucked back dismount</li> </ol>	<p><b>Bar Height - 200. 10cm landing mat permitted.</b></p> <p>Springboard permitted</p> <ol style="list-style-type: none"> <li>1. Upstart</li> <li>2. swing to handstand hold (2secs)</li> <li>3. Swing down into Stutz to minimum 45°</li> <li>4. Swing forwards, swing backwards into</li> <li>5. Forward pirouette to momentary handstand (static or swinging pirouette)</li> <li>6. Swing forwards, swing backwards into</li> <li>7. forward pirouette to momentary handstand</li> <li>8. Swing to handstand (2 secs)</li> <li>9. Straight back dismount</li> </ol>	<p><b>Bar Height - 200. 10cm landing mat permitted.</b></p> <p>Springboard permitted</p> <ol style="list-style-type: none"> <li>1. Upstart, swing to handstand immediate</li> <li>2. Swinging forward pirouette</li> <li>3. Swing forwards, swing backwards into</li> <li>4. Reverse pirouette through Under grasp to handstand (static or swinging pirouette)</li> <li>5. Immediate front uprise,</li> <li>6. Swing to handstand hold (2 secs)</li> <li>7. Swing down into Undersomersault to support into ½ lever hold (2 secs) (2.0)</li> <li>8. Straddle lift to handstand (2 secs)</li> <li>9. Straight back dismount to land</li> </ol>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

## LEVEL 5 - U13 PARALLEL BARS

Description	Description	Description
<p><b>Bar Height - 200. 10cm landing mat permitted.</b></p> <p>Springboard permitted</p> <ol style="list-style-type: none"> <li>1. Glide Upstart to support into immediate</li> <li>2. Swing towards handstand, immediate</li> <li>3. Undersomersault to support,</li> <li>4. lift to ½ lever (2 secs)</li> <li>5. Straddle lift to handstand (2 secs)</li> <li>6. Swing forwards into, Stutz to minimum 45°</li> <li>7. Swing forwards and backwards to handstand hold (2 secs)</li> <li>8. Straight back dismount to land Tucked back dismount: 0.5 deduction</li> </ol>	<p><b>Bar Height - 200. 10cm landing mat permitted.</b></p> <p>Springboard permitted</p> <ol style="list-style-type: none"> <li>1. Jump into front uprise to back support,</li> <li>2. Swing to handstand hold (2secs)</li> <li>3. Undersomersault to support, swing down into</li> <li>4. ½ lever hold (2secs) (0.5) Straddle lift to handstand (2secs) (0.5)</li> <li>5. Swing down into a Stutz to a minimum 45</li> <li>6. Swing forwards and backwards to handstand into</li> <li>7. Forwards pirouette to a momentary handstand (static or swinging pirouette)</li> <li>8. Swing forwards and backwards to handstand, hold (2 secs)</li> <li>9. Straight back dismount</li> </ol>	<p><b>Bar Height - 200. 10cm landing mat permitted.</b></p> <p>Springboard permitted</p> <ol style="list-style-type: none"> <li>1. From one end, jump into upstart swing to handstand</li> <li>2. Giant to handstand</li> <li>3. Straight leg Moy to support (2.0 marks), immediate</li> <li>4. Swing to handstand hold (2 secs)</li> <li>5. Diamidov OR Stutz to handstand (2.0 marks)</li> <li>6. Front uprise</li> <li>7. Swing to handstand into immediate reverse pirouette to handstand</li> <li>8. Straight back dismount</li> </ol>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

## LEVEL 6 - U14 PARALLEL BARS

Description	Description	Description
<p><b>Bar Height - 200. 10cm landing mat permitted.</b></p> <p>Springboard permitted</p> <ol style="list-style-type: none"> <li>1. Glide Upstart to support into immediate</li> <li>2. Swing towards handstand, immediate</li> <li>3. Undersomersault to support,</li> <li>4. lift to ½ lever (2 secs)</li> <li>5. Straddle lift to handstand (2 secs)</li> <li>6. Swing forwards into, Stutz to minimum 45°</li> <li>7. Swing forwards and backwards to handstand hold (2 secs)</li> <li>8. Straight back dismount to land Tucked back dismount: 0.5 deduction</li> </ol>	<p><b>Bar Height - 200. 10cm landing mat permitted.</b></p> <p>Springboard permitted</p> <ol style="list-style-type: none"> <li>1. Jump into front uprise to back support,</li> <li>2. Swing to handstand hold (2secs)</li> <li>3. Undersomersault to support, swing down into</li> <li>4. ½ lever hold (2secs) (0.5) Straddle lift to handstand (2secs) (0.5)</li> <li>5. Swing down into a Stutz to a minimum 45</li> <li>6. Swing forwards and backwards to handstand into</li> <li>7. Forwards pirouette to a momentary handstand (static or swinging pirouette)</li> <li>8. Swing forwards and backwards to handstand, hold (2 secs)</li> <li>9. Straight back dismount</li> </ol>	<p><b>Bar Height - 200. 10cm landing mat permitted.</b></p> <p>Springboard permitted</p> <ol style="list-style-type: none"> <li>1. From one end, jump into upstart swing to handstand</li> <li>2. Giant to handstand</li> <li>3. Straight leg Moy to support (2.0 marks), immediate</li> <li>4. Swing to handstand hold (2 secs)</li> <li>5. Diamidov OR Stutz to handstand (2.0 marks)</li> <li>6. Front uprise</li> <li>7. Swing to handstand into immediate reverse pirouette to handstand</li> <li>8. Straight back dismount</li> </ol>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

# Horizontal Bar

7



LEVEL 1 - O8/U9 HIGH BAR (GLOVES AND LOOPS)

Description	Description	Description
<p><b>From a still hang in overgrasp</b></p> <ol style="list-style-type: none"> <li>1. Pike leg lift, toes touch the bar and lower back to still hang</li> <li>2. Circle up to support, into immediate</li> <li>3. Undershoot forwards above horizontal into</li> <li>4. Backwards swing above horizontal</li> <li>5. Forward swing above horizontal</li> <li>6. Backward swing above horizontal</li> <li>7. Forward swing above horizontal</li> <li>8. Backwards swing above horizontal</li> </ol>	<p><b>From a still hang in overgrasp</b></p> <ol style="list-style-type: none"> <li>1. Pike leg lift into dynamic body shaper backwards, into</li> <li>2. Shoot forwards above horizontal</li> <li>3. Swing backwards above 45°,</li> <li>4. Swing forwards to handstand</li> <li>5. Swing backwards to handstand</li> <li>6. Clear circle to handstand</li> <li>7. Backwards longswing</li> <li>8. Backwards longswing</li> <li>9. Backwards longswing</li> </ol>	<p><b>From a still hang in overgrasp</b></p> <ol style="list-style-type: none"> <li>1. Pike leg lift into</li> <li>2. Dynamic body shaper backwards into</li> <li>3. Swing forwards above horizontal into</li> <li>4. Swing backwards above 45°</li> <li>5. Swing forwards to handstand</li> <li>6. Hecht swing above 45° No hecht action - lose value of the skill</li> <li>7. Clear circle to handstand</li> <li>8. Backwards longswing</li> <li>9. Backwards longswing</li> <li>10. Stoop on and off to handstand</li> </ol>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

LEVEL 2 - U10 HIGH BAR (GLOVES AND LOOPS)

Description	Description	Description
<p><b>From a still hang in overgrasp</b></p> <ol style="list-style-type: none"> <li>1. Pike legs into circle up, immediate</li> <li>2. Undershoot forward into</li> <li>3. Swing backwards to above horizontal</li> <li>4. Swing forwards above horizontal</li> <li>5. Swing backwards above horizontal into</li> <li>6. Clear circle to come out at the front of the bar, above horizontal</li> <li>7. Swing backwards above 45°</li> <li>8. Backward long swing to handstand to finish</li> </ol>	<p><b>From a still hang in overgrasp</b></p> <ol style="list-style-type: none"> <li>1. Pike leg lift into dynamic body shaper backwards into</li> <li>2. Swing forwards above horizontal,</li> <li>3. Hecht swing backwards above 45°, <b>No hecht action - lose value of the skill.</b></li> <li>4. Swing forwards to handstand into</li> <li>5. Hecht swing backwards above 45° <b>No hecht action - lose value of the skill.</b></li> <li>6. Clear circle to handstand into</li> <li>7. Backwards longswing</li> <li>8. Backwards longswing</li> <li>9. Backwards longswing</li> </ol>	<p><b>From a still hang in overgrasp</b></p> <ol style="list-style-type: none"> <li>1. Pike leg lift into dynamic body shaper backwards into</li> <li>2. Swing forwards above horizontal into</li> <li>3. Hecht swing backwards to above 45° <b>No hecht action - lose value of the skill</b></li> <li>4. Swing forwards above 45° into</li> <li>5. Reverse endo to handstand</li> <li>6. Clear circle to handstand</li> <li>7. Backwards longswing</li> <li>8. Backwards longswing</li> <li>9. Backwards longswing</li> <li>10. Clear circle to handstand to finish</li> </ol>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

**LEVEL 3 - U11 HIGH BAR (GLOVES AND LOOPS)**

Description	Description	Description
<p><b>From a still hang in overgrasp</b></p> <ol style="list-style-type: none"> <li>1. Pike leg lift into dynamic body shaper backwards into</li> <li>2. Swing forwards above horizontal into</li> <li>3. Swing backwards above 45°</li> <li>4. Undershoot to exit above 45°</li> <li>5. Swing backwards into forward giant,</li> <li>6. Forward giant</li> <li>7. Clear circle above 45°</li> <li>8. Backward giant to handstand to finish</li> </ol>	<p><b>From a still hang in overgrasp</b></p> <ol style="list-style-type: none"> <li>1. Pike leg lift into dynamic body shaper backwards into shoot forwards above horizontal into</li> <li>2. Hecht swing to handstand <i>No visible hecht action - lose value of the skill</i></li> <li>3. Stalder prep to handstand into</li> <li>4. Reverse endo to handstand into</li> <li>5. Forward giant,</li> <li>6. Forward giant to handstand</li> <li>7. Clear circle above 45°</li> <li>8. Backward giant</li> <li>9. Backward giant to handstand to finish</li> </ol>	<p><b>From a still hang in overgrasp</b></p> <ol style="list-style-type: none"> <li>1. Pike leg lift into dynamic body shaper backwards into swing forwards into</li> <li>2. Hecht swing to handstand <i>No hecht action - lose value of the skill</i></li> <li>3. Stalder to handstand</li> <li>4. Swing forwards above 45° into</li> <li>5. Reverse endo to handstand into</li> <li>6. Forward giant</li> <li>7. Forward giant to handstand</li> <li>8. Clear circle to handstand</li> <li>9. Backward giant to handstand</li> <li>10. Stoop on and off to handstand to finish</li> </ol>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

LEVEL 4 - U12 HIGH BAR

Description

**From a still hang in overgrasp**

1. Pike leg lift into dynamic body shaper backwards into
2. Swing forwards above horizontal into
3. Swing backwards above 45°
4. Undershoot to exit above 45°
5. Swing backwards into forward giant,
6. Forward giant
7. Clear circle above 45°
8. Backward giant to handstand to finish

**TOTAL SCORE - 10.00pts**

Description

**From a still hang in overgrasp**

1. Pike leg lift into dynamic body shaper backwards into shoot forwards above horizontal into
2. Hecht swing to handstand  
*No visible hecht action - lose value of the skill*
3. Stalder prep to handstand into
4. Reverse endo to handstand into
5. Forward giant,
6. Forward giant to handstand
7. Clear circle above 45°
8. Backward giant
9. Backward giant to handstand to finish

**TOTAL SCORE - 11.00pts**

Description

**From a still hang in overgrasp**

1. Pike leg lift into dynamic body shaper backwards into swing forwards into
2. Hecht swing to handstand  
*No hecht action - lose value of the skill*
3. Stalder to handstand
4. Swing forwards above 45° into
5. Reverse endo to handstand into
6. Forward giant
7. Forward giant to handstand
8. Clear circle to handstand
9. Backward giant to handstand
10. Stoop on and off to handstand to finish

**TOTAL SCORE - 12.00pts**

LEVEL 4 - U12 HIGH BAR

Description	Description	Description
<p><b>FIG High Bar with 30cms Landing mats</b></p> <p>From still hang:</p> <ol style="list-style-type: none"> <li>1. Pike leg lift into dynamic body shaper into back uprise above horizontal</li> <li>2. into clear circle to above 45°</li> <li>3. Into backward long swing,</li> <li>4. Swing forwards into swinging turn to above 45°</li> <li>5. Swing forwards into swinging turn to above 45°</li> <li>6. Into backwards long swing</li> <li>7. Into backwards long swing</li> <li>8. Swing forwards into immediate straight back salto to land</li> </ol> <p>Tuck back dismount - 0.5 deduction</p> <p>No dismount - 1.0 deduction</p>	<p><b>FIG High Bar with 30cms Landing mats</b></p> <p>From still hang:</p> <ol style="list-style-type: none"> <li>1. Pike leg lift into dynamic body shaper into back uprise above horizontal</li> <li>2. Into clear circle to handstand</li> <li>3. Into backward long swing,</li> <li>4. Swing forwards into swinging turn to above 45°</li> <li>5. Swing forwards into swinging turn to above 45°</li> <li>6. Into forwards swing, immediate blind change</li> <li>7. Into forwards long swing, on the 2nd giant</li> <li>8. Top change to handstand</li> <li>9. Swing forwards into immediate straight back salto to land</li> </ol>	<p><b>FIG High Bar with 30cms Landing mats</b></p> <p>From still hang:</p> <ol style="list-style-type: none"> <li>1. Pike leg lift into dynamic body shaper into back uprise to handstand</li> <li>2. Into clear circle to handstand</li> <li>3. Immediate staldler to handstand,</li> <li>4. Swing down into hop ½ turn to handstand</li> <li>5. Swing down into hop ½ turn to handstand</li> <li>6. Swing down into immediate blind change into</li> <li>7. Forward giant, on the 2nd</li> <li>8. Top change to handstand (2.0 marks)</li> <li>9. Swing forwards into immediate straight back salto to land</li> </ol>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

LEVEL 5 - U13 HIGH BAR

Description	Description	Description
<p><b>FIG High Bar with optional 30cm landing mats</b></p> <p>From still hang:</p> <ol style="list-style-type: none"> <li>1. Pike leg lift into dynamic body shaper into back uprise towards handstand</li> <li>2. Into clear circle to above 45°</li> <li>3. Backwards giant</li> <li>4. Swing forward into blind change to handstand</li> <li>5. Forward giant into hop change into overgrasp to handstand (change of grasp without hop: 0.5 deduction)</li> <li>6. Backwards giant (0.5), backwards giant to handstand (0.5)</li> <li>7. Into clear circle to handstand</li> <li>8. Back giant into straight back dismount Tucked dismount: 0.5 deduction</li> </ol>	<p><b>FIG High Bar with optional 30cm landing mats</b></p> <p>From still hang:</p> <ol style="list-style-type: none"> <li>1. Pike leg lift into dynamic body shaper into back uprise to handstand</li> <li>2. Immediate Stalder to handstand</li> <li>3. Back giant (0.5), swing forward into blind change (0.5)</li> <li>4. Forward giant into</li> <li>5. Endo ½ turn to handstand</li> <li>6. Swing down into stoop on and off to handstand</li> <li>7. Backwards giant to handstand</li> <li>8. Backwards giant to handstand</li> <li>9. Swing forward into straight back dismount to land</li> </ol>	<p><b>FIG High Bar with optional 30cm landing mats</b></p> <p>From still hang:</p> <ol style="list-style-type: none"> <li>1. Pike leg lift into dynamic body shaper into back uprise to handstand with ½ turn</li> <li>2. Into clear circle to handstand</li> <li>3. Into stalder to handstand</li> <li>4. Swing down into immediate blind change to handstand</li> <li>5. Endo to handstand</li> <li>6. Forward giant to handstand</li> <li>7. Forward giant into</li> <li>8. Top change to handstand</li> <li>9. Backwards giant into</li> <li>10. Straight back dismount</li> </ol>
<p><b>TOTAL SCORE - 10.00pts</b></p>	<p><b>TOTAL SCORE - 11.00pts</b></p>	<p><b>TOTAL SCORE - 12.00pts</b></p>

LEVEL 6 - U14 HIGH BAR

Description

- FIG High Bar with 10/30cms landing mats**
1. Backwards giant
  2. Blind change to handstand
  3. Forwards giant
  4. Top change to handstand
  5. Any other Group I element
  6. Clear circle to handstand
  7. Stoop on and off to Handstand
  8. Any group IV element
- NB: The order for these elements can be altered.

**TOTAL SCORE - 10.00pts**

Description

- FIG High Bar with 10/30cms landing mats**
1. Back uprise to handstand with ½ turn into immediate
  2. Stalder to handstand (1.0), Stalder to handstand, connected (1.0)
  3. Swing down into hop ½ turn to handstand, immediate
  4. Swing down into, Blind Change, top change connected (Quast prep) (2.0)
  5. Any (minimum B value) group I element
  6. Any other (minimum B value) group III element
  7. Any B value Group IV element
- NB: The order for these elements can be altered.

**TOTAL SCORE - 11.00pts**

Description

- FIG High Bar with 10/30cms landing mats**
1. Back uprise to handstand with ½ turn (1.0) into immediate clear circle to handstand (1.0)
  2. Swing down into, hop Blind Change, top change connected (Quast prep) (2.0)
  3. Any additional (minimum B value) Group I element
  4. Endo, immediate top change (1.0) into stalder (1.0)
  5. Any additional (minimum B value) group III element
  6. Any (minimum B value group) IV element
  7. Any (minimum B value group) II element
- NB: The order for these elements can be altered.

**TOTAL SCORE - 12.00pts**