

**VAULT**

	<b>STEP 7</b>	<b>STEP 8 (FIG Value + X)</b>	<b>STEP 9 (FIG Value + X)</b>	<b>STEP 10 (FIG Value + X)</b>
	Handspring (X*)	Handspring		
		Handspring 360° twist		
	Tsukahara tucked (X+1.0)	Handspring front salto		
	Yurchenko tucked (X+1.0)	Tsukahara tucked		
		Tsukahara piked		
		Yurchenko tucked		
		Yurchenko piked		

\*X will be determined to give parity with the other apparatus in that STEP

- Timers are a training drill not a competition vault. They occur as vaults in the code to enable those who make a mistake to have a score.
- Despite competing timer vaults for the last 6 years, only a smaller number of STEP 8s have turned these into tsukahara or yurchenko vaults – they compete handsprings and most are not well done.

**STEP 7 – Options**

1. By having only 1 opportunity to perform the tsukahara or yurchenko and only having a 1.0 point advantage in D score, the gymnast would only compete it if they could perform it well consistently – but by having the option they will at least be working on turning the salto.
2. If the gymnast performs a No Vault on their first attempt they may have another attempt with a 1.0 deduction from the Final Score

**STEP 8, 9 and 10**

1. One vault only

## UNEVEN BARS

	STEP 7	STEP 8	STEP 9	STEP 10	FIG
DV	6 counting skills (including dismount)	7 counting skills (including dismount)	8 counting skills (including dismount)	8 counting skills (including dismount)	8 counting skills (including dismount) Only 3 different elements in chronological order from the same root skill (except for Kips, Giants and casts to HSTD) will be counted for DV, CR and CV.
CR 1	Element to or through handstand	Giant circle backward or forward (Element 3.201 or 3.206)	2 different grips	2 Flight elements	Flight element HB→LB
CR 2	Close bar circle (Group 2, 4 or 5) Clear circle, piked/straddled sole circle, stalder circle	Close bar circle (Group 2, 4 or 5) Clear circle, piked/straddled sole circle, stalder circle	Flight element	Non flight element with minimum 180° LA turn on the bar (not mount)	Flight element on same bar
CR 3	2 <sup>nd</sup> different Close bar circle (Group 2 or 4) Clear circle, piked/straddled sole circle, stalder circle	Flight element	Non flight element with minimum 180° LA turn on the bar (not mount)	Element with forward/reverse grip (minimum B value) (not cast, mount or dismount)	Different grips (not cast, MT or DMT)
CR 4	Salto dismount	Salto dismount	Salto dismount (min B value)	Salto dismount (min C value)	Non flight element with min. 360° turn, (not MT)
	<b>BONUS 0.3</b>				
	<b>STEP 7</b>	<b>STEP 8</b>	<b>STEP 9</b>	<b>STEP 10</b>	
	2nd Element to or through handstand	Non flight element with minimum 180° LA turn on the bar (not mount)	2nd flight element	D value flight element (LB to HB or HB to LB)	
	Flight element	Element with forward/reverse grip	Element with forward/reverse grip (min B value)		
	Giant circle	Stalder circle	C circle element to handstand	Same bar flight element	
	Straight flyaway or B or higher value salto dismount	B or higher value salto dismount	C or higher value dismount	Non flight element with min. 360° turn (not mount or dismount)	
CV +0.3	B+B (both different)	B+C (both different)	C+C	C+C	

### Double back dismount tucked awarded C value

#### Comments:

- Bars are our weakest apparatus and we need to improve our skill level on bars. The requirements bring us into line with Australia and the USA
- The CRs are similar to our current requirements – the main differences are the deletion of CRs with cast requirements and the inclusion of a salto dismount CR.
- ALL CASTS will be judged as per FIG - within 10° credit DV, below 10° no DV + the applicable amplitude deduction
- Group 2, 4, 5 circle elements will be judged as per FIG – within 10° of handstand award DV, below 10° award 1 DV lower and take amplitude deduction. Below horizontal – no CR or DV

**BEAM**

STEP	STEP 7- time 1.30sec	STEP 8 - time 1.30sec	STEP 9- time 1.30sec	STEP 10- time 1.30sec	FIG
<b>DV</b>	<b>6 counting skills</b> including dismount and minimum of: • 3 Dance • 3 Acro	<b>7 counting skills</b> including dismount and minimum of: • 3 Dance • 3 Acro	<b>8 counting skills</b> including dismount and minimum of: • 3 Dance • 3 Acro	<b>8 counting skills</b> including dismount and minimum of: • 3 Dance • 3 Acro	<b>8 counting skills</b> including dismount and minimum of: • 3 Dance • 3 Acro
<b>CR 1</b>	Connection of at least two different dance elements, one being a leap, jump or hop with 180° split ( <i>cross or side</i> ) or straddle position	Connection of at least two different dance elements, one being a leap, jump or hop with 180° split ( <i>cross or side</i> ) or straddle position	Connection of at least two different dance elements, one being a leap, jump or hop with 180° split ( <i>cross or side</i> ) or straddle position	Connection of at least two different dance elements, one being a leap, jump or hop with 180° split ( <i>cross or side</i> ) or straddle position	One connection of at least 2 different dance elements, 1 being a leap, jump or hop with 180° split ( <i>cross or side</i> ), or straddle position
<b>CR 2</b>	Turn from Group 3	Turn from Group 3	Turn from Group 3	Turn from Group 3	Turn (Group 3)
<b>CR 3</b>	Acro series of 2 (or more) elements directly connected and travelling in one direction – flight not required, (excluding mount & dismount) (elements may be the same or different) <i>Rolls, handstands and holds may not be used to fulfill CR</i>	Acro series of 2 (or more) elements directly connected and travelling in one direction – <b>1 element with flight</b> , (excluding mount & dismount) (elements may be the same or different) <i>Rolls, handstands and holds may not be used to fulfill CR</i>	Acro series of 2 (or more) elements, directly connected and travelling in one direction (excluding mount & dismount). <b>2 elements with flight.</b> (elements may be the same or different) <i>Rolls, handstands and holds may not be used to fulfill CR</i>	Either: Direct connection of <b>2 acro flight</b> elements travelling in one direction <b>one of which is a salto</b>	One Acro series, min. of 2 flight* elements 1 being a salto (elements may be the same)
<b>CR 4</b>	Acrobatic elements in different directions (forward/ sideward AND backward) – <b>one with flight</b> Both elements must finish on the beam	Acrobatic elements in different directions (forward/sideward AND backward)  Both elements must finish on the beam	Acrobatic elements in different directions (forward/sideward AND backward)  Both elements must finish on the beam	Acrobatic elements in different directions (forward/ sideward AND backward)  Both elements must finish on the beam	Acro elements in different directions (forward/ sideward AND backward)
	<b>BONUS 0.3 (Max 1.2)</b>				
	<b>STEP 7</b>	<b>STEP 8</b>	<b>STEP 9</b>	<b>STEP 10</b>	
<b>1</b>	C+ leap or jump in split or straddle position	C+ leap or jump in split or straddle position <b>in the dance connection</b>	D dance element (each time)	D dance element (each time)	
<b>2</b>	B or higher value turn	C or higher value acrobatic element (including mount and dismount)	D acro element (each time)	D acro element (each time)	
<b>3</b>	Acro series of 2 (or more) elements directly connected and travelling in one direction – <b>one with flight</b> , (excluding mount and dismount)	Acro series of 2 (or more) elements directly connected and travelling in one direction – <b>both with flight</b> , excluding mount and dismount	Direct connection of <b>2 acro flight</b> elements travelling in one direction <b>one of which is a salto</b>		
<b>4</b>	Connected series dismount with a <b>flight</b> element on the beam into a salto off the beam.	Connected series dismount with a <b>flight</b> element on the beam into a salto off the beam. <i>Flight element must be different from the one used in CR3</i>	C or higher value dismount		

<b>CV 0.3</b>	B+B acro/mixed/dance including mount and dismount	B+C acro/mixed/dance including mount and dismount	C+C acro/mixed (including mount) including mount and dismount	C+C acro/dance/mixed (including mount)	
<b>CV</b>	3 element acro series Min B+B+B (including mount and dismount)	3 element acro series Min B+B+B (including mount and dismount)	3 element acro series Min B+B+B (including mount and dismount)	3 element acro series Min B+B+B (including mount and dismount)	

\* Revised FIG skill value means split leaps, split jump, straddle jump have B value therefore can't use in Difficulty Bonus

#### Comments

1. CR#2 – it is the connection that must be travelling in one direction not the skills – example a tictoc (forwards skill) connected to a backward walkover or flicflac will satisfy the requirement
2. STEPs 7, 8 and 9 – CV will be awarded with a fall
3. STEP 10 – CV will not be awarded with a fall

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FLOOR

	STEP 7	STEP 8	STEP 9	STEP 10	FIG
<b>DV</b>	<b>6 counting skills</b> including dismount and minimum of: • 3 Dance • 3 Acro	<b>7 counting skills</b> including dismount and minimum of: • 3 Dance • 3 Acro	<b>8 counting skills</b> including dismount and minimum of: • 3 Dance • 3 Acro	<b>8 counting skills</b> including dismount and minimum of: • 3 Dance • 3 Acro	<b>8 counting skills</b> including dismount and minimum of: • 3 Dance • 3 Acro
<b>CR 1</b>	Dance passage of at least two different leaps or hops connected directly or indirectly, <b>both</b> with 180°split (cross or side) or straddle position.	Dance passage of at least two different leaps or hops connected directly or indirectly, <b>both</b> with 180°split (cross or side) or straddle position.	Dance passage of at least two different leaps or hops connected directly or indirectly, <b>both</b> with 180°split (cross or side) or straddle position.	Dance passage of at least two different leaps or hops connected directly or indirectly, <b>both</b> with 180°split (cross or side) or straddle position.	A dance passage composed of two different, leaps or hops, (from the Code) connected directly or indirectly (with running steps, small leaps, hops, chassé, chaîné turns), one of them with 180°cross/side split or straddle position
<b>CR 2</b>	2 different acro lines, -one with minimum 3 elements including a flic flac or whip salto connected to a back salto stretched	2 different acro lines, -one with minimum 3 elements including a flic flac or whip salto connected to a back salto stretched	Salto with minimum 360° LA turn	Salto with minimum 360° LA turn	Salto with LA turn (min. 360°)
<b>CR 3</b>	One acro line with 2 saltos – same or different	One acro line with 2 different saltos	One acro line with 2 different saltos	Salto with double BA	Salto with double BA
<b>CR 4</b>	Saltos in backward and forward direction (no aerials)	Saltos in backward and forward direction (no aerials)	Saltos in backward and forward direction (no aerials)	Saltos in backward and forward direction (no aerials)	Saltos in backward and forward direction (no aerials)
	<b>BONUS +0.3 (Max 1.2)</b>				
	<b>STEP 7</b>	<b>STEP 8</b>	<b>STEP 9</b>	<b>STEP 10</b>	
	Dance passage including <b>one</b> C or higher value leap/hop/jump	Dance passage including <b>two</b> C or higher value leap/hop/jump	Dance passage including <b>two</b> C or higher value leap/hop/jump	D or higher value dance element	
	B or higher value turn	C or higher value turn	D or higher value dance element	2 <sup>nd</sup> (different) D or higher value dance element	
	B or higher value salto backward	C value salto	Salto with double BA	D acro with twist	
	B or higher value salto forward	<b>2<sup>nd</sup> C value salto</b>	<b>2<sup>nd</sup> D or higher value acro</b>	<b>D acro (different to CR3)</b>	
<b>CV 0.3</b>	Direct acro connection A+A	Direct acro connection A+B or B+A	Direct acro connection A+C or C+A	Direct acro connection B+C	
		<b>Turns A+B</b>	Turns	Turns	

\*An acro line consists of a minimum of 2 directly connected flight elements one of which must be a salto  
 STEPs 7 and 8 - A backward salto in stretched position with LA Twist will satisfy CR2