

# **National Programme Manual & New Zealand Handbook**



## **2018–2020**

Version 1 – updated February 2018

Men's Artistic Gymnastics Levels 1-9, Under 18, Senior Open

## Table of Contents

Gymnastics NZ Purpose Statement / Mission.....	3
National Programme Structure 2017-2020.....	4
1 General Information .....	5
2 General Competition Requirements .....	7
3 Ribbon Award Scheme.....	11
4 Competition Structure, Rules and Requirements .....	13
5 Apparatus Heights and Equipment Requirements .....	21
6 Compulsory Exercises Level 1-7 U15 .....	25
7 Optional Exercises Level 7-FIG .....	114
8 Optional Requirements – General Notes.....	124
9 Additional Skills Level 7 .....	126
10 Development Skills List.....	127
11 MAG Apparatus Challenges Rules and Requirements.....	129

# Gymnastics NZ Purpose Statement / Mission

## VALUES

Our values reflect our commitment to delight and inspire all New Zealanders; enthusiasts, participants and partners.

### Keep the balance

We collaborate - fluidly balancing individual, group, organisation and stakeholder goals.

### Own the smile

We have fun - relishing the unison of mind, body and spirit in practice and performance.

### Chase the challenge

We embrace excellence - always striving for maximum participation and a flawless result.

### Play things fair

We act with integrity - valuing everyone's place and choosing solutions that work for all.

GROWING GREAT NEW ZEALANDERS THROUGH GYMNASTICS

# National Programme Structure 2017-2020

## Overview

The National Programme is designed to:

- Provide a systematic development pathway for young gymnasts;
- Develop and promote participation at the basic level;
- Provide enjoyable opportunities for as many boys, youths and adults as possible to participate in gymnastics and to become competitive at a national level or, with a higher level of commitment, to become international class athletes.

The system contains two separate competition streams with a junior compulsory and senior open division. This provides a pathway for development based on an individual's physical ability. The objective is for all gymnasts to attempt to compete within their appropriate age group for as long as possible or to develop into an age group if they start gymnastics at a later age.

The introductory competition program is Level 1. It provides an entry level to allow a no pressure introduction to gymnastics at the lowest level. The aim at this level is to develop abilities based on the dominant movement patterns introduced at the Introductory Gymnastics level to enable progression to the learning of the basic skills and ultimately routines.

## Progression

The skills set down in the program are the minimum requirements. Whilst the routines are the standard for both the coach and the gymnast in progression and the levels of competition, in no way should it restrain the coach from using his own initiative in the use of supplementary work for the gymnast.

Coaches should ensure that the eligibility of a gymnast for progression from one level to the next is strictly controlled to the extent that a gymnast's ability is commensurate with the level to which he is credited. A gymnast should never be advantaged in competitive gymnastics by the failure of a club to observe the eligibility of such a gymnast for progression in the level of accreditation. Similarly a gymnast should never be disadvantaged in competitive gymnastics by premature advancement in level accreditation.

Please note a gymnast can begin at any level which the coach feels they are ready for but we recommend that gymnasts spend at least one year at each level to master the skills required and be competitive as they move up levels.

# 1 General Information

## 1.1 Starting Point

Gymnasts wishing to compete in the National Levels programme are advised to start at Level 1 depending on their age (refer to table below).

National Stream 2018-2020						
Levels		Requirements		Suggested Ages	Suggested Hrs/Week	Suggested Sessions/Week
Open	Senior National Championships	Open	FIG Optionals	17+ yrs	24 – 30 hrs	6 or more
U18		Open	FIG under 18 rules	13-17 yrs	24 – 30 hrs	6 or more
9		Open	Optional routines	16+ yrs	10 – 20 hrs	4 to 6
8		Open	Optional routines	15+ yrs	8 – 15 hrs	3 to 5
7		Open U15	Optional routines Compulsory Routines	11+ yrs	8 – 15 hrs	3 to 5
6	Junior National Championships	Open	Compulsory routines	9-14 yrs	6-8 hrs	2 to 3
5		Open	Compulsory routines		4-6 hrs	2 to 3
4		Open	Compulsory routines			
3	Club and Regional Competitions	Open age Compulsory routines on 6 apparatus Inter-club team competitions		7 - 9 yrs	2-4 hrs	1 to 2
2				8-12 yrs	1.5 – 3 hrs	1 to 2
1				6-12 yrs	1-2 hrs	1 to 2

## 1.2 Levels Progression

A gymnast qualifies at a particular level, that is, becomes eligible to progress to the next level by scoring an average of 10.000 on each apparatus at competitions in one calendar year. The score does not need to be achieved at the same competition.

**NOTE: this score requirement applies equally for progression within the introductory levels program (Levels 1-3) but need not be satisfied if transferring from any of those levels into level 4, or into level 7.**

Progression to the next level following qualification is not compulsory unless a gymnast achieves the following minimum scores at the Gymnastics NZ National Championships. The scores will be reviewed annual (these scores will be reviewed each year):

- Level 4 – 64.000
- Level 5 – 64.000
- Level 6 – 64.000

A gymnast may progress through several levels in a season but must compete and qualify at each level; progression is through one level at a time.

## 1.3 Levels Badges

Following qualification at a particular level, a gymnast is eligible to purchase the corresponding Levels badge.

## 2 General Competition Requirements

### 2.1 Men's Events

In international, national and regional competition the gymnasts rotate from one event to the next event in Olympic order. The order is:

- Floor
- Pommel Horse (or Mushroom)
- Rings
- Vault
- Parallel Bars
- Horizontal Bar

As an alternative to one or six groups, depending on the number of judges and gymnasts, the competition may be conducted with two or three groups rotating around the first two or three apparatus, before rotation commences on the second group of apparatus.

No element may be repeated for value recognition. Vault values are based on the FIG code of points, plus the additional point factors.

#### Floor Exercise

The exercise should include movements that demonstrate flexibility, strength and balance. Each exercise must combine movements such as somersaults, twists and leaps. The whole of the floor area should be used and the routines should have a touch of style and execution.

#### Pommel Horse

The Pommel Horse is a very difficult apparatus to master. The gymnast performs double leg circles, scissors and undercut movements as well as travelling and using all parts of the Horse. The exercise should consist of swinging movements without interruption. The mushroom and buck is used to aid development of young gymnasts.

#### Rings

Rings routines should contain a variety of swinging and strength movements including holds in handstands for the higher levels. The rings are often noted for spectacular and intricate dismounts.

## **Vault**

Vaulting is noted for the spectacular somersaulting and twisting movements after the gymnast has left the horse. The vault should demonstrate clean movements with height and distance finishing in a controlled landing.

## **Parallel Bars**

The Parallel Bars consists of swinging and flight elements. The gymnasts must travel along the bars, work above and below the bars, releasing and re-grasping the bars after performing gymnastic elements.

## **Horizontal Bar**

The gymnast must perform clean swinging movements without any stops and not touch the bar with his body. The gymnast is required to demonstrate changes of grip and swinging elements both forward and backward plus skills that release and re-grasp the bar. Dismounts are an important part of the total routine and are usually spectacular.

## **2.2 Judging Panels**

For the scores from a Levels competition to count towards a gymnast's record for the purposes of progression through the Levels and for qualification to National Championships, the judging panels at the competition must satisfy the following requirements:

- Levels 0-3                      Must include at least 1 judge qualified as an Elementary Judge or higher
- Levels 4-6                      Panels of 2 judges: each qualified as Junior Judges or higher
- Levels 7-9                      Panels of 3 judges: one qualified as a Senior Advanced (D) Judge or higher; two having minimum qualifications of Junior Judge
- Under 18                      Panels of 3 judges: at least one Brevet Judge (two at Nationals and Trials events) and two Senior Judges
- FIG                                Panels of 3+ judges: at least one Brevet Judge (two at Nationals and Trials events) and two Senior Judges.

## **2.3 Prior Approval of Judging Panels**

The judging panels (except for Levels 1-3) must be forwarded for approval to the National Judging Advisor and Gymnastics NZ Head Office two weeks prior to the competition being held. All events involving Level 4+, whether sanctioned or not, must meet the above minimum requirements or risk being cancelled by the Men's Sport Development Committee (SDC) for the men's programme. This requirement is to ensure fairness and equality of



judging at all events where there is a competitive component. Confirmation of panels are to be sent to the Judging Advisor and Gymnastics NZ Head Office no more than 2 weeks after the competition is completed.

The MAG SDC reserves the right to approve all judges for Sanctioned events and Nationals. If it is felt the minimum experience is not yet gained by judges then the SDC will advise the competition organisers to invite more experienced judges.

## **2.4 Travel Expenses of the Chief Judges and Panel Judges**

When judging panels do not meet the above minimum requirements, it is the responsibility of the competition organisers to cover the travel expenses of any Chief Judges and/or Panel Judges that must be brought in to fulfill requirements.

## **2.5 Timetabling**

In the interests of the gymnasts and judges, each session for a Level shall be timetabled for a maximum of three hours duration; if entries exceed the number that can be completed within three hours, the competition organisers shall conduct either two rotations or two competitions for that level.

## **2.6 Levels Cards**

Gymnasts or their coaches should submit the gymnasts' levels cards to either the apparatus judges' panel or the recording table at the start of the competition. Cards should be returned after the competition with each gymnast's scores duly entered.

## **2.7 Entry Declaration**

Club competition entry forms should include provision for a declaration signed by the Club official confirming that the gymnasts are registered members of the Club and are eligible to compete in the Level in which they are entered.

## **2.8 Reporting**

Clubs conducting Levels competitions must forward to Gymnastics NZ a full set of results (including start values for Level 4 and above) and a listing of the judging panels used within 7 days of the competition; gymnasts' levels cards cannot be verified unless this information is available.

## **2.9 Conflict of Interest**

- The parents or guardians or any person who has a direct family relationship to any gymnast shall not officiate as judges on a panel where their child or ward is amongst the gymnasts competing. This veto extends to partners in a relationship with a parent of a competing gymnast.
- The parents or guardians or any person who has a direct family relationship to any gymnast competing shall not be used as secretary / recorder on a panel where their child or ward is amongst the gymnasts competing.
- Exemption to this rule may be sought from the Men's Artistic Gymnastics Sport Development Committee.

## **2.10 Judges Attire**

All judges at sanctioned events must present themselves in a tidy manner. The expectation for men is shirt and tie with dress trousers. The expectation for women is blouse with dress trousers or skirt. A light coloured shirt with dark trousers or a dark skirt is appropriate. No jeans. (National MAG judges may find it helpful to review the FIG regulations for international MAG judges in the CoP, section 5.1).

## 3 Ribbon Award Scheme

### 3.1 Introduction

The Ribbon Award Scheme is an incentive performance based scheme, which gives instant recognition to individual achievement independent of a gymnast's ranking in a competition.

### 3.2 Applicable Levels

The Ribbon Award Scheme operates in Levels 1 – 6 inclusive.

### 3.3 Applicable Competitions

Ribbons may be awarded at regional championships, specific ribbon award competitions or club competitions conducted by Clubs provided the judging requirements set out in sections 2.2 and 2.3 above are met.

Note: Ribbons will not be awarded at the Junior National Championships but scores at this competition may be used for the purpose of qualifying at a level provided gymnasts present their cards at the competition.

### 3.4 Ribbon Awards

When competing in his first competition at any level, a gymnast will be awarded a ribbon on each of the apparatus of a colour depending on the score achieved. Scores will be reviewed annually.

Level 1 and 2	Level 3-4	Level 5 and 6	Ribbon Colour
Less than 9.000	Less than 9.000	Less than 9.000	Green
9.000 to 9.999	9.000 to 9.999	9.000 to 9.999	Blue
10.000 to 10.999	10.000 to 11.299	10.000 to 11.599	Red
11.000 plus	11.300 plus	11.600 plus	Gold

Thereafter, the gymnast will be awarded additional ribbons if his score on an apparatus improves to a higher score group. e.g. if at his first competition at a given level a gymnast scores 8.000 on an apparatus, he will be awarded a green ribbon; to gain a further ribbon on that apparatus at a subsequent event, he must score at least 9.000.

## **1.2 Ordering**

All materials are available for purchase from Gymnastics NZ. Photocopied Levels cards or cards made at club level may not be utilised.

## 4 Competition Structure, Rules and Requirements

### 4.1 National Competitions

#### 4.1.1 Eligibility

Each gymnast must be a registered member of a Club/Organisation that is a member of Gymnastics NZ. All coaches should be registered members of a Club/Organisation that is a member of Gymnastics NZ. All coaches must be accredited at the level of competence applicable to the level of required coaching.

All gymnasts must compete in the Level for which they are currently qualified. Only men/boys are eligible to compete at Regional or National competitions. Gymnasts must be turning 9 years of age in the year of competition to compete in National Championships or to be eligible for selection to a national team.

The age division of the gymnast is determined by their age as of 31st December in the year of the specific competition in question. i.e. Under 18 gymnasts must still be under 18 on the 31st of December of the year in which the competition they are competing in takes place.

#### 4.1.2 Qualification for Senior National Championships

Levels 7-9 & U18/Senior Open\*: With consideration to the strategy for development and retention of gymnasts in men's artistic gymnastics, there is qualification score set as 63.000 for eligibility to enter in the Senior National Championships.

\*Senior Open however has a selection requirement of – 63.000 based on the 2013 FIG Code of Points and changes thereafter.

#### 4.1.3 Qualification for Junior National Championships

Provinces may enter additional individuals and/or teams. There is **no** national qualification standard for eligibility to enter. If the number of entries exceeds the maximum number of gymnasts who can be accommodated in the one day competition, a policy will be put in place which will protect the entitlement of each named region to enter one (1) team of three or four gymnasts in each level, and make application for additional entries of individuals and/or teams over and above this entitlement.

#### 4.1.4 Senior National Championships

Region	Level	Age		Team Size	Competition	Awards
"	7	Open U15		Max 4, 3 scores to count	Optional Routines Compulsory Routines	Team – Day 1 Individual All Around – Day 1 Apparatus Finals – Day 2
"	8	Open		Max 4, 3 scores to count	Optional Routines	
"	9	Open		Max 4, 3 scores to count	Optional Routines	
"	Snr Open/U18	18+	U18	Max 4, 3 scores to count	Optional Routines	

#### 4.1.5 Junior National Championships

Region	Level	Age		Team Size	Competition	Awards
"	4	Open		Max 4, 3 scores to count	Comp x 1 Round	Individual Apparatus/Team Day 1, AA Day 2
"	5	Open		Max 4, 3 scores to count	Comp x 1 Round	
"	6	Open		Max 4, 3 scores to count	Comp x 1 Round	

## 4.2 Awards

### 4.2.1 Team Awards

Senior National Championships: The winning team will be determined by adding the best three scores on each apparatus in the first round of the competition. Certificates and medals to members of 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> teams.

Junior National Championships: The winning team will be determined by adding the best three scores on each apparatus in the competition. Certificates and medals to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> teams.

### 4.2.2 Individual All Around Champion

Senior National Championships: The gymnast obtaining the highest individual All Around score in the first round of competition will be declared the winner. Certificates and medals to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> individual All Around.

Junior National Championships: The gymnast obtaining the highest individual All Around score will be declared the winner. Certificates and medals to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> individual All Around, certificates to 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> individual all around.

#### **4.2.3 Apparatus Champions**

Senior National Championships: The gymnast obtaining the highest score in an Apparatus Final will be declared the winner. Medals to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> apparatus place getters, certificates to all finalists.

Junior National Championships: The gymnast obtaining the highest score in an Apparatus Final will be declared the winner. Medals to 1st, 2nd and 3rd apparatus place getters, certificates to all finalists. Apparatus placings will be determined on Day 1 of the National Championships.

#### **4.2.4 Apparatus Finals**

The top eight gymnasts from each apparatus in the All Around event qualify for Apparatus Finals subject to the following qualifications statement:

Qualification is restricted to a maximum of eight New Zealand gymnasts, plus a maximum of two overseas gymnasts

Tie breaking rules for qualification will be applied if either of these maxima is exceeded.

Two non-competing reserves will be named, who shall be required to prepare to take the place in the draw of named finalists, should there be withdrawals more than 30 minutes prior to the commencement of the competition session. If more than eight gymnasts qualify for the final (combined New Zealand and overseas), the reserve cannot take the place of a withdrawn finalist.

The draw for Apparatus Finals will be conducted by the event director in the previous year and printed in the Work Plan for the National Championships but if not able to be conducted for any reason, it shall be conducted by Gymnastics NZ.

The requirements for Apparatus Finals will be the same as Competition 1 (Team and All Around) with no increased difficulty requirements for Apparatus Finals.

#### **4.2.5 Individual Apparatus Competitors**

Gymnasts may enter to compete in one or more apparatus at the Senior National Championships; they must compete on their designated apparatus in the All Around event to gain qualification for finals under the regulations set out in section 4.1.7.

#### **4.2.6 Compulsory Upgrade**

See 1.3 Levels Progression – section 1.3

#### **4.2.7 Proficiency Pins**

Proficiency pins will be issued to all gymnasts who achieve a set level of proficiency in the individual All Around event at National Championships

- Senior National Championships, the level of proficiency will be advised at least one month before the National Championships
- Junior National Championships, the level of proficiency required is an all-around score of: 62.000 for all levels, subject to change prior to the National Championships.

### **4.3 Regrading**

#### **4.3.1 Transfers from International to National Grades**

Gymnasts wishing to transfer from the Senior or Junior International Grade to the National stream should apply using the Application for Re-grade form available off the website. Gymnasts aged 16-17 can only drop to level 9, gymnasts 14-15 can drop to level 8 or 9. Senior open gymnasts can only drop to level 9.

#### **4.3.2 Return to Competition Following Hiatus**

For those gymnasts wishing to return to competitive gymnastics after a one year or more break from competition, application must be made to the MAG SDC via the Application for Re-grade form for consideration and determination on a case-by-case basis of the appropriate level of re-entry.

#### **4.3.3 Exemption from Progression**

Gymnasts who have scored at least 10.000 on each apparatus, but who do not want to progress up a level should apply using the Application for Re-grade form.



## **4.4 Competition Procedures and Behaviors**

### **4.4.1 Gymnasts and Coaches Attire**

Gymnasts are to wear club or regional tracksuits and white socks or club and regional leotards, longs, and socks for march-on. All gymnasts from the one club/region should be dressed the same for march-on and off the competition floor and during competition. Coaches are to wear club / region tracksuits or uniform. Penalties for non-compliance are as per the FIG code of points.

### **4.4.2 Apparatus Warm Up**

Prior to each competition session gymnasts will be allowed to warm-up on the apparatus, which is determined by the Organising Committee. Each gymnast is allowed 30 seconds touch warm-up prior to competing on each apparatus. Competitors must be ready to commence on the signal of the Chair Judge.

### **4.4.3 Apparatus**

Failure to remount the apparatus within 60 seconds after a fall shall automatically terminate the exercise.

### **4.4.4 Competition Floor Area**

Only nominated Regional/Club competitors and coaches are permitted on to the competition floor at any time. All additional regional and club representatives must remain in the spectator area. One coach only per regional/club team.

### **4.4.5 Coach Behaviour**

Coaches are responsible to conduct themselves in a professional manner. Any coach who fails to obey instructions of competition officials or who displays poor temperament or unsportsmanlike conduct (words or gesture) shall be penalised in accordance with the Code of Points.

#### 4.4.6 Gymnast Behaviour

Coaches are responsible for the conduct of their gymnasts. Any gymnast who fails to obey instructions of competition officials or displays poor temperament or unsportsmanlike conduct (words or gesture) shall be penalised in accordance with the Code of Points. In cases of serious misconduct they will be disqualified. Refer to Behaviour Policy section (4.3.7) below.

#### 4.4.7 Behaviour Policy and Penalties

Behaviour penalties will be applied at all Ribbon Meets/Competitions (Regional or Club), Regional and/or Qualification Meets / Competitions, National and / or Provincial Championships.

#### 4.4.8 Penalties

For all competitions including Championships, in the first instance the appropriate penalty specified in the FIG Code of Points or Technical Manual shall apply. If a penalty appropriate to the infraction is not specified in the Code of Points or Technical Manual then the following policy shall apply.

Gymnasts must remain on the competition floor for the duration of the competition. If a gymnast wishes to leave the competition floor they must, through their coach, seek approval from the Competition Control (Chief) Judge or the Apparatus Chair Judge to be excused.

- **Unapproved absence** from the competition floor (see 4.3.4) – for ALL breaches, the penalty will be **disqualification** from the competition (see article CoP 2.4)
- **Late appearance** after the green light/flag – the respective Code of Points penalties shall apply (see article CoP 2.4)

Gymnasts, Coaches, Regional/Club Officials or unauthorized persons may not talk to 'active' judges during competition.

- **Gymnast talking to active judges** during competition – 0.50 penalty taken from the gymnast's Individual All Around score, followed by 2nd violation of 1.000 and removal from the competition (see article CoP 2.4)
- **Coaches, regional/club official or unauthorised persons talking to active judges** during competition – for a first breach a warning will be issued and a 0.50 penalty taken from the gymnast's Individual All Around score and/or the Team score, as applicable (see article CoP 3.3)
- For subsequent breaches the person shall be excluded/removed from the remainder of the competition

Unauthorised persons are not permitted on the competition floor. With the exception of the accredited persons, no regional/club officials, coaches,

photographers, video operators or parents/guardians/caregivers are allowed on the competition floor.

- **Unauthorised persons on the competition floor\*** – for a first breach the person shall be requested to leave the competition floor; a warning will be issued and a 0.50 penalty taken from the gymnast's Individual All Around score and/or the Team score, as applicable (see article CoP 3.3)
- For subsequent breaches the gymnast or team (which ever is applicable) shall be **disqualified**.
- **Deliberate omission of multiple skills** in compulsory routines L1 - L7 (U15) - the head judge of the apparatus shall advise the competition control judge of the possibility that a gymnast/coach has deliberately omitted multiple skills in order to minimize the total loss of execution points; the control judge will advise the coach of the neutral deduction of 2.0 to be taken from that apparatus, if it is deemed to be a deliberate omission and not due to any other reason

In all instances, infractions will be reported to the Competition Control (Chief) Judge who will action the penalties and warnings.

\*Definition – the competition floor shall also apply to the warm-up area with regards to the Unauthorised Persons penalty.

#### **4.4.9 Protests and Complaints**

The Head Coach only may protest against the apparatus start value of their own individual gymnasts. Comparison with the performance or other gymnasts will not be entertained, and shall result in the immediate dismissal of the protest and forfeiture of the protest fee. International competitions will come under the FIG Code of Points and thus protests will not apply.

A fee of \$20.00 shall be lodged with the jury before the protest is heard. If the protest is successful, 50% of the lodgment fee (\$10) will be refunded. Protests must state clearly and concisely the case for the gymnast in question and must be submitted within 3 minutes of the completion of that apparatus.

Videotape evidence regarding start value (D jury) will only be considered if the video is an official competition video and all other routines have been recorded from the same angle as the judging panel. The decision of the jury is final and no discussion will be entered into.

## **4.5 Publicity and Sponsorship Regulations**

### **4.5.1 Competition Numbers**

Competition numbers shall be allocated to all registered competitive gymnasts by Gymnastics NZ. The competition numbers shall be submitted on entry forms for all regional/club and national competitions. The competition number shall be stated on the official competition results reports. MAG gymnasts are not required to wear their allocated competition number at all regional/club and national competitions.

Gymnasts must show their optional vault number, prior to competing, or gymnast number and vault number to be handed in the panel prior to vault competition.

If overseas gymnasts are competing in competitions, Gymnastics NZ is required to provide temporary numbers for the overseas participants.

### **4.5.2 Advertising, Emblems and Manufacturers' Logos on Competition Attire and Competition Venue Signage**

The regulations for the dimensions and positioning are defined in the FIG Rules for Advertising and Publicity (downloadable from the FIG website <http://www.fig-gymnastics.com/site/rules/publicity>); these rules are also available from Gymnastics NZ.

## 5 Apparatus Heights and Equipment Requirements

### 5.1 Equipment Heights

For all National Competitions – nearest height will be accepted.

Level	Pommel	Rings	Vault	P Bars	H/Bar
<b>1</b>	Floor Mushroom 40cm	Min setting	-	Min setting	Min setting
<b>2</b>	Floor Mushroom 40cm	200 cm	-	Min setting	160 -200 cm
<b>3</b>	Floor Mushroom 40cm	200 cm	-	Min setting	160 -200 cm
<b>4</b>	90 cm	225 cm	-	180 cm	160 -200 cm
<b>5</b>	90 cm	225 cm	110 or 125cm	180 cm	220 -250 cm
<b>6</b>	90 cm	225 cm	120 or 130cm	180 cm	220 -250 cm
<b>7</b>	90 cm	260 cm	125 or 135cm	180 cm	260 cm
<b>8</b>	105 cm	260 cm	125 or 135cm	180 cm	260 cm
<b>9</b>	105 cm	260 cm	135 cm	180 cm	260 cm
<b>Open/U18</b>	All apparatus as per FIG Code of Points				
<b>Mats</b>	100 mm	200 mm + 100mm Sting mat	200 mm + 100mm Sting mat	200 mm	200 mm + 100mm Sting mat

N.B. – Sting mats on Vault and High Bar are COMPULSORY.

### Exceptional Circumstances

In exceptional circumstances, gymnasts / coaches may request the heights of equipment to be modified, by writing to the Sport Development Committee at least 1 month prior to a National event. For regional or club events this request must be made to the Control Judge prior to the beginning of warm-up for the applicable level.

## 5.2 Equipment Requirements

<b>Rings / Horizontal Bar</b>	Where a gymnast is of tall stature, he may request that blocks be used to raise the height of the Rings and/or Horizontal Bar as per the FIG Code of Points (see article CoP 2.1).
<b>Parallel Bar</b>	The bars not be raised higher than the FIG specified height (180 cm from top of mat, 200 cm from floor, CoP Section 14). For competitions up to and including Level 6, extended goosenecks should be used if available. If they are not available then coaches are encouraged to stand in to spot the gymnast if required. In this situation a gymnast who is supported in the performance of an inverted upper arm skill will not be penalised.
<b>Pommel Horse</b>	Where a gymnast is of small stature, he may use a beat board or additional mats to assist his mount to Pommel Horse up to Level 6 only.
<b>Mushroom</b>	Top diameter - 60 cm and height - 70 cm. Level 1 – 3: Floor Mushroom raised to 30 – 40cm
<b>Vault</b>	Minimum vault table height and requirements. Please see acceptable heights as above. Only two height settings are allowed at each Level, for Levels 5 - 8.
<b>Additional Mats</b>	One crash/single mat can be placed at each end for Horizontal Bar and one crash/single mat can be placed at each other apparatus. One additional single mat may be used on Floor at regional competitions (although it cannot be moved during the routine).
<b>Beat boards / Springboards</b>	Must be FIG approved. If teams require their own beat boards, they may be brought to the venue, but must be approved by the Competition Director. Additional beat boards must be made available to all other teams at all sessions.

# **Gymnastics New Zealand MAG Sport Development Committee**

Chair	Gareth Brettell
Levels Advisor	Stuart Albury
Judging Advisor	Ken Bow
Junior Development	Gavin Snowsill
Coaching Development	Toby Levine
Athlete's Representative	Adrian Coman

# **MAG Levels 1-7**

## **U15 National Programme**

### **Manual**





## 6 Compulsory Exercises Level 1-7U15

### 6.1 National Program Structure: Levels 1–7 U15

#### Overview of Levels 1-7 U15

Levels 1–7 U15 of the National Program are designed to:

Provide enjoyable opportunities for as many boys, youths, and adults as possible to participate in gymnastics;  
Provide a technically sound, systematic development pathway for MAG skills; and  
Prepare gymnasts for upper level gymnastics (Level 7 through to International).

The skills set down in Levels 1 through to Level 7 are the minimum requirements. They are set to provide a basic standard of progression, but they should in no way restrain coaches from including supplementary training and skills.

#### Progression through levels 1-7 u15

Gymnasts may enter the competitive stream at any level.

Levels	Rules & Requirements	Culminating Competition
1-3	"2018-20 MAG Levels 1-7 U15 National Program Manual"	No culminating competition. Gymnast may compete in club and regional competitions.
4-6	"2018-20 MAG Levels 1-7 U15 National Program Manual"	GYMNASTICS NZ National Championships ( <i>minimum age: 9 years</i> )
7+	"2018-20 National Program Manual & NZ Handbook"	GYMNASTICS NZ National Championships

The skills required in Levels 1-7 U15 are the basic building blocks for upper level gymnastics: any skills or sequences that are ignored, avoided, or skipped can prevent a gymnast from succeeding in the future. In addition, growth spurts and other biological factors may warrant or require additional time at a particular level.

A gymnast is ready to progress to the next level when (a) he has scored the minimum competency score for the previous level, (b) he can physically and mentally handle the skills and sequences required in the next level's routines, and (c) when he has met any supplementary requirements set down by his coach and club. Gymnasts are not required to advance to the next level unless they have scored the compulsory upgrade score.

## **2018-2020 Upgrading of Levels 1- 7 U15**

The new routines set out in this manual have been designed to better prepare gymnasts for Senior Level gymnastics (Levels 7+). The skills and sequences in each level therefore were modified to:

Provide more systematic progressions of major skills from one level to the next;  
Prepare gymnasts for more of the FIG categories of skills they will need for Senior Levels; and  
Ensure that the Level 6 skills are only one step down from the Level 7 requirements.

From 2017 onwards there will be compulsory upgrade scores in place, as set out below, for moving from Level 4 to 5, from Level 5 to 6, and then for a gymnast to move from Level 6 to 7 (for this move dispensation may be granted due to age of a Level 6 gymnast).

Dispensation requests need to be sent to the Sport Development Committee as early as practicable, prior to the beginning of the next competition season. Note: dispensation will not be granted once a gymnast has competed in a level from 2018 onwards.

Compulsory upgrade scores, as below, achieved at the National Championships:

Level 4	64.000
Level 5	64.000
Level 6	64.000

## 6.2 Scoring: Levels 1–7 U15

$$\text{FINAL SCORE} = \text{D SCORE (2.0 base)} + \text{E SCORE (out of 10.0)} - \text{NEUTRAL DEDUCTIONS}$$

The Final Score for any Level 1-7 U15 routine will be the sum of the 'D' Score plus the 'E' Score less Neutral Deductions.

The D Score reflects the content ('difficulty') of the routine, and for Levels 1-6 will have a base of 2.0. Any bonus skills will be added to the base. Any omitted/unrecognized/added skills will incur a penalty to be subtracted from the base.

The E Score reflects the skill presentation and technique ("execution"), and will be out of 10.0.

Therefore, a perfectly executed routine with all the required skills but without any bonus would have a final score of 12.0 (2.0 D score + 10.0 E score).

### D Score Calculation - Bonus

The base D Score for all Level 1-7 U15 routines is 2.0. Bonus is in addition to the 2.0 base D Score. Bonus available to be added to D Score.

Level	Base D Score	Available Bonus	Maximum D Score Possible
Levels 1 & 2	2.0	No bonus available	<b>2.0</b>
Level 3 & 4	2.0	One bonus skill available in Level 3 in each routine except Vault. The one bonus skill is worth 0.3. Two bonus skills are available in Level 4. Gymnasts may do both bonuses but will only receive credit for one. Both will receive deductions. The one bonus skill is worth 0.3.	<b>2.3</b>
Levels 5 & 6	2.0	Two bonus skills available in Level 5, and gymnasts may do both Three bonus skills are available in Level 6, and gymnasts may do all three for credit. Each skill is worth 0.3. Level 6 Vault bonus is worth 0.8.	<b>2.6 (Level 5)</b> <b>2.9 (Level 6)</b>
Level 7 U15	2.0	Three bonus skills are available in Level 7 U15, and gymnasts may do all three for credit. Each skill is worth 0.3.	<b>2.9</b>

## D Score Calculation - Penalties

Any omitted, unrecognized, or added skills are penalties to be subtracted from the D score, in addition to any execution deduction from the E score. The minimum D score is 0. D score deductions can't be greater than 2.0 (no bonus routine) i.e. You cannot have a negative D score.

Penalties to be subtracted from D Score

Penalty	Amount to be Subtracted	Description
Omission of skill(s)	1.0 per occurrence (+ execution deductions)	<p>Omission includes deliberate or accidental omission. The omission penalty <b>does not apply</b> if the skill is performed out of order, if the skill is clearly shown but not held (in the case of skills to be held), or if skills in a sequence are not connected.</p> <ul style="list-style-type: none"> <li>• <i>Example #1: Gymnast performs RO stop Flic stop Back layout includes all three required elements for Level 6, albeit it with major execution errors. No omission penalty.</i></li> <li>• <i>Example #2: RO-flic-fall without a back layout at all would incur the 1.0 omission penalty for Level 6 in addition to execution errors.</i></li> <li>• <i>Example #3: Gymnast attempts swing handstand hold 2 second Level 6 p-bars; swings to handstand, falls, remounts and swings again to handstand holds 2 sec and dismounts correctly. Gymnast has performed the required element, albeit with major execution errors. No omission penalty.</i></li> </ul>
Non-recognition of skill(s)	1.0 per occurrence (+ execution deductions)	<p>An element will not be recognized if it is so altered in performance as to become a different skill. The non-recognition penalty <u>does not apply</u> to skills clearly attempted that end in a fall.</p> <ul style="list-style-type: none"> <li>• <i>Example #1: Gymnast performs backward roll to handstand, gets stuck in the handstand, arches, and rolls back down. Gymnast has clearly performed the backward roll to the handstand, albeit with major execution errors. No non-recognition penalty.</i></li> <li>• <i>Example #2: Gymnast attempts front salto on floor, trips during take-off, and lands on his back. Gymnast has not clearly performed the front salto and the non-recognition penalty would apply.</i></li> </ul>
Added skills	0.5 per occurrence (+ execution deductions)	<p>Any added skill incurs a 0.5 penalty. The added skill penalty <u>does not apply</u> to any added skills necessary to resume a routine after a fall. (These exceptions, however, are still subject to execution error deductions.) Also excludes any extensions on the current skills which a gymnast performs such as extra twists, press to Handstands, back travels on Pommels L6 etc.</p>
Coaching	0.3 (penalty may only be taken once per routine)	<p>Speaking, signaling or otherwise communicating with the gymnast during the exercise. The coaching penalty <u>does not apply</u> if the gymnast has fallen and has not yet remounted the apparatus.</p>

A gymnast should not attempt a routine in competition if he would be subject to multiple omission or non-recognition penalties. See general penalties section 4.3.8 for further clarification. If a routine ends early due to injury or illness, the minimum D score is 0.

## E Score Calculation

A gymnast's E Score is calculated by subtracting all execution deductions from 10.0.

### Common execution deductions

Bent arms or bent legs	0.1	0.3	0.5
Legs apart	0.1	0.3	0.5
Non distinct positions (tuck, pike, or straight)	0.1	0.3	0.5
Poor posture or body position	0.1	0.3	0.5

Touching apparatus or floor	0.1
Hitting apparatus or floor	0.5
Falling on apparatus or floor	1.0

Landing: minor unsteadiness or arm swings	0.1
Landing: loss of balance	0.1 small step or hop 0.3 large step or hop 0.3 touching with hand(s) 1.0 support with hand(s)
Landing: legs apart	0.1 $\leq$ shoulder width* 0.3 $>$ shoulder width
Landing: fall (feet first)	1.0
Landing: fall without feet hitting mat first	1.0 (+ non-recognition penalty from D score)

Lack of height or amplitude on salto/flight skills	0.1	0.3
--	-----	-----

\*NO PENALTY if feet slightly apart and gymnast lifts heels and joins both heels together without lifting and moving the front of his feet

Adjust or correct hand or grip position	0.1 each time
Walking in handstand	0.1 each step
Unsteadiness in handstand	0.1
Big disturbance in handstand	0.3

Angle deviations from required hold positions	0.1: 0-15° 0.3: 16-30° 0.5: 31-45° non recognition >45° (from D score)
Angle deviations from swings to or through handstand (not requiring hold)	no penalty: 0-15° 0.1: 16-30° 0.3: 31-45° 0.5: >45°

Stop but no hold (where required)	0.3
Addition of half swing	0.3
Addition of full swing	0.5
Interruption of exercise without a fall (includes major stops)	0.5

Spotting:	0.3: gymnast touched but not assisted 1.0 gymnast assisted (+ non-recognition penalty from D score)
-----------	---


## Floor – Major Skill Progression Chart

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Cartwheel x2	Hurdle round-off	Round-off (r/o flic)	r/o flic (r/o flic tuck)	r/o flic tuck (r/o flic layout)	r/o flic layout r/o flic layout full Double-back
Forward roll	Rebound dive roll	Tuck Front	Tuck Front rebound	Tuck front rebound	Tuck front x2 (layout punch front)
-	-	Handstand pop f/r	h/spring rebound (handspring front)	Handspring front (h/spring layout)	h/spring front full
f/r through shoulder stand	Straddle jump to h/s	f/r x2 through straddle Pike jump to h/s	Endo roll Straddle press h/s	Endo roll toward h/s Straddle press	Endo roll to h/s Splits straddle press
Backward roll	b/r to front support	b/r to front support	b/r toward h/s	b/r to h/s ½ turn	Blind-change

## Floor – Level 1

No bonus available.

No required Floor pattern.


	(1)	(2)	(3)	(4)	(5)
<b>Required Elements</b>	<b>Kick to momentary handstand (h/s)</b>	<b>Backward roll</b>	<b>2 x Push ups, splits</b>	<b>Forward roll through shoulder stand, forward roll stretch jump</b>	<b>Cartwheel x 2</b>
<b>Technical Description</b>	From stand kick to momentary h/s. Pike down to stand	Backward roll with straight arms to front support.	2 x Push ups. Swing leg around to front and show splits.	Forward roll from splits dragging feet together to roll through a shoulder stand position. From squat, forward roll stretch jump.	Step into 2 x cartwheels in a line without stopping, to land sideways. ¼ turn to stand.
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	H/s position not reached (0.1, 0.3, 0.5) Legs bent (0.1, 0.3, 0.5) Poor position (0.1, 0.3, 0.5) Bent arms (0.1, 0.3, 0.5)	Straight arms (0.1, 0.3) Legs apart (0.1, 0.3) Rolling head sideways (0.1, 0.3, 0.5) Poor front support (0.1, 0.3, 0.5)	Angle of splits (0.1, 0.3) Poor position on push-ups and supports (0.1, 0.3, 0.5)	Legs bent (0.1, 0.3, 0.5) Poor position (0.1, 0.3, 0.5) Lack of control (0.1, 0.3, 0.5) Lack of extension in shoulder stand (0.1, 0.3, 0.5) Lack of height in stretch jump (0.1, 0.3, 0.5)	Controlled, stuck landing (see landing deductions) Bent knees, arms, lack of flexibility in cartwheel (0.1, 0.3, 0.5) Direction of cartwheels (0.1, 0.3, 0.5) Open hips in cartwheels (0.1, 0.3, 0.5)




## Floor – Level 2

No bonus available.

No required Floor pattern.

	(1)	(2)	(3)	(4)
Required Elements	Handstand (h/s) forward roll to squat	Jump through handstand to straddle, lower	Backward roll to front support, splits	Forward roll through shoulder stand, forward roll stretch jump
Technical Description	Kick through h/s to roll forwards to squat	From squat, jump through straddle to h/s. Lower legs to stand.	From stand backwards roll with straight arms, legs above horizontal to front support. Swing leg to front and show splits.	Forward roll from splits dragging feet together to roll through a shoulder stand position, from squat forward roll stretch jump.
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Legs bent (0.1, 0.3, 0.5) Not passing through h/s (0.1, 0.3, 0.5) Bent arms (0.1, 0.3, 0.5)	Not vertical in h/s (0.1, 0.3, 0.5) Bents legs in straddle (0.1, 0.3, 0.5) Bent arms, poor position (0.1, 0.3, 0.5)	Bent arms in roll (0.1, 0.3, 0.5) Angle of splits (0.1, 0.3) Poor position in support (0.1, 0.3, 0.5) Legs apart (0.1, 0.3) Rolling head sideways (0.1, 0.3, 0.5)	Legs bent (0.1, 0.3, 0.5) Poor position (0.1, 0.3, 0.5) Lack of control (0.1, 0.3, 0.5) Lack of extension in Shoulder Stand (0.1, 0.3, 0.5) Lack of height in stretch jump (0.1, 0.3, 0.5)


## Floor – Level 2, continued

	(5)	(6)
<b>Required Elements</b>	<b>Second rebound jump to dive roll</b>	<b>Cartwheel hurdle round off</b>
<b>Technical Description</b>	From a rebound jump, Dive roll to stand.	Step forward to Cartwheel, step ¼ turn to face forward and hurdle (no steps) to round off with an immediate rebound jump to land.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	<p>Feet not leaving the ground (0.3) Bent legs, legs apart (0.1, 0.3, 0.5)</p>	<p>Direction of first cartwheel (0.1, 0.3, 0.5) Open hips in first cartwheel (pike down = 0.1, 0.3) Direction of round off (0.1, 0.3, 0.5) Lack of height in rebound (0.1, 0.3)</p>



## Floor – Level 3

**One** bonus available, worth 0.3.

No required floor pattern.

	(1)	(2)	(3)	(4)
Required Elements	Handstand pop – forward roll	Pike jump through Handstand	Forward roll to straddle stand forward roll jump ½ turn	Backward roll to front support, splits
Technical Description	Step into a handstand which shows a rebounding action from the hands on the way up to handstand. The “pop” action passes through handstand to roll forward.	From squat, jump through pike to handstand with legs straight	Forward roll to straddle stand (endo prep) roll forward to jump ½ turn.	From stand backwards roll with straight arms, legs 45° above horizontal to front support. Swing leg to front and show splits.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Straight arms in pop (0.1, 0.3, 0.5) Visible pop action (0.1, 0.3, 0.5) Coming back down from handstand (0.5)	Bents legs in pike (0.1, 0.3, 0.5) Bent arms, poor position (0.1, 0.3, 0.5) Not passing through h/s (0.3 1 <sup>st</sup> time, 0.5 2 <sup>nd</sup> time +)	Straight arms in roll (0.1, 0.3, 0.5) Straight legs in roll (0.1, 0.3, 0.5) Lack of height in stretch jump (0.1, 0.3, 0.5)	Bent arms in roll (0.1, 0.3, 0.5) Angle of splits (0.1, 0.3) Poor position in support (0.1, 0.3, 0.5) Legs apart (0.1, 0.3) Rolling head sideways (0.1, 0.3, 0.5)

### Floor – Level 3, continued



	(4)	(5)	(6)	(6) BONUS
Required Elements	Forward roll through shoulder stand to stand	Tuck Front Salto	Hurdle round off	* Round off flic flac *
<b>Technical Description</b> 	Forward roll from splits dragging feet together to roll through a shoulder stand position to stand.	Run (3 steps) punch tuck front salto to min shoulder height.	Hurdle (no steps) to round off with an immediate rebound jump to land.	Hurdle (no steps) round off flic flac rebound to stand.
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Legs bent (0.1, 0.3, 0.5) Poor position (0.1, 0.3, 0.5) Lack of control (0.1, 0.3, 0.5) Lack of extension in shoulder stand (0.1, 0.3, 0.5)	Minimum amplitude of shoulder height (0.1, 0.3) Distinct tuck position (0.1, 0.3, 0.5) Landing errors (0.1, 0.3, 0.5)	Direction of first cartwheel (0.1, 0.3, 0.5) Open hips in first cartwheel (pike down = 0.1, 0.3) Direction of round off (0.1, 0.3, 0.5) Lack of height in rebound (0.1, 0.3)	Acceleration in round off (0.1, 0.3, 0.5) Direction of round off (0.1, 0.3, 0.5) Stretched body through flic flac (0.1, 0.3, 0.5) Amplitude of rebound (0.1, 0.3) Controlled, stuck landing (see landing deductions)

## Floor – Level 4



**Two** bonuses available, **only one to count** worth 0.3.

Choose from either (1) **or** (7) (no penalty for performing both bonuses).



No required floor pattern.

	(1)	(1) BONUS	(2)
Required Elements	Front handspring rebound	* Handspring front salto *	Forward roll to pike jump through handstand (h/s)
<b>Technical Description</b> 	(Starting near corner A, facing corner D.) Raise arms to vertical, lower to side, run, handspring rebound and land	Raise arms to vertical, lower to side, run, handspring immediate front tuck salto and land (salto may be layout and/or with twists)	Forward roll to squat, jump through pike to handstand with legs straight
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Stretched body shapes through handspring (0.1, 0.3, 0.5) Amplitude of rebound (0.1, 0.3) Controlled, stuck landing (see landing deductions)	Acceleration through series (0.1, 0.3, 0.5) Stretched body shapes through handspring (0.1, 0.3, 0.5) Distinct body shape in salto (0.1, 0.3, 0.5) Amplitude of salto (0.1, 0.3) Controlled, stuck landing (see landing deductions)	Bents legs in pike (0.1, 0.3, 0.5) Bent arms, poor position (0.1, 0.3, 0.5) Not passing through h/s (0.3 1 <sup>st</sup> time, 0.5 2 <sup>nd</sup> time +)

## Floor – Level 4, continued

	(3)	(4)	(5)
Required Elements	Endo roll to forward roll jump ½ turn	Bwd roll through handstand front support, splits,	Straddle press handstand
<b>Technical Description</b> 	Endo forward roll (no feet on the ground) to forward roll jump ½ turn.	From stand backwards roll with straight arms and hands turned in, legs 60° above horizontal to front support. Swing leg to front and show splits.	Lift to straddle stand then press to momentary handstand, step down.
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Straight arms in roll (0.1, 0.3, 0.5) Straight legs in roll (0.1, 0.3, 0.5) Brush feet on ground (0.1) Push from floor (0.5) Lack of height in stretch jump (0.1, 0.3, 0.5)	Bent arms in roll (0.1, 0.3, 0.5) Not passing through Handstand (0.1, 0.3, 0.5) Angle of splits. (0.1, 0.3) Poor position in support (0.1, 0.3, 0.5) Legs apart (0.1, 0.3)	Straight arms in press (0.1, 0.3, 0.5) Straight body handstand (0.1, 0.3, 0.5) Controlled step down from h/s (0.1, 0.3, 0.5)



## Floor – Level 4, continued

	(6)	(7)	(7) BONUS
Required Elements	Tuck front salto	Round off flic flac	* Round off flic flac salto backward tucked *
<b>Technical Description</b> 	Optional transition to face down side of floor (from corner D to corner B). Run punch tuck front salto to min shoulder height. Rebound jump.	Run, hurdle round off flic flac rebound to stand.	Run, hurdle round off, flic flac, salto backward tucked to stand. (Salto can be layout and/or with twists)
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Minimum amplitude of shoulder height (0.1, 0.3) Distinct tuck position (0.1, 0.3, 0.5) Landing errors (0.1, 0.3, 0.5) No Rebound jump (0.5)	Acceleration in round off (0.1, 0.3, 0.5) Direction of round off (0.1, 0.3, 0.5) Stretched body through flic flac (0.1, 0.3, 0.5) Amplitude of rebound (0.1, 0.3) Controlled, stuck landing (see landing deductions)	Acceleration though series (0.1, 0.3, 0.5) Stretched body shapes through flic flac (0.1, 0.3, 0.5) Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3) Distinct tuck position in salto; minimum 90° bend at hips and knees (0.1, 0.3, 0.5) Extension of body prior to landing (0.1, 0.3) Controlled, stuck landing (see landing deductions)

## Floor – Level 5



Two bonuses available, each worth 0.3.

No required floor pattern.



	(1)	(1) BONUS	(2)
Required Elements	Handspring front salto	* Handspring salto forward layout *	Endo roll towards handstand forward roll piked jump handstand ½ turn
<b>Technical Description</b> 	Raise arms to vertical, lower to side, run, handspring immediate front tuck salto and land (salto may be layout and/or with twists)	Raise arms to vertical lower to side, run, handspring to immediate salto forward layout to stand.	Endo forward roll towards handstand (min 45°) to forward roll pike jump to handstand ½ turn.
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Acceleration through series (0.1, 0.3, 0.5) Stretched body shapes through handspring (0.1, 0.3, 0.5) Distinct body shape in salto (0.1, 0.3, 0.5) Amplitude of salto (0.1, 0.3) Controlled, stuck landing (see landing deductions)	Acceleration through series (0.1, 0.3, 0.5) Stretched body shapes through handspring (0.1, 0.3, 0.5) Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3) Distinct layout position in salto; no bend at hips and knees (0.1, 0.3, 0.5) Extension of body prior to landing (0.1, 0.3) Controlled, stuck landing (see landing deductions)	Straight arms in roll (0.1, 0.3, 0.5) Straight legs in roll (0.1, 0.3, 0.5) Brush feet on ground (0.1) Push from floor (0.5) Lack of height in stretch jump (0.1, 0.3, 0.5) bent legs in pike (0.1, 0.3, 0.5) Bent arms, poor position (0.1, 0.3, 0.5) Not passing through h/s (0.3 1 <sup>st</sup> time, 0.5 2 <sup>nd</sup> time +)



## Floor – Level 5, continued

	(3)	(4)	(5)
Required Elements	<b>Straight arm backward roll to handstand (h/s) with a ½ turn to roll forwards</b>	<b>1 x Double leg circles to splits</b>	<b>Straddle press held handstand (h/s)</b>
<b>Technical Description</b> 	<p>Squat or pike sit into straight arm, straight leg backward roll through handstand with a ½ turn to roll forwards to stand. (preferably blind change technique, but no deduction for other ½ turn)</p>	<p>Fall to front support complete 1 x double leg circle. From front support swing leg to front and show splits.</p>	<p>Lift to straddle stand then press to 2 second h/s, step down.</p>
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	<p>Straight arms in backward roll to h/s (0.1, 0.3, 0.5)</p> <p>Straight legs in backward roll to h/s (0.1, 0.3, 0.5)</p> <p>Backward roll through h/s (0.1, 0.3, 0.5)</p> <p>Straight body h/s (0.1, 0.3, 0.5)</p> <p>No half turn shown = 0.5</p> <p>Controlled and straight roll from ½ turn (0.1, 0.3, 0.5)</p>	<p>Extension and straight body during circles (0.1, 0.3, 0.5)</p> <p>Touch or hitting the floor (0.1, 0.5)</p> <p>Angle of splits. (0.1, 0.3)</p> <p>Poor position in support (0.1, 0.3, 0.5)</p> <p>Legs apart (0.1, 0.3)</p>	<p>Straight arms in press (0.1, 0.3, 0.5)</p> <p>Straight body h/s (0.1, 0.3, 0.5)</p> <p>Controlled step down from h/s (0.1, 0.3, 0.5)</p> <p>Two second hold (0.3 held &lt; 2 secs 0.5 not held)</p> <p>Note – credit the element if gymnast moves their hands, but apply deductions</p>



## Floor – Level 5, continued

	(6)	(7)	(7) BONUS
Required Elements	Tuck front salto	Round off flic flac salto backward tucked	* Round off flic flac salto backward stretched *
<b>Technical Description</b> 	<p>Optional transition to face down side of floor (from corner D to corner B). Run punch tuck front salto to min head height. Rebound jump.</p>	<p>Run, hurdle round off, flic flac, salto backward tucked to stand. (Salto can be layout and/or with twists)</p>	<p>Run, hurdle round off, flic flac, salto backward stretched (layout) to stand.  <i>Note: No bonus awarded if more than 45° pike in hips. Credit as tuck, with appropriate "Distinct tuck position" deductions.</i>  <i>NB Salto can include twists.</i></p>
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	<p>Minimum amplitude of shoulder height            (0.1, 0.3)            Distinct tuck position            (0.1, 0.3, 0.5)            Landing errors            (0.1, 0.3, 0.5)            No rebound jump (0.5)</p>	<p>Acceleration though series            (0.1, 0.3, 0.5)            Stretched body shapes through flic flac            (0.1, 0.3, 0.5)            Vertical take-off for salto; minimum amplitude of salto head height            (0.1, 0.3)            Distinct tuck position in salto; minimum 90° bend at hips and knees            (0.1, 0.3, 0.5)            Extension of body prior to landing            (0.1, 0.3)            Controlled, stuck landing            (see landing deductions)</p>	<p>Acceleration though series            (0.1, 0.3, 0.5)            Stretched body shapes through flic flac            (0.1, 0.3, 0.5)            Distinct stretch position in salto            (0.1, 0.3, 0.5)            Vertical take-off for salto; minimum amplitude of salto head height            (0.1, 0.3)            Controlled, stuck landing            (see landing deductions)</p>



## Floor – Level 6

Three bonuses available, each worth 0.3. Gymnasts may do all 3 for credit.



No required floor pattern.

	(1)	(2)	(3)
Required Elements	Handspring salto forward layout or tucked full twist	Endo roll through handstand (h/s) forward roll piked jump handstand ½ turn	Straight arm backward roll to handstand with blind ½ turn to roll forwards
<b>Technical Description</b> 	(Starting near corner A, facing corner D.) Raise arms to vertical lower to side, run, handspring to immediate salto forward layout or tuck 1/1 twist to stand.	Endo forward roll through handstand (h/s) forward roll pike jump to handstand ½ turn.	Squat or pike sit into straight arm, hands turned in, straight leg backward roll through handstand with a blind ½ turn to roll forwards to stand.
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Acceleration through series (0.1, 0.3, 0.5) Stretched body shapes through handspring (0.1, 0.3, 0.5) Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3) Distinct layout position in salto; no bend at hips and knees (0.1, 0.3, 0.5) Extension of body prior to landing (0.1, 0.3) Controlled, stuck landing (see landing deductions)	Straight arms in roll (0.1, 0.3, 0.5) Straight legs in roll (0.1, 0.3, 0.5) 0.1 Brush feet on ground 0.5 Push from floor Lack of height in stretch jump Bents legs in pike (0.1, 0.3, 0.5) Bent arms, poor position (0.1, 0.3, 0.5) Not passing through h/s (0.3 1 <sup>st</sup> time, 0.5 2 <sup>nd</sup> time +)	Straight arms in backward roll to h/s (0.1, 0.3, 0.5) Straight legs in backward roll to h/s (0.1, 0.3, 0.5) Backward roll through h/s (0.1, 0.3, 0.5) Straight body h/s (0.1, 0.3, 0.5) No half turn shown = 0.5 Controlled and straight roll from ½ turn (0.1, 0.3, 0.5)

## Floor – Level 6, continued

	(4)	(4) BONUS	(5)	(6)
<b>Required Elements</b>	<b>2 x Double leg circles</b>	<b>2 x Flairs or 1 x circle into 1/1 Russian</b>	<b>Split press to handstand (h/s) hold, pike down</b>	<b>2 x Salto forwards</b>
<b>Technical Description</b> 	Fall to front support complete 2 x double leg circles without stopping between each circle. From front support swing leg to front and show splits.	Fall to front support complete 2 flairs or 1 x double leg circle into 1/1 Russian. From front support swing leg to front and show splits.	Press from splits with straight arms to handstand, hold 2 seconds, pike down, and stand.	Optional transition to face down side of floor (from corner D to corner B). Run punch salto forward tucked into a second tucked punch front salto.
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Extension and straight body during circles (0.1, 0.3, 0.5) Touch or hitting the floor (0.1, 0.5) Stop between circles (0.5)	Extension and straight body during circles (0.1, 0.3, 0.5) Touch or hitting the floor (0.1, 0.5) Lack of split in flair (0.1, 0.3) Stop between circles (0.5)	Straight arms in press (0.1, 0.3, 0.5) Straight body h/s (0.1, 0.3, 0.5) Two second hold 0.3 held < 2 secs 0.5 not held Controlled lower from h/s (0.1, 0.3, 0.5)	Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3) Distinct tuck position in salto; minimum 90° bend at hips and knees (0.1, 0.3, 0.5) Extension of body prior to landing (0.1, 0.3) Controlled, stuck landing (see landing deductions)



## Floor – Level 6, continued

	(6) Bonus	(7)	(7) BONUS
Required Elements	Layout salto forwards punch tucked salto forwards	Round off flic flac salto backward stretched	Round off flic flac salto backward stretched with at least 1/1 twists or backward tucked double salto
<b>Technical Description</b> 	Optional transition to face down side of floor (from corner D to corner B). Run punch Layout salto forward into a second tucked punch front salto.	Run, hurdle round off, flic flac, salto backward stretched (layout) to stand.	Run, hurdle round off, flic flac, salto backward stretched (layout) with at least 1/1 twists to stand. <i>Note: No bonus awarded if less than 1/1 turns. Or backward tucked double salto.</i>
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3) Distinct layout position in 1 <sup>st</sup> salto and a distinct tucked position in 2 <sup>nd</sup> salto with a minimum 90° bend at hips and knees (0.1, 0.3, 0.5) Extension of body prior to landing (0.1, 0.3) Controlled, stuck landing (see landing deductions)	Acceleration though series (0.1, 0.3, 0.5) Stretched body shapes through flic flac (0.1, 0.3, 0.5) Distinct stretch position in salto (0.1, 0.3, 0.5) Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3) Controlled, stuck landing (see landing deductions)	Acceleration though series (0.1, 0.3, 0.5) Stretched body shapes through flic flac (0.1, 0.3, 0.5) Distinct stretch position in salto (0.1, 0.3, 0.5) Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3) Distinct tuck position in double salto; minimum 90° bend at hips and knees (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions)



## Floor – Level 7 U15

Three bonuses available, each worth 0.3. Gymnasts may do all 3 for credit.



No required floor pattern.

	(1)	(1) BONUS	(2)
Required Elements	Round Off Flic Flac Salto Backward tucked with kick out	Round Off Flic Flac Double Salto Backward tucked.	Forward roll piked jump handstand 1/1 turn Endo roll through handstand ½ turn.
<b>Technical Description</b> 	Run, hurdle round off, flic flac, backward tucked salto with kick out.	Run, hurdle round off, flic flac, backward tucked salto with kick out.	Forward roll pike jump to handstand (h/s) 1/1 turn. Endo forward roll through handstand with ½ turn
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Acceleration though series (0.1, 0.3, 0.5) Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3) Distinct tuck position in double salto; minimum 90° bend at hips and knees (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions)	Acceleration though series (0.1, 0.3, 0.5) Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3) Distinct tuck position in double salto; minimum 90° bend at hips and knees (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions)	Straight arms in roll (0.1, 0.3, 0.5) Straight legs in roll (0.1, 0.3, 0.5) 0.1 Brush feet on ground 0.5 Push from floor Lack of height in stretch jump (0.1, 0.3, 0.5) bent legs in pike (0.1, 0.3, 0.5) Bent arms, poor position (0.1, 0.3, 0.5) Not passing through h/s (0.3 1 <sup>st</sup> time, 0.5 2 <sup>nd</sup> time +)

## Floor – Level 7, U15 continued

	(3)	(4)	(5)	(6)
<b>Required Elements</b>	<b>Straight arm backward roll to handstand (h/s) with blind 1/1 turn to front support</b>	<b>2 x Flairs or 1 x circle into 1/1 Russian</b>	<b>Piked press to handstand (h/s) hold pike down</b>	<b>Layout salto forwards to tucked salto forwards</b>
<b>Technical Description</b> 	Squat or pike sit into straight arm, hands turned in, straight leg backward roll through h/s with a blind 1/1 turn to front support	2 Flairs or 1 x double leg circle into 1/1 Russian. From front support swing leg to front and show splits. Roll over to pike sit.	Pike press from pike sit on the floor with straight arms to h/s, hold 2 sec, pike down, and stand.	Run punch Layout salto forward tucked into a second tucked punch front salto.
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Straight arms in backward roll to h/s (0.1, 0.3, 0.5) Straight legs in backward roll to h/s (0.1, 0.3, 0.5) Backward roll through h/s (0.1, 0.3, 0.5) Straight body h/s (0.1, 0.3, 0.5) No half turn shown = 0.5 Controlled and straight roll from ½ turn (0.1, 0.3, 0.5)	Extension and straight body during circles (0.1, 0.3, 0.5) Touch or hitting the floor (0.1, 0.5) Lack of split in flair (0.1, 0.3) Stop between circles (0.5)	Straight arms in press (0.1, 0.3, 0.5) Straight body h/s (0.1, 0.3, 0.5) Two second hold 0.3 held < 2 secs 0.5 not held Controlled lower from h/s (0.1, 0.3, 0.5)	Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3) Distinct layout position in 1 <sup>st</sup> salto and a distinct tucked position in 2 <sup>nd</sup> salto with a minimum 90° bend at hips and knees (0.1, 0.3, 0.5) Extension of body prior to landing (0.1, 0.3) Controlled, stuck landing (see landing deductions)

## Floor – Level 7 U15, continued

	(6) Bonus	(7)	(7) BONUS
Required Elements	Layout salto forward to layout salto forward	Round off flic flac salto backward stretched with 1/1 twists	Round off flic flac salto backward stretched with at 3/2 or 2/1 twists
<b>Technical Description</b> 	Run punch layout salto forward into a second layout punch front salto.	Run, hurdle round off, flic flac, salto backward stretched with 1/1 twists (layout) to stand. Can do without flic flac also	Run, hurdle round off, flic flac, salto backward stretched (layout) with at 3/2 or 2/1 twists to stand. Can do without flic flac also
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3) Distinct layout position in saltos (0.1, 0.3, 0.5) Extension of body prior to landing (0.1, 0.3) Controlled, stuck landing (see landing deductions)	Acceleration though series (0.1, 0.3, 0.5) Stretched body shapes through flic flac (0.1, 0.3, 0.5) Distinct stretch position in salto (0.1, 0.3, 0.5) Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3) Controlled, stuck landing (see landing deductions)	Acceleration though series (0.1, 0.3, 0.5) Stretched body shapes through flic flac (0.1, 0.3, 0.5) Distinct stretch position in salto (0.1, 0.3, 0.5) Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3) Controlled, stuck landing (see landing deductions)




## Pommel Horse – Major Skill Progression Chart

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
½ circles on mushroom	Full circles on mushroom	Circles on mushroom x5 (Czech)	Inward loops ( <i>side-support circles</i> ) ( <i>quarter turn</i> ) ( <i>flank dismount</i> )	Side-support circles ( <i>Outward loops</i> ) Quarter turn Flank dismount ( <i>Russian dismount</i> )	Circles on handles Side or back travel ( <i>Czech</i> ) Flank dismount ( <i>Russian dismount</i> ) Scissor

## Pommel Horse – Level 1


To be performed on Floor Mushroom raised 30-45cm from floor mat.

No bonus available. Circle direction can be reversed in its entirety.

	(1)	(2)
Required Elements	5x Half Circles to Rear Support	Stand and Finish
<b>Technical Description</b>	<p>From stand, squat to front support position. Step leg to side, then in a circular motion, swing leg and join legs together, both legs continue sliding in half circle to rear support position. (No deduction for initiating half circle with both legs together with a small hop in place of step.) From rear support, lift one arm and turn sideways on other arm, with a straight body, to finish in front support.</p> <p>Repeat to complete 5 half circles.</p> <p><u>Note:</u> socks may be worn so feet can slide on mat (no deduction for feet brushing floor).</p> <p>No deduction for performing 5 whole circles</p>	<p>From front support, push to squat and stand arms raised to vertical.</p>
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	<p>Extended hips (0.1, 0.3)</p> <p>Straight line from shoulders to toes (0.1, 0.3, 0.5)</p> <p>Each half circle finishes in strong (straight) rear support (0.1, 0.3, 0.5)</p> <p>Incomplete half circle (0.1, 0.3, 0.5)</p> <p>Smooth transition from rear support to front support (0.1, 0.3, 0.5)</p>	<p>Controlled, stuck landing (see landing deductions)</p>

## Pommel Horse – Level 2


To be performed on Floor Mushroom raised 30-45cm from floor mat.

	(1)	(2)
Required Elements	5 Circles, stops allowed between circles	Dismount to stand
<b>Technical Description</b>	<p>From stand, jump to five double leg circles. Stop allowed in between circles.</p> <p><u>NOTE</u>            0.5 deduction each time gymnast stops between circles without showing support of the 2nd hand.            1.0 deduction for a fall without control each time, i.e. falling off part way through circle or fall onto or off the apparatus.            0.5 deduction for each extra circle.            1.0 deduction for each missing circle.</p>	<p>After fifth circle, dismount at back of circle to stand.</p>
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b>            (refer also to common deductions in scoring section of this manual)</p>	<p>Extended hips            (0.1, 0.3,)            Square shoulders and hips            (0.1, 0.3, 0.5)            Smooth rhythm            (0.1, 0.3, 0.5)</p>	<p>Controlled, stuck landing            (see landing deductions)</p>

## Pommel Horse – Level 3

To be performed on Mushroom 30 – 45 cm from floor mats.

One bonus available, worth 0.3.

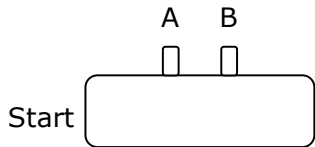

	(1)	(2)	(1) BONUS
Required Elements	5 Circles NO stop between circles	Dismount to stand	5 Circles with Czech included
Technical Description	<p>From stand, jump to 5 continues circles with NO stops, pushing off mushroom in support to stand.</p> <p>1.0 deduction for any other fall (including additional stops or any instance of falling off part way through circles). 0.5 deduction for each extra circle. 1.0 deduction for each missing circle.</p>	<p>Dismount at back of circle to stand.</p>	<p>From stand, jump to five consecutive double leg circles with a Czech skill performed within the 5 circles to dismount to stand. i.e. 2 full circles, Czech, 2 full circles to dismount.</p>
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	<p>Extended hips (0.1, 0.3,) Square shoulders and hips (0.1, 0.3, 0.5) Smooth rhythm (0.1, 0.3, 0.5)</p>	<p>Controlled, stuck landing (see landing deductions)</p>	<p>Extended hips (0.1, 0.3,) Square shoulders and hips (0.1, 0.3, 0.5) Smooth rhythm (0.1, 0.3, 0.5) Czech skill hand placement not in 'handle' area (0.1, 0.3)</p>

## Pommel Horse – Level 4

To be performed on the pommel horse with no handles.

Routine may be reversed in its entirety (for clockwise circles).

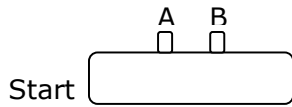

**One** bonus available worth 0.3.

	(1)	(1) BONUS (0.3)
Required Elements	8 inward loops (1 Stop)	3 circles facing sideways ¼ turn on 4 <sup>th</sup> circle turn, to 3 inward facing loops to flank over pommel (7 circles)
<b>Technical Description</b>  <div style="text-align: center;">  </div>	<p>Facing the end of the horse, jump to eight double leg circle in cross support (= forward loop) and dismount at front support of circle to stand.</p> <p><u>NOTE</u>            0.5 deduction if the one allowed stop between circles does not show support of the second hand.            1.0 deduction for any other fall (including additional stops or any instance of falling off part way through circles).            0.5 deduction for each extra circle.            1.0 deduction for each missing circle.</p>	<p>Facing the side end of the horse, jump to three double leg circles in side support and ¼ turn to front support into three loops cross support to dismount flank circle to stand.</p>
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Extended hips (0.1, 0.3,) Square shoulders and hips (0.1, 0.3, 0.5) Smooth rhythm (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions) Note: no deduction for performing Flank dismount after completing eight full circles (i.e. 8 and ¾ circles)	Extended hips (0.1, 0.3,) Square shoulders and hips (0.1, 0.3, 0.5) Smooth rhythm (0.1, 0.3, 0.5) Flank not at horizontal below 30 (0.3) Support not shown on arm in flank (0.1, 0.3, .0.5)

## Pommel Horse – Level 5

To be performed on the Pommel Horse with no handles.

Routine may be reversed in its entirety (for clockwise circles). **Two** bonuses available, each worth 0.3.

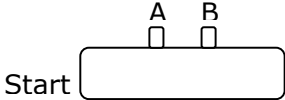

	(1)	(1) BONUS 0.3	(2) BONUS 0.6
<b>Required Elements</b>	<b>3 circles facing sideways ¼ turn on 4<sup>th</sup> circle turn, to 4 inward facing loops to flank over pommel (8 circles)</b>	<b>Start with 2 outside loops to ¼ turn and 2 circles facing sideways to ¼ turn, to 2 inward loops to flank over pommel (8 circles)</b>	<b>Start with 2 outside loops to ¼ turn and 2 circles facing sideways to ¼ turn to 2 inward loops and 1/1 (360) Russian to flank dismount (8 circles + Russian)</b>
<b>Technical Description</b>  	Facing the end of the horse, jump to three double leg circles in side support and ¼ turn to front support into four loops cross support to dismount flank circle to stand.	Facing the side of the horse, jump to two outward loops and ¼ turn to front support sideways on 3rd circle. 2 side circles to ¼ turn on 3rd circle to inwards facing loops. 2 full loops to flank over the horse.	Facing the side of the horse, jump to two outward loops and ¼ turn to front support sideways. Continue as per box Bonus (1) Then to 1/1 (360°) Russian to flank dismount
  <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Extended hips (0.1, 0.3,) Square shoulders and hips (0.1, 0.3, 0.5) Smooth rhythm (0.1, 0.3, 0.5) Support not shown on arm in flank (0.1, 0.3, .0.5)	Extended hips (0.1, 0.3,) Square shoulders and hips (0.1, 0.3, 0.5) Smooth rhythm (0.1, 0.3, 0.5) Skewed circles (0.1, 0.3, 0.5)	Extended hips (0.1, 0.3,) Square shoulders and hips (0.1, 0.3, 0.5) Smooth rhythm (0.1, 0.3, 0.5) Support on flank (0.1, 0.3, 0.5) Skewed circles (0.1, 0.3, 0.5)

## Pommel Horse – Level 6



To be performed on the Pommel Horse with handles

Routine may be reversed in its entirety (for clockwise circles).

Three bonus available, each worth 0.3. Gymnasts may do all 3 for credit.

	(1)	(2)	(3)	(4)
Required Elements	Four forward loops, ¼ turn to front support sideways	Right leg cut to saddle with ½ turn	Right & left leg cuts forward & backward	Scissor forwards with optional leg transition
<b>Technical Description</b>  	Facing the end of the horse, jump to two double leg circles in cross support (= forward loop) and ¼ turn to front support sideways with left hand on the leather and right hand on pommel A.	Swing leg up over pommel B and turn 180° bringing left hand up to the pommel B (in stride support facing opposite direction).	Right leg cuts forward over pommel A, left leg cuts backward over pommel B, and right leg cuts backward over pommel A.	Left leg over pommel B and Right leg cuts forward over pommel A, left leg cuts backwards  <i>Optional transition to pick up or feint</i>
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Extended hips (0.1, 0.3) Square shoulders and hips (0.1, 0.3, 0.5) Smooth rhythm (0.1, 0.3, 0.5)	Straight arms (0.1, 0.3, 0.5) Maintaining body clear of pommel horse (0.3 Touching 0.5 Hitting 1.0 Falling onto PH) Smooth rhythm (0.1, 0.3, 0.5)	Straight arms (0.1, 0.3, 0.5) Maintaining body clear of pommel horse (0.3 Touching 0.5 Hitting 1.0 Falling onto PH) Smooth rhythm (0.1, 0.3, 0.5)	<u>Minimum height of scissor:</u> Hip of top leg above supporting elbow at peak of swing <u>Minimum height of stride:</u> back foot at shoulder height at the peak of swing (0.1, 0.3, 0.5) Open hips throughout (0.1, 0.3, 0.5) Minimum 45° straddle throughout (0.3) Smooth rhythm (0.1, 0.3, 0.5)

### Pommel Horse – Level 6, continued.

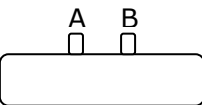

	(5)	(6) BONUS 1 option 0.6	(6) BONUS 2 options 0.9
Required elements	Feint swing to 3 circles, to any side or back travel, loop to flank dismount	Feint swing to 3 circles, Czech on 4 <sup>th</sup> circle, to any side or back travel, loop to flank dismount	Feint swing To 3 circles, Czech on 4 <sup>th</sup> circle, to back travel A or B, loop to 1/1 (360) Russian to flank dismount
 <p><b>Technical description</b></p>	<p>Keeping hands on pommels, swing left leg over end of pommel horse and ¼ turn to feint position. (pick-up circle allowed.)</p> <p>Swing left leg back to join right leg at front support to four double leg circles to continue with either side or back travel to end ¼ turn to one loop dismount over pommel horse (flank dismount)</p> <p><i>Bonus option: Russian circle before flank will receive 0.3 bonus</i></p>	<p>Keeping hands on pommels, swing left leg over end of pommel horse and ¼ turn to feint position. (pick-up circle allowed.)</p> <p>Swing left leg back to join right leg at front support to three double leg circles to Czech skill to one circle continue to either side or back travel to end ¼ turn to one loop dismount over pommel horse (flank dismount)</p>	<p>Keeping hands on pommels, swing left leg over end of pommel horse and ¼ turn to feint position. (Pick-up circle allowed.)</p> <p>Swing left leg back to join right leg at front support to three double leg circles to Czech skill to one circle to either side or back travel to end ¼ turn to one loop to 1/1 (360°)</p> <p>Russian circle to dismount over pommel horse (flank dismount)</p>
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	<p>Extended hips (0.1, 0.3)</p> <p>Square shoulders and hips (0.1, 0.3, 0.5)</p> <p>Longitudinal landing direction (0.1, 0.3, 0.5)</p> <p>Release pommel with hand to finish (0.5)</p> <p>Smooth rhythm (0.1, 0.3, 0.5)</p> <p>Flank not at horizontal below 30deg (0.3)</p>	<p>Extended hips (0.1, 0.3)</p> <p>Square shoulders and hips (0.1, 0.3, 0.5)</p> <p>Longitudinal landing direction (0.1, 0.3, 0.5)</p> <p>Release pommel with hand to finish (0.5)</p> <p>Smooth rhythm (0.1, 0.3, 0.5)</p> <p>Flank not at horizontal below 30° (0.3)</p>	<p>Extended hips (0.1, 0.3)</p> <p>Square shoulders and hips (0.1, 0.3, 0.5)</p> <p>Longitudinal landing direction (0.1, 0.3, 0.5)</p> <p>Release pommel with hand to finish (0.5)</p> <p>Smooth rhythm (0.1, 0.3, 0.5)</p> <p>Russian swing</p> <p>Rhythm, height, leg bends and leg separation (0.1, 0.3, .0.5) each time</p>




## Pommel Horse – Level 7 U15

To be performed on the Pommel Horse with handles. Routine may be reversed in its entirety (for clockwise circles).

Three Bonuses available, each worth 0.3. Gymnasts may do all 3 for credit

	(1)	(2)	(3)	(3) Bonus 1	(3)
Required Elements	Three Forward Loops, or side circles, Travel up or stokli.	2 Circles, Czech, 2 Circles	½ Sivado Bwd to 3 loops.	Fwd Stokli down to full Sivado to 3 loops	Right & Left Leg Cuts Forward & Backward
<b>Technical Description</b>  <div style="display: flex; align-items: center;"> <span style="margin-right: 10px;">Start</span>  </div>	Facing the end of the horse, jump to three Loops travel up with ¼ turn to the handles or 3 side support circles to stokli up to the handles..	Following the Travel up or Stokli, 2 full double leg circles, Czech, 2 x double leg circles	Place one hand in the middle of the handles with a ¼ turn, second hand on the handle, first hand travels bwd over the handle to the end followed by the 2nd hand. 3 x full inward loops to swing a leg into the middle handles and continue with scissor combination	¼ turn to facing outwards and stokli travel to the end of the horse. Full sivado with hands between the handles to the end of the horse and 3 full loops to leg swing onto the middle of the horse and continues as (3)	Right leg cuts forward over pommel A, left leg cuts backward over pommel B, and right leg cuts backward over pommel A.
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Extended hips (0.1, 0.3) Square shoulders and hips (0.1, 0.3, 0.5) Smooth rhythm (0.1, 0.3, 0.5)	Extended hips (0.1, 0.3,) Square shoulders and hips (0.1, 0.3, 0.5)	Skewed travel (0.1, 0.3, 0.5) Extended Hips (0.1, 0.3,) Smooth Rhythm (0.1, 0.3, 0.5)	Skewed travel (0.1, 0.3, 0.5) Extended Hips (0.1, 0.3,) Smooth Rhythm (0.1, 0.3, 0.5)	Foot on the cutting leg at shoulder height at the peak of each swing (0.1, 0.3, 0.5) Open hips throughout (0.1, 0.3,) Minimum 45° straddle throughout (0.3) Smooth rhythm (0.1, 0.3, 0.5)

## Pommel Horse – Level 7 U15, continued.

	(4)	(5)	(6) BONUS 2	(7) BONUS 3
Required Elements	Left Leg False Scissor & Stride Swing	Right Leg False Scissor & Stride Swing	Pick up Swing to 2 Circles into Bailly to back travel down to 1/1 (360) Russian to Flank dismount	Dismount bonus 2 circles back stokli to handstand from 1 or 2 handles Or 2 circles side or back travel to 2/1 (720) Russian Flank dismount
Technical Description	Left leg cuts over Pommel B. Both legs swing up to right in stride support, and left leg cuts back over Pommel A (false scissor). Left leg cuts over Pommel B. Both legs swing up to right in stride support then swing back to the left (stride swing), and left leg cuts back over Pommel B.	Right leg cuts over Pommel A. Both legs swing up to left in stride support, and right leg cuts back over Pommel B (false scissor). Right leg cuts over Pommel A. Both legs swing up to left in stride support then swing back to the right (stride swing), and right leg cuts back over Pommel A.	Keeping hands on pommels, swing left leg over end of pommel Pick-up circle Swing left leg back to join right leg at front support to Two double leg circles perform Bailly for bonus continue to back travel to end to one loop Russian circle dismount over pommel horse (flank dismount),	From front support circle backward rear kehr ½ over handle towards the end of pommel lifting hips and then legs towards handstand with one hand on pommel and one hand end zone to stand facing cross ways (no hands on pommel) OR From back or side travel ¼ turn to cross support to continue 2x Russian swings to flank dismount
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions)</p>	<p>Minimum height of scissor: Hip of top leg above supporting elbow at peak of swing</p> <p>Minimum height of stride: back foot at shoulder height at the peak of swing (0.1, 0.3, 0.5)</p>	<p>Minimum height of scissor: Hip of top leg above supporting elbow at peak of swing</p> <p>Minimum height of stride: back foot at shoulder height at the peak of swing (0.1, 0.3, 0.5)</p>	<p>Extended hips (0.1, 0.3) Square shoulders and hips (0.1, 0.3, 0.5) Longitudinal landing direction (0.1, 0.3, 0.5) Release pommel with hand to finish (0.5)</p>	<p>Extended hips (0.1, 0.3, 0.5) Square shoulders and hips (0.1, 0.3, 0.5) Longitudinal landing direction (0.1, 0.3, 0.5) Release pommel with hand to finish (0.5) Smooth rhythm (0.1, 0.3, 0.5)</p>


in scoring section of this manual) (Refer also to common deductions in Scoring section of this manual.)	Open hips throughout (0.1, 0.3, 0.5) Minimum 45° straddle throughout (0.3) Smooth rhythm (0.1, 0.3, 0.5)	Open hips throughout (0.1, 0.3, 0.5) Minimum 45° straddle throughout (0.3) Smooth rhythm (0.1, 0.3, 0.5)	Smooth rhythm (0.1, 0.3, 0.5) Flank not at horizontal below 30° (0.3)	Russian swing Rhythm, height, leg bends and leg separation (0.1, 0.3, .0.5) each time Flank not at horizontal below 30° (0.3) FIG deductions for h/s dismounts (ref CoP 11.3)
--	---	---	---	---

## Rings – Major Skill Progression Chart

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Chin-up, inverted hang hold	Slow reverse muscle-up	Muscle-up assisted	Muscle-up to L	Muscle-up to L	back uprise to L
	L-sit hold	L-sit hold	Press to shoulder stand	Press to shoulder stand (press handstand)	Press handstand (no cables)
	Lower through straddle lever	Lower through straddle lever (hold)	Straddle lever (Straight lever)	Straight lever	(press to planche)
Long hang swing to 45° below horiz	Long hang swing to 45° below horiz	Long hang swing to 30° below horiz	Long hang swing to horiz ( <i>stretched inlocate</i> )	Cast to stretched inlocate ( <i>inlocates x2</i> )	Inlocates x2 Dislocate
Dismount on back swing	Dismount on back swing	Tuck salto dismount	Tuck salto dismount	Layout dismount	Layout dismount ( <i>double back</i> )


## Rings – Level 1

No bonus available.

	(1)	(2)	(3)	(4)	(5)
Required Elements	Chin up, inverted hang hold	Pike inverted hang hold, L hang hold	Long hang swing	Long hang swing	Dismount
Technical Description	From <u>straight arm</u> hang, pull upward until head is between rings (chin up). Lift legs through tuck or pike position to stretched inverted hang (hold 2 seconds).	Lower legs to pike inverted hang (hold 2 seconds). Lower to a straight arm hang in L position (hold 2 seconds).	Long hang swing (bwd – fwd). Both sides of swing must reach a minimum 45° from lower vertical.	Long hang swing (bwd – fwd). Both sides of swing must reach a minimum 45° from lower vertical.	Swing backward, dismount to stand. Swing must reach minimum 45° from lower vertical.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Straight arm hang (0.1, 0.3, 0.5) Minimum head height between the rings (0.1, 0.3, 0.5) Straight, inverted vertical body (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held)	Distinct pike position with head on knees (0.1, 0.3, 0.5) Two second hold for inverted hang (0.3 held < 2 secs 0.5 not held) Distinct L position with legs at horizontal (0.1, 0.3, 0.5) Two second hold for L position (0.3 held < 2 secs 0.5 not held)	Body minimum 45° below horizontal in each swing (0.1, 0.3, 0.5)	Body minimum 45° below horizontal in each swing (0.1, 0.3, 0.5)	Body minimum 45° below horizontal (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions)


## Rings – Level 2

No bonus available.

	(1)	(2)	(3)	(4)	(5)
Required Elements	Lift to support, L-sit hold, back to support	Lower through straddle back lever	Cast swing backward	Long hang swing x2	Dismount
Technical Description	Coach lift to support, L-sit (hold 2 sec), back to support and reverse slow muscle up (lower down to hang).	From hang pike through to inverted hang and lower through straddle back lever to dorsal hang (hold 2 seconds).	From dorsal hang pull to through pike hang to cast long hang swing backward, swing must reach min. 45° from lower vertical.	Long hang swing (forward, backward) Both sides of swing must reach min. 45° from lower vertical.	Dismount to stand on the 3rd back swing. Swing must reach min. 45° from lower vertical.
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Straight arm support (0.1, 0.3, 0.5) Distinct L position with legs at horizontal (0.1, 0.3, 0.5) Straight vertical body (0.1, 0.3, 0.5)	Straight, inverted vertical body (0.1, 0.3, 0.5) Straight body back lever (0.1, 0.3, 0.5) Two second hold for dorsal hang (0.3 held < 2 secs 0.5 not held)	Distinct pike position with head on knees (0.1, 0.3, 0.5) Body minimum 45° below horizontal in each swing (0.1, 0.3, 0.5)	Body minimum 45° below horizontal in each swing (0.1, 0.3, 0.5)	Body minimum 45° below horizontal (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions)

## Rings – Level 3


**One** bonus available, worth 0.3.

	(1)	(2)	(2) BONUS	(3)	(4)
Required Elements	Muscle up to support with Assistance	L-Sit and lower through straddle back lever	*Straddle back lever held for 2 seconds	Cast to 2 long hang swings to horizontal	Salto backward tucked dismount
<b>Technical Description</b>	From <u>straight arm</u> hang, muscle up to support (hold 2 sec) with the assistance of a coach (no assistance allowed in the chin up action).	From L-sit roll backwards through inverted hang and continue backward through straddle back lever to a dorsal hang (hold 2 seconds). Pull back to piked inverted hang.	Lower with straight body and straddled legs directly to <b>2 second held</b> straddle back lever position. Continue backward to a dorsal hang (held 2 seconds).	From piked inverted hang, cast to 3 long hang swings (backward – forward) Swings must reach minimum 30° from horizontal in each swing forward.	On 3rd swing forward, salto backward tucked dismount to stand. Hips must reach ring height in salto.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Straight arm hang (0.1, 0.3, 0.5) Straight body muscle up (0.1, 0.3, 0.5) Arms straight in support position (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held)	Two second hold L-Sit (not held = 0.5, held less than 2 secs = 0.3) Controlled lower to inverted hang (0.1, 0.3, 0.5) Two second hold dorsal hang (0.3 held < 2 secs 0.5 not held)	Straight, horizontal body in 2 second held straddle lever <b><u>Must be held for 2 seconds for bonus</u></b> Controlled lower to dorsal hang (0.1, 0.3, 0.5) Dorsal not held for two seconds (0.3 held < 2 secs 0.5 not held)	Body minimum 30° below horizontal in each swing (0.1, 0.3, 0.5)	Minimum amplitude of salto: hips bottom of ring height (0.1, 0.3) Distinct tuck position in salto; minimum 90° bend at hips & knees (0.1, 0.3, 0.5) Extension of body prior to landing (0.1, 0.3) Controlled, stuck landing (see landing deductions)

## Rings – Level 4


**Two** bonuses available, **only one to count** worth 0.3.

Gymnasts choose from either (4) or (7). No penalty if both are performed.


	(1)	(2)	(3)
Required Elements	Muscle up to support	L-sit hold	Press to shoulder stand hold
Technical Description	From <u>straight arm</u> hang, muscle up to support without the assistance of a coach ( <u>0.5 deduction for coach assistance</u> ).	Raise legs to L sit (hold 2 seconds).	Press with bent arms through pike to shoulder stand (hold 2 sec).
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Straight arm hang (0.1, 0.3, 0.5) Continuous motion with even pull on both arms (0.1, 0.3, 0.5) Straight body muscle up (0.1, 0.3, 0.5) Arms straight before raising legs to L sit (0.1, 0.3, 0.5)	Two second hold (0.3 held < 2 secs 0.5 not held) Rings turned out during L (0.1, 0.3, 0.5)	Smooth rhythm in press (0.1, 0.3, 0.5) Arms clear of straps during shoulder stand (support on straps = 0.1, 0.3, 0.5) Straight, vertical body (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held)



## Rings – Level 4, continued


	(4)	(4) BONUS	(5)
Required Elements	Straddle back lever hold, dorsal hang	* Legs together back lever hold, dorsal hang *	Cast to 3 long hang swings to horizontal
Technical Description	<p>From shoulder stand, slow controlled roll backward to straddle back lever, hold 2 seconds.</p> <p>Two options for lever:</p> <p>(a) From straight body inverted hang, straddle legs and lower to directly to straddle back lever position</p> <p>(b) From pike inverted hang, open into straddle back lever.</p> <p>Continue backward to a dorsal hang. Pull back to piked inverted hang.</p>	<p>From shoulder stand, slow controlled roll backward to legs together back lever, hold 2 sec.</p> <p>Two options for lever:</p> <p>(a) From straight body inverted hang, lower directly to back lever position</p> <p>(b) From pike inverted hang, open into back lever.</p> <p>Continue backward to a dorsal hang. Pull back to piked inverted hang.</p>	<p>From piked inverted hang, cast to 3 long hang swings (bwd – fwd) Swings must reach horizontal in each swing for Bonus.</p>
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	<p>Controlled roll backwards (0.1, 0.3, 0.5)</p> <p>Straight, horizontal body in straddle lever (0.1, 0.3, 0.5)</p> <p>Two second hold (not held = 0.5, held less than 2 secs = 0.3)</p> <p>Controlled lower to dorsal hang (0.1, 0.3, 0.5)</p>	<p>Controlled roll backwards (0.1, 0.3, 0.5)</p> <p>Straight, horizontal body in back lever (0.1, 0.3, 0.5)</p> <p>Two second hold (not held = 0.5, held less than 2 secs = 0.3)</p> <p>Controlled lower to dorsal hang (0.1, 0.3, 0.5)</p>	<p>Body minimum horizontal in each swing (0.1, 0.3, 0.5)</p>

## Rings – Level 4, continued


	(5) Bonus	(6)
Required Elements	<b>*Stretched inlocate to 3 Long Hang Swings*</b>	<b>Salto backward tucked dismount</b>
Technical Description	From piked inverted hang, cast to stretched inlocate to 3 long hang swings. Swings must reach horizontal in each swing for Bonus.	On 3 <sup>rd</sup> swing forward, salto backward tucked dismount to stand. Hips must reach ring height in salto
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	<p>Hips ring height in cast (0.1, 0.3, 0.5) Straight body throughout inlocate (0.1, 0.3, 0.5) Body minimum horizontal in each swing (0.1, 0.3, 0.5)</p>	<p>Minimum amplitude of salto: hips bottom of ring height (0.1, 0.3) Distinct tuck position in salto; minimum 90° bend at hips and knees (0.1, 0.3, 0.5) Extension of body prior to landing (0.1, 0.3) Controlled, stuck landing (see landing deductions)</p>

## Rings – Level 5

**Two** bonuses available, worth 0.3 each.


	(1)	(2)	(3)	(3) BONUS
Required Elements	Muscle up to support	L sit hold	Press to shoulder stand hold	Press to handstand (h/s) hold
Technical Description	From <u>straight arm</u> hang, muscle up to support (show support position clearly).	Raise legs to L sit (hold 2 seconds).	Press with bent arms through pike to shoulder stand (hold 2 sec).	Any press to handstand. Once handstand position is reached, gymnast may use feet on inside of cables for support.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Straight arm hang (0.1, 0.3, 0.5) Continuous motion with even pull on both arms (0.1, 0.3, 0.5) Straight body muscle up (0.1, 0.3, 0.5) Arms straight in support position (0.1, 0.3, 0.5)	Two second hold (0.3 held < 2 secs 0.5 not held) Rings turned out during L (0.1, 0.3, 0.5)	Smooth rhythm in press (0.1, 0.3, 0.5) Arms clear of straps during shoulder stand (support on straps = 0.1, 0.3, 0.5) Straight, vertical body (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held)	Smooth rhythm in press (0.1, 0.3, 0.5) Arms clear of straps during press and h/s (support on straps = 0.1, 0.3, 0.5) Straight, vertical body (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held)

## Rings – Level 5, continued


	(4)	(5)	(5) BONUS	(6)
Required Elements	Back lever hold, dorsal hang	Stretched inlocate to 3 long hang swings	*2 x Stretched inlocates to 3 long hang swings*	Salto backward stretched dismount
Technical Description	From shoulder stand/handstand, slow controlled roll backward to back lever, hold 2 seconds. Two options for lever: (a) From straight body inverted hang, lower directly to back lever position (b) From pike inverted hang, open into back lever. Continue backward to a dorsal hang. Pull back to piked inverted hang.	From piked inverted hang, cast to stretched inlocate to 3 long hang swings. Swings must reach horizontal in each swing.	From piked inverted hang, cast to 2 x stretched inlocates <b>with visible shoulder lift in the 2<sup>nd</sup> inlocate</b> to 3 long hang swings. Swings must reach horizontal in each swing.	On third forward, salto backward stretched dismount to stand. Hips must reach ring height in salto
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Controlled roll backwards (0.1, 0.3, 0.5) Straight, horizontal body in back lever (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held) Controlled lower to dorsal hang (0.1, 0.3, 0.5)	Hips ring height in cast (0.1, 0.3, 0.5) Straight body throughout inlocate (0.1, 0.3, 0.5) Body minimum Horizontal in each swing (0.1, 0.3, 0.5)	Hips ring height in cast (0.1, 0.3, 0.5) Straight body throughout inlocate (0.1, 0.3, 0.5) Must have visible shoulder lift during inlocate for Bonus	Minimum amplitude of salto: hips bottom of ring height (0.1, 0.3) Distinct stretch position in salto (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions)

## Rings – Level 6


**Three** bonuses available, worth 0.3 each. Gymnasts may do all 3 for credit.

	(1)	(1) BONUS	(2)	(2) BONUS
Required Elements	Back uprise to support L sit hold	Back uprise to support L sit hold press to planche	Press to handstand hold	Press to handstand hold without wires
Technical Description	Pull with bent arms, and lift piked or straight body to inverted hang. Cast to back uprise to support with straight arms. Raise legs to L sit (hold 2 sec).	Pull with bent arms, and lift piked or straight body to inverted hang. Cast to back uprise to support with straight arms. Raise legs to L sit (hold 2 seconds). Press to straddle planche. <b>(minimum 1 second hold for bonus to apply)</b> Lower back to L-sit.	Any press to handstand (hold 2 seconds). Once handstand position is reached, gymnast may use feet on inside of cables for support.	Any press to handstand (hold 2 seconds).
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Hips ring height in cast (0.1, 0.3, 0.5) Hips ring height in back uprise (0.1, 0.3, 0.5) Straight arm uprise (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held) Rings turned out during L (0.1, 0.3, 0.5)	Hips ring height in cast (0.1, 0.3, 0.5) Hips ring height in back uprise (0.1, 0.3, 0.5) Straight arm uprise (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held) Rings turned out during L sit and planche (0.1, 0.3, 0.5) Straight horizontal body in planche (0.1, 0.3, 0.5)	Smooth rhythm in press (0.1, 0.3, 0.5) Arms clear of straps during press and handstand (support on straps = 0.1, 0.3, 0.5) Straight, vertical body (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held)	Smooth rhythm in press (0.1, 0.3, 0.5) Arms clear of straps during press and handstand (support on straps = 0.1, 0.3, 0.5) Straight, vertical body (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held)

## Rings – Level 6, continued


	(3)	(4)	(5)	(6)
Required Elements	Backward roll to inverted hang	2 x Stretched inlocates to backward swing	Dislocate	Salto backward stretched dismount
Technical Description	From handstand stand, slow controlled roll backward to inverted hang, hold 2 seconds	From piked inverted hang, cast to 2 stretched inlocate to backward swing (forward bail also allowed from handstand).	Out of the 2 <sup>nd</sup> inlocate, swing backward, then swing forward into one dislocate.	Swing forward out of dislocate into salto backward stretched dismount to stand. Hips must reach ring height in salto.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Controlled roll backwards (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held)	Hips ring height in cast (0.1, 0.3, 0.5) Shoulders minimum of bottom of ring height in inlocate (0.1, 0.3, 0.5) Straight body throughout inlocate (0.1, 0.3, 0.5)	Shoulders minimum of bottom of ring height in backward swing (0.1, 0.3, 0.5) Shoulders minimum of bottom of ring height in each dislocate (0.1, 0.3, 0.5) Smooth continuous rhythm in dislocates (0.1, 0.3, 0.5)	Minimum amplitude of salto: hips bottom of ring height (0.1, 0.3) Distinct stretch position in salto (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions)

### 6.3 Rings – Level 6, continued

	(6) BONUS
Required Elements	Tuck double back
Technical Description	Swing forward out of dislocate into tuck double back dismount to stand.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	<p>Minimum amplitude of salto: hips bottom of ring height (0.1, 0.3)</p> <p>Distinct tuck position in saltos; minimum 90° bend at hips &amp; knees (0.1, 0.3, 0.5)</p> <p>Extension of body prior to landing (0.1, 0.3)</p> <p>Controlled, stuck landing (see landing deductions)</p>


## Rings – Level 7 U15

**Three** bonuses available, worth 0.3 each. Gymnasts may do all 3 for credit.

	(1)	(2)	(2) BONUS	(3)
Required Elements	Slow inlocate back uprise to straddle L sit hold	Press to handstand hold	Press to handstand hold with straight arms	Bail forward to inlocate
Technical Description	From hang slow inlocate to inverted hang. Cast to back uprise to straddle L-sit with straight arms. (hold 2 seconds).	Any press to handstand with straight arms (hold 2 seconds).	Any press to handstand with straight arms (hold 2 seconds).	From handstand bail forward to inlocate above the rings to backward swing above the rings.
 <b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)	Hips ring height in cast (0.1, 0.3, 0.5) Hips ring height in back uprise (0.1, 0.3, 0.5) Straight arm uprise (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held) Rings turned out during L (0.1, 0.3, 0.5)	Smooth rhythm in press (0.1, 0.3, 0.5) Arms clear of straps during press and handstand (support on straps = 0.1, 0.3, 0.5) Straight, vertical body (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held)	Smooth rhythm in press (0.1, 0.3, 0.5) Arms clear of straps during press and handstand (support on straps = 0.1, 0.3, 0.5) Straight, vertical body (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held)	Shoulders minimum of bottom of ring height in inlocate (0.1, 0.3, 0.5) Straight body throughout inlocate (0.1, 0.3, 0.5)



## Rings – Level 7U15, continued


	(3) BONUS	(4)	(5)	(5) BONUS
Required Elements	Forward giant	Dislocate above the rings	Tuck double back	Tuck double back with 1/1 twist
Technical Description	From handstand, bail forward to forward giant (hold 2 seconds) and backward bail.	From backward bail swing forward into one dislocate above the rings.	Swing forward out of dislocate into tuck double back dismount to stand.	Swing forward out of dislocate into tuck double back with a 1/1 twist dismount to stand.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	<p>Arms clear of straps during giant and handstand (support on straps = 0.1, 0.3, 0.5)</p> <p>Straight, vertical body (0.1, 0.3, 0.5)</p> <p>Two second hold (0.3 held &lt; 2 secs 0.5 not held)</p>	<p>Shoulders minimum of bottom of ring height in backward swing (0.1, 0.3, 0.5)</p> <p>Shoulders minimum of bottom of ring height in each dislocate (0.1, 0.3, 0.5)</p> <p>Smooth continuous rhythm in dislocates (0.1, 0.3, 0.5)</p>	<p>Minimum amplitude of salto: hips bottom of ring height (0.1, 0.3)</p> <p>Distinct tuck position in saltos; minimum 90° bend at hips &amp; knees (0.1, 0.3, 0.5)</p> <p>Extension of body prior to landing (0.1, 0.3)</p> <p>Controlled, stuck landing (see landing deductions)</p>	<p>Minimum amplitude of salto: hips bottom of ring height (0.1, 0.3)</p> <p>Distinct tuck position in saltos; minimum 90° bend at hips &amp; knees (0.1, 0.3, 0.5)</p> <p>Extension of body prior to landing (0.1, 0.3)</p> <p>Controlled, stuck landing (see landing deductions)</p>

## Vault – Major Skill Progression Chart

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Stretch Jump to 60cm mats	Front Tuck Salto to 60cm mats	Front Tuck Salto over 90cm blocks to 60cm mats	Front Layout to 30cm mats	Handspring or Round-off	Handspring or Round-off or Yurchenko (with salto)


## Vault – Level 1

No bonus available.

Required Element	Straight Jump		
Technical Description	<p><u>Vault:</u> Maximum 10 metre run, hurdle onto beat board, straight jump to land up on 60 cm matting.</p> <p><u>Arms:</u></p> <p>Arms lift above head (to vertical) during straight jump</p> <p>Arms between horizontal and 45° above horizontal on landing</p> <p><u>Height:</u> Feet hip height during straight jump</p>		
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Approach Phase	Skill Phase	Landing
	<p>Chest upright on board for vertical take-off (no piking) (0.1, 0.3, 0.5)</p> <p>Two foot take-off from board (0.3)</p> <p>Extended legs from board (0.1, 0.3, 0.5)</p> <p>Arms moving upward on take-off. (0.1, 0.3, 0.5)</p>	<p>Distinct stretch position (0.1, 0.3, 0.5)</p> <p>Feet hip height (0.1, 0.3, 0.5)</p>	<p>Extension of body prior to landing (0.1, 0.3)</p> <p>Controlled, stuck landing (see landing deductions)</p>


## Vault – Level 2

No bonus available.

Required Element	Salto Forward Tucked		
<b>Technical Description</b>	<p><b>Vault:</b> Run, hurdle onto beat board, salto forward tucked to land on soft landing mat (minimum of 60 cm) with 1 metre distance marking.</p> <p><b>Arms:</b> Arms lift during take-off</p> <p><b>Height:</b> Salto must reach above head height</p> <p><b>Distance:</b> Salto must travel minimum 1 metre</p> <p><b>Landing:</b> Salto must show preparation (opening) prior to landing</p>		
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Approach Phase	Skill Phase	Landing
	<ul style="list-style-type: none"> <li>Chest upright on board (no piking) (0.1, 0.3, 0.5)</li> <li>Extended legs from board (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Distinct tuck position in salto; minimum 90° bend at hips &amp; knees (0.1, 0.3, 0.5)</li> <li>Slow/inefficient rotation (0.1, 0.3, 0.5)</li> <li>Above head height (At head height = 0.1) (Below shoulder height = 0.3) (Below chest height = 0.5) (Below hip height = 1.0)</li> </ul>	<ul style="list-style-type: none"> <li>Minimum distance 1 metre from table (Less than 1 metre = 0.5)</li> <li>Extension of body prior to landing (0.1, 0.3)</li> <li>Controlled, stuck landing (see landing deductions)</li> </ul>


## Vault – Level 3

No bonus available.

Required Element	Salto Forward Tucked – over block		
<b>Technical Description</b>	<p><b>Vault:</b> Run, hurdle onto beat board, salto forward tucked over 90cm block to land on soft landing mat (minimum of 60 cm) with 1 metre distance marking</p> <p><b>Arms:</b> Arms lift during take-off</p> <p><b>Height:</b> Salto must reach above head height</p> <p><b>Distance:</b> Salto must travel minimum 1 metre</p> <p><b>Landing:</b> Salto must show preparation (opening) prior to landing</p>		
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Approach Phase	Skill Phase	Landing
	<ul style="list-style-type: none"> <li>Chest upright on board (no piking) (0.1, 0.3, 0.5)</li> <li>Extended legs from board (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Distinct tuck position in salto; minimum 90° bend at hips &amp; knees (0.1, 0.3, 0.5)</li> <li>Slow/inefficient rotation (0.1, 0.3, 0.5)</li> <li>Above head height (At head height = 0.1) (Below shoulder height = 0.3) (Below chest height = 0.5) (Below hip height = 1.0)</li> </ul>	<ul style="list-style-type: none"> <li>Minimum distance 1 metre from table (Less than 1 metre = 0.5)</li> <li>Extension of body prior to landing (0.1, 0.3)</li> <li>Controlled, stuck landing (see landing deductions)</li> </ul>


## Vault – Level 4

No bonus available.

Required Element	Salto Forward Stretched		
<b>Technical Description</b>	<p><b>Vault:</b> Run, hurdle onto beat board, salto forward stretched to land on soft landing mat (minimum of 30 cm) with 1 metre distance marking</p> <p><b>Arms:</b> Arms lift during take-off</p> <p><b>Height:</b> Salto must reach above head height</p> <p><b>Distance:</b> Salto must travel minimum 1 metre</p> <p><b>Body Position:</b> May show slight dish during take-off, but must remained stretched (tight arch) for second half of salto</p>		
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	<b>Approach Phase</b>	<b>Skill Phase</b>	<b>Landing</b>
	Chest upright on board (no piking) (0.1, 0.3, 0.5) Extended legs from board (0.1, 0.3, 0.5)	Distinct stretch position (0.1, 0.3, 0.5) Slow/inefficient rotation (0.1, 0.3, 0.5) Above head height (At head height = 0.1) (Below shoulder height = 0.3) (Below chest height = 0.5) (Below hip height = 1.0)	Minimum distance 1 metre from table (Less than 1 metre = 0.5) Maintain stretch body through landing (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions)


## Vault – Level 5

No bonus available.

Required Element	Handspring or Round Off over Table – Height 110cm or 125cm only			
Technical Description	<p><b>Vault:</b> Run, hurdle onto beat board, handspring or round off vault over table to land on 30 cm landing mat with 1 metre distance marking</p> <p><b>Height:</b> Must show conspicuous rise (visible lift) off table</p> <p><b>Distance:</b> Must travel minimum 1 metre from table</p> <p><b>NOTE:</b> Gymnasts may use either straight body, or tight (small) dish/arch technique in handspring</p>			
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Pre-Flight Phase	Support Phase	Post-Flight Phase	Landing
	Chest upright on board (no piking) (0.1, 0.3, 0.5) Extended legs from board (0.1, 0.3, 0.5) Distinct stretch position (0.1, 0.3, 0.5)	Straight arms (0.1, 0.3, 0.5) Not applicable to round Off Straight legs (0.1, 0.3, 0.5) Open shoulder angle (0.1, 0.3, 0.5) Not applicable to round Off Distinct stretch position (0.1, 0.3, 0.5)	Conspicuous rise (0.1, 0.3, 0.5) Distinct stretch position (0.1, 0.3, 0.5)	Minimum distance 1 metre from table (Less than 1 metre = 0.5) Maintain stretch body through landing (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions)

## Vault – Level 6


One bonus available, worth 0.8 – Can be tuck, pike or layout and include twists.

Required Element	<b>Handspring, Round Off or Yuchenko Back Handspring over Table – Height 125cm or 135cm only.</b> <b>Bonus – Tsukahara salto, Handspring Front salto or Yuchenko Salto</b>			
Technical Description	<b>Vault:</b> Run, hurdle onto beat board, handspring or round off vault over table to land on 30 cm landing mat with 1 metre distance markings. <b>Arms:</b> Straight arms throughout vault for round off <b>Height:</b> Vault must show conspicuous rise (visible lift) off table <b>Distance:</b> Vault must travel minimum 1 metre from table <b>NOTE:</b> Gymnasts may use either straight body, or tight (small) dish/arch technique in handspring <b>Vault Collar must be used for Yuchenko – No Collar = 0 Vault Score</b>			
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b>  (refer also to common deductions in scoring section of this manual)<b>For Bonus vaults refer to common vault deductions in Vault section of the Code of Points (CoP 13.3)</b></p>	<b>Pre-Flight Phase</b>	<b>Support Phase</b>	<b>Post-Flight Phase</b>	<b>Landing</b>
	Chest upright on board (no piking) (0.1, 0.3, 0.5) Extended legs from board (0.1, 0.3, 0.5) Distinct stretch position (0.1, 0.3, 0.5)	Straight arms (0.1, 0.3, 0.5) Straight legs (0.1, 0.3, 0.5) Open shoulder angle (0.1, 0.3, 0.5) Distinct stretch position (0.1, 0.3, 0.5)	Conspicuous rise (0.1, 0.3, 0.5) Distinct stretch position (0.1, 0.3, 0.5)	Minimum distance 1 metre (Less than 1 metre = 0.5) Maintain stretch body through landing (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions)



## Vault – Level 7 U15

**One** bonus available, worth 0.5 or 0.8 – Vault Height 125 or 135cm.

Required Element	Tsukahara, Handspring Front Tuck Salto or Yuchenko Tucked salto Bonus 0.5 – Pike Front or Layout Back Salto. Bonus 0.8 – Twisting Variations			
Technical Description	<b>Vault:</b> Run, hurdle onto beat board, handspring or round off vault over table to land on 30 cm landing mat with 1 metre distance markings. <b>Arms:</b> Straight arms throughout vault for round off <b>Height:</b> Vault must show conspicuous rise (visible lift) off table. <b>Distance:</b> Vault must travel minimum 1 metre from table. <b>NOTE:</b> Gymnasts may use either straight body, or tight (small) dish/arch technique in handspring. <b>Vault Collar must be used for Yuchenko – No Collar = 0 Vault Score</b>			
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b>            (refer also to common deductions in scoring section of this manual)  <b>For Bonus vaults refer to common vault deductions in Vault section of the Code of Points (CoP 13.3)</b></p>	Pre-Flight Phase	Support Phase	Post-Flight Phase	Landing
	Chest upright on board (no piking) (0.1, 0.3, 0.5) Extended legs from board (0.1, 0.3, 0.5) Distinct stretch position (0.1, 0.3, 0.5)	Straight arms (0.1, 0.3, 0.5) Straight legs (0.1, 0.3, 0.5) Open shoulder angle (0.1, 0.3, 0.5) Distinct stretch position (0.1, 0.3, 0.5)	Conspicuous rise (0.1, 0.3, 0.5) Distinct stretch position (0.1, 0.3, 0.5)	Minimum distance 1 metre (Less than 1 metre = 0.5) Maintain stretch body through landing (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions)

## Parallel Bars – Major Skill Progression Chart


Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
		Basket swing (basket kip to straddle)	Glide kip (basket kip to L)	Basket kip to back swing (fin-up)	Glide kip Fin-up (Felge to support)
	Dip	Upper arm dip	Back uprise to front swing	Back uprise to L	Back uprise to L Front uprise to back swing
L-hold lift to 30°	L-hold lift to 45°	L-hold lift to 45°	L-hold lift to 45°	L-hold lift to 45° (L press to h/s)	L press to h/s (½ turn)
Swing to bar height	Swing to horiz	Swing above horiz	Swing to within 15° of handstand (swing to h/s)	Swing to momentary handstand	Swing to momentary handstand
	Swing to horiz dismount	Swing above 45° dismount	Swing to within 15° of handstand dismount	Handstand hold, dismount	Handstand hold, salto dismount (Layout/double)

## Parallel Bars – Level 1

No bonus available.

Mats may be built up to height appropriate for gymnast.

Parallel Bars to be set at a low level.

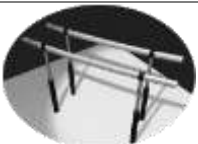
	(1)	(2)	(3)	(4)
Required Elements	L hold	Lift to V, half swing (bwd) to feet at bar height	Swing (fwd – bwd) to bar height	Swing (fwd – bwd) to horizontal and dismount
Technical Description	Place hands on ends of rail, jump to momentary support position with straight body. Jump to momentary support position may be with coach's assistance. Lift legs to L (hold 2 sec).	From L hold, lift legs to min. 30° above horizontal, push forward and swing backward. Feet must reach minimum bar height on backward swing.	Swing forward and backward. Feet must reach minimum bar height on forward swing and on backward swing.	Swing forward, backward and dismount to stand. Feet must reach minimum bar height on forward swing. Body must reach horizontal before releasing.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Straight body support (0.1, 0.3, 0.5) Straight arms (0.1, 0.3, 0.5) Controlled lift to L (0.1, 0.3, 0.5) Legs at horizontal in L (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held)	Legs lift to minimum 30° above horizontal from L hold (0.1, 0.3, 0.5) Straight body swing (0.1, 0.3, 0.5) Swing feet to minimum bar height in back (0.1, 0.3, 0.5)	Straight body swing (0.1, 0.3, 0.5) Swing feet to minimum bar height in front (0.1, 0.3, 0.5) Swing feet to bar height in back (0.1, 0.3, 0.5)	Straight body swing (0.1, 0.3, 0.5) Swing feet to minimum bar height in front (0.1, 0.3, 0.5) Swing to minimum horizontal in back before release (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions)

## Parallel Bars – Level 2

No bonus available.

Mats may be built up to height appropriate for gymnast.


Parallel Bars to be set at a low level.

	(1)	(2)	(3)	(4)
Required Elements	1 x dip, L hold	Lift to V, half swing (bwd) to feet at bar height	Swing (fwd – bwd) to horizontal	Swing (fwd – bwd) to horizontal and dismount over bar
Technical Description	Place hands in the middle of rail, jump to momentary support position with straight body. 1 x dip arms bent > 90° Lift legs to L (hold 2 sec).	From L hold, lift legs to min. 45° above horizontal, push forward and swing backward. Feet must reach minimum bar height on backward swing.	Swing forward and backward. Feet must reach minimum bar height on forward swing. Body must reach minimum horizontal on backward swing.	Swing forward, backward and dismount over rail to stand. Feet must reach minimum bar height on forward swing. Body must reach horizontal before releasing over the rail to stand.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Straight body support (0.1, 0.3, 0.5) Bent arms in dip <90° (0.1, 0.3, 0.5) Controlled lift to L (0.1, 0.3, 0.5) Legs at horizontal in L (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held)	Legs lift to minimum 45° above horizontal from L hold (0.1, 0.3, 0.5) Straight body swing (0.1, 0.3, 0.5) Swing feet to minimum bar height in back swing (0.1, 0.3, 0.5)	Straight body swing (0.1, 0.3, 0.5) Swing feet to minimum bar height in front (0.1, 0.3, 0.5) Swing to horizontal in back (0.1, 0.3, 0.5)	Straight body swing (0.1, 0.3, 0.5) Swing feet to minimum bar height in front (0.1, 0.3, 0.5) Swing to horizontal in back (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions)

## Parallel Bars – Level 3

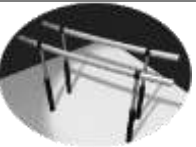
**One** bonus available, worth 0.3.

Parallel Bars to be set at a low level.


	(1)	(1) BONUS	(2)	(3)	(4)	(5)
Required Elements	<b>Jump to basket swing to stand. Jump to support</b>	<b>Basket swing to support</b>	<b>Upper arm dip</b>	<b>Lift to V, half swing (bwd) to body above horizontal</b>	<b>Swing (fwd – bwd) above Horizontal</b>	<b>Swing (fwd – bwd) through handstand and dismount</b>
Technical Description	Place hands in the middle of rail, jump to basket swing back to stand. Jump to momentary support position with straight body.	Place hands in the middle of rail, jump swing forward in basket position, basket kip to straddle sit. Lift to L (hold 2 seconds).	Lower to upper arm support and push back up to support. Lift to L sit (2 seconds).	From L hold, lift legs to min. 45° above horizontal, push forward and swing backward. Feet must reach min. horizontal on backward swing.	Swing forward and backward. Body must reach above horizontal on swings.	Swing forward, backward through Handstand and dismount over rail to stand. Body must reach min 45° for recognition.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Controlled basket swing (0.1, 0.3, 0.5) Straight arms (0.1, 0.3, 0.5) Straight Legs (0.1, 0.3, 0.5) Legs at horizontal in inverted position (0.1, 0.3, 0.5)	Distinct pike position (0.1, 0.3, 0.5) Straight arm basket swing to support. (0.1, 0.3, 0.5) Legs at horizontal in L (0.1, 0.3, 0.5) Straight legs (0.1, 0.3, 0.5)	Controlled lower to upper arm (0.1, 0.3, 0.5) More than 1 attempt to push back to support (0.3, 0.5) Use of swing in Strength part (0.1, 0.3, 0.5)	Legs lift to minimum 45° above horizontal from L hold (0.1, 0.3, 0.5) Straight body swing (0.1, 0.3, 0.5) Body above horizontal in swings (0.1, 0.3, 0.5)	Straight body swing (0.1, 0.3, 0.5) Body above horizontal in swings (0.1, 0.3, 0.5)	Straight body swing (0.1, 0.3, 0.5) Swing to 45° above horizontal in swings (0.1, 0.3, 0.5) Body below 45° in dismount non recognition (1.0 omitted skill) Controlled, stuck landing

## Parallel Bars – Level 4

**Two** bonuses available, **only one to count** worth 0.3. Choose from either (2) **or** (5) (no penalty for performing both bonuses). Parallel bars to be set at a high level.

	(1)	(2)	(2) BONUS	(3)	(4)	(5)
Required Elements	Two long swings (fwd – bwd - fwd – bwd)	Glide kip to L sit (held 2 seconds)	On 3rd bwd swing drop to basket swing	Lift through V sit, swing bwd to upper arm	Swing fwd in upper arm, back uprise	Three swings (fwd - bwd) x 3 to within 15° of h/s
Technical Description	From short run, jump to two long hang swings: forward, backward, forward, backward.	On 3rd swing forward, glide kip to L sit (2 seconds)	On the 3rd backward long swing drop into basket swing to L sit (2 seconds)	From L hold, lift legs to minimum 45° above horizontal, push forward and swing backward.	In upper arm support swing fwd – bwd, back uprise to swing forward to horizontal.	Swing forward and backward 3 times. Body must reach min. horizontal on forward swing and 15° from h/s on second and third bwd swing. First bwd swing minimum horizontal.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Feet minimum bar height in front swings (0.1, 0.3, 0.5) Hips minimum bar height in back swings (0.1, 0.3, 0.5)	Hips minimum bar height in back uprise (0.1, 0.3, 0.5) Feet minimum bar height in front swings (0.1, 0.3, 0.5)	Legs dropping below bar level in L sit (0.1, 0.3, 0.5) Straight arms in basket swing (0.1, 0.3, 0.5) Closed pike in basket swing (0.1, 0.3, 0.5)	Legs lift to minimum 45° above horizontal from L hold (0.1, 0.3, 0.5) Straight body swing (0.1, 0.3, 0.5)	Hips minimum 45 ° below bar height in fwd upper arm swing (0.1, 0.3, 0.5) Hips minimum bar height in back uprise (0.1, 0.3, 0.5)	Straight body swing (0.1, 0.3, 0.5) Swing to minimum horizontal in front (0.1, 0.3, 0.5) Swing to minimum 15° off handstand in back swings (0.1, 0.3, 0.5) Controlled swings (0.1, 0.3, 0.5)

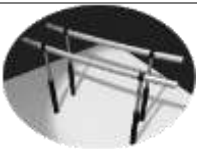
## Parallel Bars – Level 4, continued

	(5) BONUS	(6)
Required Elements	*2nd and 3rd swings to Handstand *	3rd swing bwd step off side to dismount
Technical Description	Swing forward and backward 3 times. 2nd and 3rd bwd swings to momentary handstand. No deduction if held handstands.	Dismount stepping hands to one rail releasing to stand. Feet must reach minimum horizontal on forward swing. Must rise above 15 ° from handstand before stepping hands to a single rail, releasing over the rail to stand.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	<p>Straight body swing (0.1, 0.3, 0.5) Swing to minimum horizontal in front (0.1, 0.3, 0.5) Swing to minimum 15 ° from handstand first swing in back (0.1, 0.3, 0.5) Controlled swings (0.1, 0.3, 0.5)</p>	<p>Body shape bwd swing (0.1, 0.3, 0.5) Swing to 15 ° (15-30° = 0.1) (31&gt;45° = 0.3) (&gt;45° 0.5) Showing control in transition over the bar (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions)</p>

## Parallel Bars – Level 5


**Two** bonuses available, worth 0.3 each.

Parallel Bars to be set at a high level.

	(1)	(2)	(2) BONUS	(3)
Required Elements	Two long swings (fwd – bwd - fwd – bwd)	Basket swing to support, layaway to upper arm hang	Fin up to upper arm hang	Back-uprise to L sit (held 2 seconds)
Technical Description	From short run, jump to two long hang swings: forward, backward, forward, backward.	On the 2nd bwd swing in long hang, drop into basket swing to support. Immediate layaway to upper arm hang and swing fwd and bwd	On the 2nd backward swing, close into pike and fin up to upper arm hang.	Following the forward and backwards swing, back uprise to L sit (2 secs)
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Feet minimum bar height in front swings (0.1, 0.3, 0.5) Hips minimum bar height in back swings (0.1, 0.3, 0.5)	Legs dropping below bar level in L sit (0.1, 0.3, 0.5) Straight arms in basket swing (0.1, 0.3, 0.5) Closed Pike in Basket swing (0.1, 0.3, 0.5) Controlled layaway (0.1, 0.3, 0.5)	Closed pike action in basket position (0.1, 0.3, 0.5) Distinct rise of body in fin up (0.1, 0.3, 0.5) Straight arms and legs in fin up (0.1, 0.3, 0.5)	Feet bar height in back uprise (0.1, 0.3, 0.5) Legs at horizontal in L, (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held)



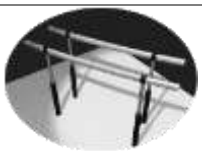
### Parallel Bars – Level 5, continued

	(4)	(4) BONUS	(5)	(6)
Required Elements	Lift through V sit 45°	From L sit press to handstand (h/s)	Swing to handstand x 2	Swing to handstand (held 2 seconds), step to side dismount
Technical Description	From L hold, lift legs to min. 45° above horizontal.	From L sit (held 2 seconds) press to h/s.	From V sit swing bwd to h/s (momentary,) swing fwd - bwd to h/s (momentary).	Swing fwd - bwd to h/s (held 2 seconds) step 1 hand to rail and dismount.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Legs lift to minimum 45° above horizontal from L hold (0.1, 0.3, 0.5)	Swing in press to Handstand (0.1, 0.3, 0.5) Body shape in momentary Handstand (0.1, 0.3, 0.5) Not holding Press to h/s (0.3 held < 2 secs 0.5 not held)	Straight body swing (0.1, 0.3, 0.5) Swing feet to minimum horizontal in front (0.1, 0.3, 0.5) Body shape in h/s (0.1, 0.3, 0.5)	Straight body swing (0.1, 0.3, 0.5) Swing feet to minimum horizontal in front (0.1, 0.3, 0.5) Body shape in h/s (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held) Controlled, stuck landing (see landing deductions)

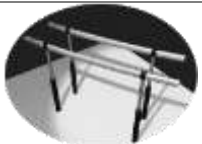
## Parallel Bars – Level 6

**Three** bonuses available, each worth 0.3. Gymnasts can do all for credit.

Parallel Bars to be set at a high level.

	(1)	(2)	(3)	(3) BONUS	(4)
Required Elements	Glide kip swing backward to layaway	Front uprise swing backward	Cast to upper arm (fin up) back uprise, swing to L hold	Felge to support L hold	Press to handstand (h/s)
Technical Description	Jump to kip to support and swing backward to Layaway in upper arm hang. Gymnasts can start from a beatboard.	From upper arm hang front uprise above bar height and swing bwd in support.	Swing forward and cast to upper arm support (fin up) in or near inverted pike From upper arm support, swing back uprise to support, swing forward to L (hold 2 sec).	From front Uprise swing backwards to fast entry Felge to support with straight arms. Bonus will not be awarded if >15° arm bend. Lift to L hold (2 secs).	From L sit press to handstand (hold 2 seconds)
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Straight arms throughout (0.1, 0.3, 0.5) Straight body in layaway (0.1, 0.3, 0.5) Straight arms in kip up (0.1, 0.3, 0.5)	Body not above bar height in front uprise (0.1, 0.3, 0.5) Controlled front uprise (0.1, 0.3, 0.5) Backward swing in support to horizontal (0.1, 0.3, 0.5)	Pass in or near inverted pike through bottom of cast (0.1, 0.3, 0.5) Hips bar height when arriving in upper arm support (0.1, 0.3, 0.5) Feet bar height in back uprise (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held)	Straight arms throughout (0.1, 0.3, 0.5) Straight body in Felge (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held)	Legs at horizontal in L, (0.1, 0.3, 0.5) Swing in press to h/s (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held)


## Parallel Bars – Level 6, continued

	(4) BONUS	(5)	(6)	(7)	(7) BONUS
Required Elements	Press to handstand (h/s), ½ turn forward or backward	Swing (fwd – bwd) to handstand (momentary) x 2	Swing (fwd – bwd) to handstand (held 2 seconds) x 2	Salto backward tucked or salto forward tucked dismount	Any other salto backward or forward
Technical Description	From L, press to handstand (hold 2 sec). ½ turn in handstand either fwd or bwd. Bonus to apply only if Handstand held min momentary after ½ turn.	Swing forward and backward to h/s (momentary). Swing forward and backward to h/s (momentary). Body must reach min. horizontal on forward swing.	Swing forward and backward to handstand Body must reach min. horizontal in front swing.	From handstand hold, swing forward to salto backward tucked OR extra swing fwd and bwd to salto forward tucked.	From handstand hold, swing forward to any other salto bwd, piked, layout or with twist or double salto OR extra swing fwd and bwd to any other salto forward piked, stretched or with twist or double salto.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Straight arms in press (0.1, 0.3, 0.5) Swing in press to h/s (0.1, 0.3, 0.5) Lack of control in ½ turn (0.1, 0.3, 0.5) Two second hold in press to h/s (0.3 held < 2 secs 0.5 not held)	Swing to minimum horizontal in front (0.1, 0.3, 0.5) Swing to h/s (16° - 30° = 0.1) (31 - 45° = 0.3) (<45 = 0.5) Straight body h/s (0.1, 0.3, 0.5) No deduction for holding h/s	Straight body swing (0.1, 0.3, 0.5) Two second hold (0.3 held < 2 secs 0.5 not held)	Distinct position in salto (0.1, 0.3, 0.5) Salto rises upward (no forward or backward travel) (0.1, 0.3, 0.5) Extension of body prior to landing (0.1, 0.3) Controlled, stuck landing (see landing deductions)	Swing to minimum horizontal in front (0.1, 0.3, 0.5) Distinct position in salto (0.1, 0.3, 0.5) Salto rises upward (no forward or backward travel) (0.1, 0.3, 0.5) Extension of body prior to landing (0.1, 0.3) Controlled, stuck landing (see landing deductions)

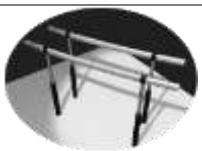
## Parallel Bars – Level 7 Under 15

**Three** bonuses available, each worth 0.3. Gymnasts can do all for credit.

Parallel Bars to be set at a high level.

	(1)	(2)	(2) BONUS	(3)	(4)
Required Elements	Glide kip swing bwd to horizontal	Felge to support	Felge to handstand (h/s)	Cast to upper arm (fin up) back uprise	Swing fwd – bwd to handstand reverse ½ turn.
Technical Description	Jump to kip to support and swing backward to Horizontal. Gymnasts can start from a beatboard.	From the bwd swing drop into Felge to support with straight arms.	From bwd swing drop into Felge to handstand. Arm bend is allowed.	Swing forward and cast to upper arm support (fin up) in or near inverted pike. From upper arm support, swing back uprise.	From back uprise swing fwd above horizontal and swing back to handstand. Reverse ½ turn. No Stop required.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Straight arms throughout (0.1, 0.3, 0.5) Straight body in bwd swing (0.1, 0.3, 0.5) Straight arms in kip up (0.1, 0.3, 0.5)	Straight arms throughout (0.1, 0.3, 0.5) Straight body in felge (0.1, 0.3, 0.5)	Straight body in Felge (0.1, 0.3, 0.5) Lowering of the hips in felge (0.1, 0.3, 0.5) Handstand body position (0.1, 0.3, 0.5)	Pass in or near inverted pike through bottom of cast (0.1, 0.3, 0.5) Hips bar height when arriving in upper arm support (0.1, 0.3, 0.5) Feet bar height in back uprise (0.1, 0.3, 0.5)	Hips below horizontal in front swing, (0.1, 0.3, 0.5) Unsteadiness in ½ turn (0.1, 0.3, 0.5)

### Parallel Bars – Level 7 Under 15, continued

	(5)	(5) BONUS	(6)		(7) BONUS
Required Elements	2 x Swing to handstand (held 2 secs)	Swing (fwd – bwd) to handstand Stutz or Diamadov	Layaway front uprise swing to handstand	Salto bwd layout or salto fwd piked dismount	Any double salto bwd or fwd
Technical Description	Swing forward and backward to h/s (held 2 seconds). Swing fwd – bwd to h/s (held 2 seconds). Body must reach minimum horizontal on forward swing.	Swing forward and backward to h/s (held 2 seconds). Swing forward and perform either a Stutz or Diamadov to within 15° of h/s. Body must reach min. horizontal on fwd swing.	Immediate layaway to upper arm hang, swing forward in upper arm hang to front uprise and swing to h/s (held 2 seconds).	From handstand hold, swing forward to salto backward layout OR extra swing fwd and bwd to salto forward piked.	From handstand hold, swing forward to any double salto bwd OR extra swing fwd and bwd to any other forward double salto.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	<p>Strength in swing to h/s (0.1, 0.3, 0.5) Body at horizontal in front swing (0.1, 0.3, 0.5) Two second hold in h/s (0.3 held &lt; 2 secs 0.5 not held)</p>	<p>Swing to minimum horizontal in front (0.1, 0.3, 0.5) Stutz or Diamadov to h/s (16° - 30° = 0.1) (31 - 45° = 0.3) (&lt;45° = 0.5 NO Bonus) Straight body h/s (0.1, 0.3, 0.5) No deduction for holding h/s</p>	<p>Straight body swing (0.1, 0.3, 0.5) Controlled layaway (0.1, 0.3, 0.5) Front uprise above horizontal (0.1, 0.3, 0.5) 2 second hold in h/s (0.3 held &lt; 2 secs 0.5 not held)</p>	<p>Distinct position in salto (0.1, 0.3, 0.5) Salto rises upward (no forward or backward travel) (0.1, 0.3, 0.5) Extension of body prior to landing (0.1, 0.3) Controlled, stuck landing (see landing deductions)</p>	<p>Swing to minimum horizontal in front (0.1, 0.3, 0.5) Distinct position in salto (0.1, 0.3, 0.5) Salto rises upward (no forward or backward travel) (0.1, 0.3, 0.5) Extension of body prior to landing (0.1, 0.3) Controlled, stuck landing (see landing deductions)</p>


## High Bar – Major Skill Progression Chart

Level 1	Level 2 (loops)	Level 3 (loops)	Level 4	Level 5	Level 6
Cast to bar height	Cast to bar height	Cast to horizontal	Kip cast to above horiz	kip cast to 45° above horiz	kip cast to h/s
Circle-up Undershoot	Back-hip circle Undershoot	Back uprise to support Back-hip circle Undershoot	Back hip circle Undershoot		(Clear-hip circle or Stalder to h/s )
Swing to 45° below horiz	Swing to horiz	Swing to horiz (backward giant)	Swing to horiz (backward giants)	Backward giants	Backward giants
			½ turn dismount (45° above horiz )	½ turn to >45° (½ turn to h/s)	½ turn to h/s
				Back salto dismount	layout dismount (full twist/double)


## High Bar – Level 1

No bonus available.

Routine to be performed with chalk. Mats should be built up to a height that is appropriate for the gymnast.

	(1)	(2)	(3)	(4)
Required Elements	L hang hold	2 Tension swings	Chin up circle over	Cast into under swing
<b>Technical Description</b>	From hang, lift legs to L hang and hold for 2 seconds.	From L hang press legs backward to tight arch, dish, arch, dish	In second dish, pull chin above bar and circle legs over bar to straight support shape. May be coach assisted.	Cast hips off bar, and (half) circle backward into under swing. Hips must reach bar height in under swing. Coach may hold wrist of gymnast during under swing.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Legs lift to 90° (0.1, 0.3, 0.5)	Proper tension swing shapes (0.1, 0.3, 0.5)	Straight legs in circle (0.1, 0.3, 0.5) No leg separation in circle (0.1, 0.3, 0.5)	Cast feet to bar height (0.1, 0.3, 0.5) Dish shape in under swing (0.1, 0.3, 0.5) Hips to bar height in under swing (0.1, 0.3, 0.5)

## Horizontal Bar - Level 1, continued


	(5)	(6)
Required Elements	2 Tap swings (bwd – fwd – bwd – fwd)	Half swing (bwd) dismount
Technical Description	From underswing, perform two tap swings: backward, forward, backward, and forward. Hips (in dish shape) must reach 45° below horizontal on both sides.	On 3 <sup>rd</sup> swing backward release in back to stand. Hips (in dish shape) must reach 45° below horizontal before dismount.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	<p>Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5) Swing to minimum 45° below horizontal (0.1, 0.3, 0.5)</p>	<p>Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5) Swing to minimum 45° below horizontal (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions)</p>



## High Bar – Level 2

No bonus available.


Routine to be performed in straps and gloves. Mats should be built up to a height that is appropriate for the gymnast.

	(1)	(2)	(3)	(4)	(5)
Required Elements	2 Tension sawings	Pullover	Cast to back hip circle, underswing	2 Tap swings (bwd – fwd – bwd – fwd)	Half swing (bwd)
Technical Description	From hang, lift legs to bar then press legs backward to two tension swings (tight arch – dish – tight arch – dish)	Immediately pullover to front support position.	Cast hips off bar, into full back hip circle plus (half) circle into under swing. Hips must reach bar height in underswing.	From underswing, perform two tap swings: backward, forward, backward, and forward. Hips (in dish shape) must reach horizontal (bar height) on both sides.	3 <sup>rd</sup> swing backward hips (in dish shape) must reach horizontal (bar height). Optional finish (no deduction for extra swings, or coach assisted stop)
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Legs lift minimum toes to bar (0.1, 0.3, 0.5) Proper tension swing shapes (0.1, 0.3, 0.5)	Smooth rhythm (0.1, 0.3, 0.5) Show front support (not shown = 0.3)	Straight arms throughout (0.1, 0.3, 0.5) Straight body cast (0.1, 0.3, 0.5) Cast feet to bar height (0.1, 0.3, 0.5) Hips bar height in underswing (0.1, 0.3, 0.5)	Proper tap technique <sup>†</sup> (0.1, 0.3, 0.5) Swing to minimum horizontal (0.1, 0.3, 0.5)	Proper tap technique <sup>†</sup> (0.1, 0.3, 0.5) Swing to minimum horizontal (0.1, 0.3, 0.5)


## High Bar – Level 3

**One** bonus available, worth 0.3.

Routine to be performed with straps and gloves. Mats should be built up to a height that is appropriate for the gymnast.


	(1)	(2)	(3)	(4)	(5)
Required Elements	2 Tension swings	Underswing (power cast)	2 Tap swings (bwd – fwd – bwd – fwd)	Back uprise to support	Cast to horizontal, back hip circle, underswing
Technical Description	One tension swing backwards. From hang, lift legs to bar, press backwards to tight arch.	From tight arch, immediately pull through dish underswing (power cast).	From under swing, perform three tap swings: backwards, forwards Hips (in dish shape) must reach horizontal on both sides.	On 3 <sup>rd</sup> back swing perform straight arm back uprise to support.	Cast hips off bar, into full back hip circle plus (half) circle into under swing. Hips must reach bar height in underswing.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Legs lift minimum toes to bar (0.1, 0.3, 0.5) Proper tension swing shapes (0.1, 0.3, 0.5)	Legs lift minimum horizontal (0.1, 0.3, 0.5) Hips bar height in underswing (0.1, 0.3, 0.5)	Proper tap technique <sup>†</sup> (0.1, 0.3, 0.5) Swing hips to minimum horizontal back swing (0.1, 0.3, 0.5) Swing shoulders to minimum horizontal on front swing (0.1, 0.3, 0.5)	Straight arms throughout (0.1, 0.3, 0.5) Straight-dish body (0.1, 0.3, 0.5)	Straight arms throughout (0.1, 0.3, 0.5) Straight body cast (0.1, 0.3, 0.5) Cast to horizontal (0.1, 0.3, 0.5) Hips bar height in underswing (0.1, 0.3, 0.5)

### High Bar – Level 3, continued


	(6)	(7)	(8) BONUS
Required Elements	2 Tap swings (bwd – fwd – bwd – fwd)	Half swing (bwd)	Back giant
Technical Description	From underswing, perform two tap swings: backward, forward, backward, and forward. Hips (in dish shape) must reach horizontal (bar height) on both sides.	3 <sup>rd</sup> swing backward hips (in dish shape) must horizontal (bar height). Optional finish (no deduction for extra swings, or coach assisted stop)	On 3 <sup>rd</sup> swing fwd, swing up to and through handstand (giant)
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	<p>Proper tap technique<sup>+</sup> (0.1, 0.3, 0.5) Swing hips to minimum horizontal back swing (0.1, 0.3, 0.5) Swing shoulders to minimum horizontal on front swing (0.1, 0.3, 0.5)</p>	<p>Proper tap technique<sup>+</sup> (0.1, 0.3, 0.5) Swing hips to minimum horizontal (0.1, 0.3, 0.5)</p>	<p>Proper tap technique<sup>+</sup> (0.1, 0.3, 0.5) Dish shape through handstand (0.1, 0.3, 0.5)</p>

## High Bar – Level 4

**Two** bonuses available, **only one to count** worth 0.3. Choose from either (6/7) **or** (8) (no penalty for performing both bonuses).  
Routine to be performed on chalk bar. Mats should be built up to a height that is appropriate for the gymnast.

	(1)	(2)	(3)	(4)	(5)
Required Elements	Underswing (power cast)	Tap swing (bwd – fwd)	Half swing (bwd)	Kip	Cast to above horizontal
Technical Description	From hang, lift legs to bar height, then press legs backward to tight arch. From tight arch, immediately pull through underswing (power cast).	Tap swing backward, forward. Hips (in dish shape) must reach horizontal on both sides.	Swing backward. Hips (in dish shape) must reach horizontal.	Swing or glide forward, kip up to support.  Gymnasts may use a piking action to control the swing into kip.	Cast to above horizontal
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Legs lift minimum horizontal (0.1, 0.3, 0.5) Hips bar height in underswing (0.1, 0.3, 0.5)	Straight arms (0.1, 0.3, 0.5) Proper tap technique <sup>†</sup> (0.1, 0.3, 0.5) Swing to minimum horizontal (0.1, 0.3, 0.5)	Straight arms (0.1, 0.3, 0.5) Proper tap technique <sup>†</sup> (0.1, 0.3, 0.5) Swing to minimum horizontal (0.1, 0.3, 0.5)	Straight arms throughout (0.1, 0.3, 0.5)	Connected kip-cast (stop = 0.5, extra beat = 0.3) Straight arms throughout (0.1, 0.3, 0.5) Straight body cast (0.1, 0.3, 0.5) Cast below horizontal (0.1, 0.3, 0.5)


## High Bar – Level 4, continued

	(6)	(7)	(6/7) BONUS	(8)	(8) BONUS
Required Elements	Back hip circle underswing	3 full swings (bwd – fwd – bwd – fwd – bwd – fwd)	* Cast direct to 3 x back giant *	Half turn dismount at horizontal	* half turn dismount above 45° *
Technical Description	Back hip circle to immediate underswing (no hesitation between hip circle and underswing). Hips must reach bar height in underswing.	From underswing, perform three tap swings: backwards, forwards Hips (in dish shape) must reach horizontal on both sides.	From kip cast, layaway into 3 backward giants.	On the 3rd forward swing, ½ turn to mixed grip and dismount to feet. Hips must reach minimum horizontal. Must show wrist flexion and support on the bar.	On the 3rd forward swing (or after 3 <sup>rd</sup> giant) ½ turn to mixed grip 45° above horizontal.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Straight arms throughout (0.1, 0.3, 0.5) Straight-dish body back hip circle (0.1, 0.3, 0.5) Connected back hip circle–underswing (stop = 0.5) Hips bar height in underswing (0.1, 0.3, 0.5)	Proper tap technique <sup>+</sup> (0.1, 0.3, 0.5) Swing to minimum horizontal (0.1, 0.3, 0.5)	Proper tap technique <sup>+</sup> (0.1, 0.3, 0.5) Straight arms throughout (0.1, 0.3, 0.5) Straight-dish through handstand position (0.1, 0.3, 0.5)	Proper tap technique <sup>+</sup> (0.1, 0.3, 0.5) Swing to minimum horizontal (0.1, 0.3, 0.5) Firm pressure on bar after ½ turn (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions)	Proper tap technique (0.1, 0.3, 0.5) Firm pressure on bar after ½ turn (0.1, 0.3, 0.5) Controlled, stuck landing (see landing deductions)


## High Bar – Level 5

**Two** bonuses available, each worth 0.3.


Routine to be performed on chalk bar. Mats should be built up to a height that is appropriate for the gymnast.

	(1)	(2)	(3)	(4)
Required Elements	Underswing (power cast)	Tap swing (bwd – fwd)	Half swing (bwd)	Kip
Technical Description	From hang, lift toes to bar, then press legs backward to tight arch. From tight arch, immediately pull through underswing (power cast).	Tap swings: backward, forward. Hips (in dish shape) must reach horizontal on both sides.	Swing backward. Hips (in dish shape) must reach horizontal.	Swing or glide forward, kip.  Gymnasts may use a piking action to control the swing into kip.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Legs lift minimum horizontal (0.1, 0.3, 0.5) Hips bar height in underswing (0.1, 0.3, 0.5)	Straight arms (0.1, 0.3, 0.5) Proper tap technique <sup>†</sup> (0.1, 0.3, 0.5) Swing to minimum horizontal (0.1, 0.3, 0.5)	Straight arms (0.1, 0.3, 0.5) Proper tap technique <sup>†</sup> (0.1, 0.3, 0.5) Swing to minimum horizontal (0.1, 0.3, 0.5)	Straight arms throughout (0.1, 0.3, 0.5)

## High Bar – Level 5, continued

	(5)	(6)	(7)	(7) BONUS
Required Elements	Cast to 45° above horizontal	2 Back giants	½ turn to 45°	½ turn to handstand (h/s)
Technical Description	Cast to 45° above horizontal.	Immediate swing to 2 back giants.	Swing forward to ½ turn 45° above horizontal.	Swing forward to ½ turn to h/s (Bonus should be awarded if gymnast is within 15° of vertical)
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Connected kip-cast (stop = 0.5) (extra beat = 0.3) Straight body cast (0.1, 0.3, 0.5) Cast to 45° above horizontal (0.1, 0.3, 0.5)	Proper tap technique (0.1, 0.3, 0.5) Straight arms throughout (0.1, 0.3, 0.5)	Proper tap technique (0.1, 0.3, 0.5) Firm pressure on bar after ½ turn (0.1, 0.3, 0.5) Hips below° (0.1, 0.3, 0.5)	Proper tap technique (0.1, 0.3, 0.5) Firm pressure on bar after ½ turn (0.1, 0.3, 0.5)


## High Bar – Level 5, continued

	(8)	(9)	* (9) BONUS *
Required Elements	2 Tap swings or 2 back giants	Salto backward dismount	Salto backward dismount direct from giant
Technical Description	From ½ turn, perform two tap swings fwd - bwd - fwd - bwd OR 2 back giants. Hips (in dish shape) must reach horizontal on both sides.	On 3 <sup>rd</sup> swing forward swing into salto backwards dismount (tuck or straight).	Following second giant gymnast swings directly into flyaway dismount.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	<p>Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5) Swing to minimum horizontal (0.1, 0.3, 0.5)</p>	<p>Proper tap technique (0.1, 0.3, 0.5) Hips below horizontal (0.1, 0.3, 0.5) Distinct position in salto (0.1, 0.3, 0.5) Extension on body prior to landing (0.1,0.3)</p> <p>Controlled, stuck landing (see landing deductions)</p>	<p>Proper tap technique (0.1, 0.3, 0.5) Hips below horizontal (0.1, 0.3, 0.5) Distinct position in salto (0.1, 0.3, 0.5) Extension of body prior to landing (0.1,0.3)</p> <p>Controlled, stuck landing (see landing deductions)</p>




## High Bar – Level 6


**Three** bonuses available, each worth 0.3. Mats should be built up to a height that is appropriate for the gymnast.

	(1)	(2)	(3)	(4) BONUS
Required Elements	Underswing (power cast)	1 1/2 tap swings (bwd – fwd – bwd)	Kip cast to handstand	Clear hip circle or Stalder to handstand
Technical Description	From hang, lift legs above horizontal, then press legs backward to tight arch. From tight arch, immediately pull through underswing (power cast), and swing backwards	Tap swings: bwd – fwd – bwd, Hips (in dish shape) must reach horizontal on both sides.	Swing or glide forward, kip cast to handstand.  Gymnasts may use a piking action to control the swing into kip.	Clear hip to handstand or stalder to handstand. May be performed direct from cast or after the first or second giant.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Legs lift minimum horizontal (0.1, 0.3, 0.5) Hips bar height in underswing (0.1, 0.3, 0.5)	Proper tap technique (0.1, 0.3, 0.5) Swing below horizontal (0.1, 0.3, 0.5)	Straight arms throughout (0.1, 0.3, 0.5) Connected kip–cast (stop = 0.5) (extra beat = 0.3) Cast to handstand (<15° = no deduction) (16-30° = 0.1) (31-45° = 0.3) (>45° = 0.5)	Straight arms throughout (0.1, 0.3, 0.5)  Straight-dish body clear hip circle (0.1, 0.3, 0.5)  Clear hip/Stalder to handstand (<15° = no deduction) (16-30° = 0.1) (31-45° = 0.3) (>45° = 0.5 and no bonus)

## High Bar – Level 6, continued

	(5)	(6)	(6) BONUS	(7)
Required Elements	2 Back Giants	Swing half turn to handstand	* 2 tap swing ½ turns to handstand*	2 Back Giants
Technical Description	From Kip to handstand 2 back giants.	From giant, swing forward with ½ turn to handstand	From giant, swing forward with ½ turn to immediate grip change to handstand, swing forward with ½ turn to immediate grip change to handstand.	From ½ turn swing to 2 back giants.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Straight arms (0.1, 0.3, 0.5) Proper tap technique <sup>†</sup> (0.1, 0.3, 0.5)	Straight arms (0.1, 0.3, 0.5) Proper tap technique <sup>†</sup> (0.1, 0.3, 0.5) Swing half turn to handstand (<15° = no deduction) (16-30° = 0.1) (31-45° = 0.3) (>45° = 0.5)	Straight arms (0.1, 0.3, 0.5) Proper tap technique <sup>†</sup> (0.1, 0.3, 0.5) Swing half turn to handstand (<15° = no deduction) (16-30° = 0.1) (31-45° = 0.3) (>45° = 0.5 and no bonus)	Straight arms (0.1, 0.3, 0.5) Proper tap technique <sup>†</sup> (0.1, 0.3, 0.5)

## High Bar – Level 6, continued


	(8)	(8) BONUS
Required Elements	Layout flyaway	* FIG B value dismount
Technical Description	Straight salto backwards direct from giant.	B value dismount direct from giants. (options include back layout half twist, back layout full twist, double back salto tucked)
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	<p>Proper tap technique (0.1, 0.3, 0.5) Hips below horizontal (0.1, 0.3, 0.5) Distinct straight position in salto (0.1, 0.3, 0.5) Blank swing after giant (0.5) Extension on body prior to landing (0.1,0.3)</p> <p>Controlled, stuck landing (see landing deductions)</p>	<p>Proper tap technique (0.1, 0.3, 0.5) Distinct position in salto (0.1, 0.3, 0.5) Extension on body prior to landing (0.1,0.3)</p> <p>Controlled, stuck landing (see landing deductions)</p>

## High Bar – Level 7 under 15


**Three** bonuses available, each worth 0.3.

Routine to be performed on chalk bar. Mats should be built up to a height that is appropriate for the gymnast.


NB: A 3rd bonus is available of a C value or greater released performed within the body of the Routine.

	(1)	(2)	(3)	(4)
Required Elements	Underswing (power cast)	Back up rise to handstand	Swing half turn to handstand (h/s)	Hop half turn to handstand
Technical Description	From hang, lift legs above horizontal, then press legs backward to tight arch. From tight arch, immediately pull through underswing (power cast), and swing backwards	Using Yamawaki tap (strong arch, dish, arch) back uprise to straight body handstand (h/s) position.	From giant, swing forward with ½ turn to handstand	Swing forward with hop ½ turn to handstand
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	<p>Legs lift minimum horizontal (0.1, 0.3, 0.5) Hips bar height in underswing (0.1, 0.3, 0.5)</p>	<p>Proper tap technique (0.1, 0.3, 0.5) Swing to handstand (&lt;15° = no deduction) (16-30° = 0.1) (31-45° = 0.3) (&gt;45° = 0.5)</p>	<p>Straight arms (0.1, 0.3, 0.5) Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5) Swing half turn to h/s (&lt;15° = no deduction) (16-30° = 0.1) (31-45° = 0.3) (&gt;45° = 0.5)</p>	<p>Straight arms (0.1, 0.3, 0.5) Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5) No hop (0.3) Swing half turn to h/s (&lt;15° = no deduction) (16-30° = 0.1) (31-45° = 0.3) (&gt;45° = 0.5)</p>


## High Bar – Level 7 U15, continued

	(5)	(5) Bonus	(7)	(8)
Required Elements	1/1 Turn giant	Quast	Blind turn	2 Forward giants
Technical Description	2 x giants into 1/1 turning giant (blind change/top change combined)	2 x giants to Quast	Swing half turn to handstand from overgrip to undergrip	From handstand swing to 2 forward giants.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Straight arms (0.1, 0.3, 0.5) Proper tap technique (0.1, 0.3, 0.5) Hesitation between blind/top changes (0.1, 0.3, 0.5)	Straight body in Quast (0.1, 0.3, 0.5) Distinct lift off the bar (0.1, 0.3) Regrasp within 15° (<15° = no deduction) (16-30° = 0.1) (31-45° = 0.3) (>45° = 0.5 and no bonus)	Straight arms (0.1, 0.3, 0.5) Proper tap technique <sup>†</sup> (0.1, 0.3, 0.5) Swing half turn to handstand (<15° = no deduction) (16-30° = 0.1) (31-45° = 0.3) (>45° = 0.5)	Straight arms (0.1, 0.3, 0.5) Proper tap technique <sup>†</sup> (0.1, 0.3, 0.5)

## High Bar – Level 7 U15, continued

	(9)	(10)	(11)	(12)
Required Elements	Top change	Any in-bar skill	2 Back giants	Double salto dismount
<b>Technical Description</b>	Half turn from undergrip into overgrip	Any skill from EG3 (e.g. Clear, Weiler, Stalder, Endo) Note: May be performed at any point within the giant sequence	From top turn swing to 2 back giants.	Double back tuck dismount direct from giants.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	Straight arms (0.1, 0.3, 0.5) Proper tap technique <sup>+</sup> (0.1, 0.3, 0.5) Swing half turn to handstand (<15° = no deduction) (16-30° = 0.1) (31-45° = 0.3) (>45° = 0.5 and no bonus)	Straight arms throughout (0.1, 0.3, 0.5) Straight-dish (0.1, 0.3, 0.5) Skill to handstand (<15° = no deduction) (16-30° = 0.1) (31-45° = 0.3) (>45° = 0.5)	Straight arms (0.1, 0.3, 0.5) Proper tap technique <sup>+</sup> (0.1, 0.3, 0.5)	Proper tap technique (0.1, 0.3, 0.5) Distinct position in salto (0.1, 0.3, 0.5) Extension on body prior to landing (0.1, 0.3)  Controlled, stuck landing (see landing deductions)

## High Bar – Level 7 U15, continued

	<b>* (10) Bonus *</b>
<b>Required Elements</b>	<b>FIG C value dismount</b>
<b>Technical Description</b>	C value dismount direct from giants.
 <p><b>Points of Emphasis and Corresponding Deductions if not Performed</b> (refer also to common deductions in scoring section of this manual)</p>	<p>Proper tap technique (0.1, 0.3, 0.5) Distinct position in salto (0.1, 0.3, 0.5) Extension on body prior to landing (0.1,0.3)  Controlled, stuck landing (see landing deductions)</p>

## Trampoline – Development for MAG Gymnastics

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Back ballout to feet Tuck back	Pike back Back layout Tuck back x2	Tuck back to back Back layout ½	Straight back to back Back 1/1 twist	Double back with mat Back 3/2	Double back Back 2/1
Tuck front	Pike front Tuck Front x2	Front layout Tuck front to front with mat	Tuck front to front	Double front with mat	Double front ( <i>half out</i> )
Full turn Back drop ½ turn to back	Front drop ½ turn to front Pike ½ (Barani)	Straight Barani Front layout 1/1	Front 3/2 (Rudi)	Rudi	Front 2/1
Back drop Crash dive	Back drop to front Ballout to back	Crash dive ballout to feet ( <i>half out</i> )	Crash dive Barani ballout	Straight Barani ballout	Straight Rudi ballout
Front drop	Front drop to back	¾ back layout with mat	¾ back layout	Cody to feet Cody to front	Cody 1/1 to feet Cody 1/1 to front



# **MAG Levels 7-FIG**

## **National Programme Manual**



## 7 Optional Exercises Level 7-FIG

### Level 7 Open

#### Exercise Evaluation

<b>Difficulty</b>	Add	The value of the best 6 elements plus the value of the dismount, then Double the value of Difficulty (NZ only)
<b>Special Requirements</b>	Add	+ 0.5 each SR + Dismount (up to + 0.5) (Special Requirements must come from within the counting elements)
<b>Bonus Points</b>	Add	Connection bonus (based on special rules for each apparatus) + bonus of + 0.1 if a FIG 'B' or higher value dismount is performed
<b>Presentation</b>		'E' jury deductions taken from a start score of 10
<b>Total</b>		Value of deductions + 2x Value of difficulty + Value of performed SR + Bonus points

#### Element Value

The difficulty value of the elements:

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8

#### Bonus

Connection bonus based on special rules for each apparatus.

A salto bonus of 0.5 will not be awarded on vault if a fall occurs on landing.

Developmental Elements awarded the value of the element as shown in the list.

Stuck landing 0.1 bonus **for any FIG A or above stuck landing.**

## Dismount

Additional Skills 'A' dismounts (L7) receive 0.3 for Dismount requirement.

FIG 'A' value dismount = + 0.5

Each exercise except Vault must end with a legitimate dismount listed under the Dismount Element groups (Special regulations apply to Floor Exercise and Vault).

FIG 'B' value or higher dismounts (excluding developmental Elements) performed without a large error will receive an additional + 0.1 bonus at Levels 7.

## Elements

Seven elements in a routine to be made up of six elements **plus** the dismount.

Less than four elements will incur a 2.0 short routine deduction. Each element will be recognised only once in a routine.

## Please Note

Range of deductions is 0.1, 0.3, 0.5 & 1.0 for fall.

Maximum five skills from any one Element Group.

## Level 8

### Special Requirements

Must be performed within the seven counting elements.

Apparatus	Special Requirement	Value
Floor	An element from each of the three (3) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Pommels	An element from each of the three (3) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Rings	An element from each of the three (3) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Vault	FIG value + 0.5 increment for any vault incorporating a somersault FIG value for all other vaults	
P Bars	An element from each of the three (3) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
H Bar	An element from each of the three (3) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount

### Exceptions

Rings, P Bars, H Bar	One half intermediate swing is acceptable
H Bar	One additional half intermediate swing for the mount is acceptable

## Exercise Evaluation

<b>Difficulty</b>	Add	The value of the best 7 elements plus the value of the dismount, then double the value of difficulty (NZ open only)
<b>Special Requirements</b>	Add	+ 0.5 each SR + dismount (up to + 0.5) (Special Requirements must come from within the counting elements)
<b>Bonus Points</b>	Add	Connection bonus (based on special rules for each apparatus) + bonus of + 0.1 if a FIG 'C' or higher value dismount is performed.
<b>Presentation</b>		'E' jury deductions taken from a start score of 10
<b>Total</b>		Value of deductions + 2x Value of difficulty + Value of performed SR + Bonus points

## Element Value

The difficulty value of the elements.

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>
0.1	0.2	0.3	0.4	0.5	0.6	0.7

## Bonus

Connection bonus based on special rules for each apparatus.

A salto bonus of 0.5 will not be awarded on vault if a fall occurs on landing.

Developmental Elements awarded the value of the element as shown in the list.

Stuck landing 0.1 bonus **for any FIG B or above stuck landing.**

## **Dismount**

FIG 'A' value dismount = + 0.3    'B' value dismount = + 0.5

Each exercise except Vault must end with a legitimate dismount listed under the Dismount Element groups. (Special regulations apply to Floor Exercise and Vault)

FIG 'C' value dismounts (excluding developmental Elements) performed without a large error will receive an additional + 0.1 bonus at Levels 8.

## **Elements**

Eight elements in a routine to be made up of seven elements **plus** the dismount.

Less than five elements will incur a 2.0 short routine deduction.

Each element will be recognised only once in a routine.

## **Please Note**

Range of deductions is 0.1, 0.3, 0.5 & 1.0 for fall.

Maximum 5 skills from any one Element Group.

## Level 9

### Special Requirements

Must be performed within the eight counting elements.

Apparatus	Special Requirement	Value
Floor	An element from each of the Three (4) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Pommels	An element from each of the Three (3) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Rings	An element from each of the Three (3) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Vault	FIG value + 0.5 increment for any vault incorporating a Twisting somersault (including half twists) FIG value for all other vaults	
P Bars	An element from each of the Three (3) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
H Bar	An element from each of the Three (3) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount

### Exceptions

Rings, P Bars, H Bar	One half intermediate swing is acceptable
H Bar	One additional half intermediate swing for the mount is acceptable

## Exercise Evaluation

<b>Difficulty</b>	Add	The value of the best 8 elements plus the value of the dismount, then double the value of difficulty (NZ only)
<b>Special Requirements</b>	Add	+ 0.5 each SR + Dismount (up to + 0.5) (Special Requirements must come from within the counting elements)
<b>Bonus Points</b>	Add	Connection bonus (based on special rules for each apparatus) + bonus of + 0.1 if a FIG 'D' or higher value dismount is performed.
<b>Presentation</b>		'E' jury deductions taken from a start score of 10
<b>Total</b>		Value of deductions + 2x Value of difficulty + Value of performed SR + Bonus points

## Element Value

The difficulty value of the elements

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>
0.1	0.2	0.3	0.4	0.5	0.6	0.7

## Bonus

Connection bonus based on special rules for each apparatus.

A salto bonus of 0.5 will not be awarded on vault if a fall occurs on landing.

Developmental Elements awarded the value of the element as shown in the list.

Stuck landing 0.1 bonus **for any FIG C or above stuck landing.**



## Dismount

Each exercise except Vault must end with a legitimate dismount listed under the Dismount Element groups. (Special regulations apply to floor exercise and Vault).

FIG 'A' value dismount	+ 0.0 points (did not fulfill the requirement)
'B' value dismount	+ 0.3 points (partial requirement)
'C' or higher value dismount	+ 0.5 points (full requirement value)

Level 9 will receive the 0.1 bonus for a FIG D value Dismount.

## Elements

Nine elements in a routine to be made up of eight elements **plus** the dismount.

Less than five elements will incur a 2.0 short routine deduction.

Each element will be recognised only once in a routine.

## Please Note

Range of deductions is 0.1, 0.3, 0.5 & 1.0 for fall.

Maximum five skills from any one Element Group.

## FIG/Under 18

### Special Requirements

Must be performed within the nine counting elements.

Apparatus	Special Requirement	Value
Floor	An element from each of the three (3) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Pommels	An element from each of the three (3) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Rings	An element from each of the three (3) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
Vault	FIG value + 0.5 increment for any vault incorporating a Layout Twisting somersault (including Half Twists) FIG value for all other vaults	
P Bars	An element from each of the three (3) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount
H Bar	An element from each of the three (3) element groups + the dismount	+ 0.5 each + up to 0.5 Dismount

### Exercise Evaluation

<b>Difficulty</b>	Add	The value of the best 9 (7 for under 18) elements plus the value of the dismount
<b>Special Requirements</b>	Add	+ 0.5 each SR + Dismount (up to 0.5) (Special Requirements must come from within the counting elements)
<b>Bonus Points</b>	Add	Connection bonus (based on special rules for each apparatus).
<b>Presentation</b>		'E' jury deductions taken from a start score of 10
<b>Total</b>		Value of deductions + Value of difficulty + Value of performed SR + Bonus points

## Element Value

The difficulty value of the 10 elements (the best nine plus the dismount).

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>
0.1	0.2	0.3	0.4	0.5	0.6	0.7

## Special Requirements

An element from each of the four groups must be performed within the 10 (8 for Under 18) counting elements. Special Requirements are each worth + 0.5 points.

## Dismount

Each exercise except Vault must end with a legitimate dismount listed under the Dismount Element groups. (Special regulations apply to Floor Exercise and Vault).

'A' or 'B' value dismount – 'A' for under 18	+ 0.0 points (did not fulfil the requirement)
'C' value dismount – 'B' for under 18	+ 0.3 points (partial requirement)
'D' or higher value dismount – 'C' for under 18	+ 0.5 points (full requirement value)





NB Short routine deductions are the same for FIG and Under 18. Refer 2017 Code of Points.



## Bonus

Bonus applies for connection of high value elements and are based on special rules for each apparatus as per 2017 -2020 FIG Code of Points.

For other important information regarding this level, please refer to the 2017 -2020 FIG Code of Points (6.3).

## 8 Optional Requirements – General Notes

 <p><b>Floor Exercise</b></p>	<p>A pass must contain at least one recognised skill (min 'A' value) and involve locomotion along a diagonal or side axis of the floor.</p> <p>These deductions are to be taken by the D Jury (i.e. deducted from Start Value).</p> <p>At all levels a forward roll executed directly after landing a salto skill will be treated as part of no value = 0.5 deduction.</p> <p>Tucked back salto (= piked back salto), stretched back salto and tempo salto (whip back) are separate skills at all levels.</p> <p>At Level 7, handspring and flyspring will be recognised as different skills.</p> <p>Strength press to handstand must be held to be recognised for difficulty or special requirements. It must be held for two seconds for no presentation deduction.</p>
 <p><b>Pommel Horse</b></p>	<p>Double leg circles and flairs will be recognised as different skills in Element Group II for level 7.</p> <p>Double leg circles in side support on the handles and double leg circles in side support on an outer zone will be recognised as different skills in Element Group II for level 7.</p> <p>All variations of double leg circles in side support on either outer zone will be treated as the same skill, i.e. whether on leather or on one handle and leather.</p>
 <p><b>Rings</b></p>	<p>A vertical pull through to support (muscle up) will be recognised as an 'A' value skill in Element Group IV in levels 7.</p> <p>A beat dislocate from inverted hang will be recognised as an 'A' value skill in addition to a stretched (swinging) dislocate in Element Group I in level 7.</p>
 <p><b>Vault</b></p>	<p>0.5 Bonus for Salto Vault level 7</p> <p>0.5 Bonus for any twisting Salto Level 8 (includes ½ twist)</p> <p>0.5 Bonus for any Layout Twisting Salto level 9 (includes ½ twists)</p> <p><b>Bonus will not be awarded if gymnast falls.</b></p>

 <p><b>Parallel Bars</b></p>	<p>Recognisable Moys will receive value as per Code of Points irrespective of the start position. However, Moys commenced from more than 15° from handstand out of a swing backward will receive a 0.3 deduction for a layaway.</p>
 <p><b>High Bar</b></p>	<p>At Levels 7 – 8, a piked endo ('B') and a straddled endo ('B') will be treated as different skills. Similarly, piked stalder ('B') and a straddled stalder ('B') will be treated as different skills.</p>
<p><b>General</b></p>	<p>Each skill will only be recognised once within a routine. Repeated skills will not be recognised nor receive bonus. FIG Bonus value dismounts (excluding developmental skills) performed without a large error will receive their 0.1 bonus at Levels 7 – 9.</p>

## 9 Additional Skills Level 7

Apparatus	Skill	Value	Group
Floor Exercise	Flyspring	A	2
	Roll backward with straight arms to handstand	A	1
Pommels	DLC in side support on outer zone	A	2
Rings	Beat dislocate from piked hang	A	1
	Press to handstand with bent arms, bent body, straddled	A	2
	'A' Value Swinging skill can break up more than 3 EGR2/3 skills	A	1
	Vertical pull up with bent arms to support	A	2
Parallel Bar	Stutzkehre forward to horizontal support	B	1
	Salto backward to horizontal support	B	1
	Back uprise to horizontal support	A	2
	Drop kip from support	A	3
	Salto dismount forward or backward tucked	A	4
Horizontal Bar	Back uprise above horizontal – Shoulder angle	A	1
	Free hip circle above horizontal – Shoulder angle	A	3
	Swing ½ turn 45° above horizontal	A	1
	Kip up cast to 45° above horizontal	A	3

NB for skills that need to meet min heights, e.g. Back uprise 45° above horizontal, less than 45° will be non-recognition and a 0.5 deduction.

## 10 Development Skills List

The following list of skills can be used in the construction of Levels 7 – 9 optional routines

**NB Upgrades will only be awarded when completed without a large error. If a single large error or fall occurs then the normal value will be awarded provided a skill can still be recognized by its Code of Points number.**

Apparatus	Skill	Symbol	Level 7	Level 8	Level 9
<b>Floor Exercise</b>	2 x DLC		B	B	
	Back salto stretched with 1/1		C		
	Back salto stretched with 2/1		D	D	
	Flair to handstand		D	D	D
	Connected <b>Saltos (or greater)</b>		A+B 0.1	A+C 0.1	B+C = 0.1
	Double Somersault		+ 1 Value	+1 Value	+1 Value
<b>Pommels</b>	Circle on 1 handle		C	C	
	Any Flop Combination		+ 1 Value	+ 1 Value	+1 Value
	Magyar or Sivado		E	E	E
	Any Russians greater than 1/2		+1 Value	+ 1 Value	+ 1 Value
	Cross support travel (1,2,4,5)		D	D	D
<b>Rings</b>	Double back salto stretched or 1/1 Twist Tucked		D	D	D
	Backward or forward giant to handstand (2 sec) with arms bent up to 45°		C	C	
	Cross or Straddle Planche (2 sec)		C	C	
	Any C strength or Swing to Strength		D	D	D
	Yamawaki		D	D	

<b>Parallel Bars</b>	Giant swing backward to support at 45°		C	C	
	Salto backward to support at 45°		C	C	
	Stutzkehre forward to support at 45°		C	C	
	Felge to 45°		C	C	
	Any C or above support Skills (group 1)		+1 Value	+1 Value	+1 Value
<b>Horizontal Bar</b>	Stoop in dislocate to handstand (45°)		D	D	
	Double Back Salto Stretched or 1/1 twist Tucked		D	D	D
	Any Release		+1 Value	+ 1 Value	+ 1 Value
	Stalder or Endo		C		
	Double back salto tucked dismount		C		



# 11 MAG Apparatus Challenges Rules and Requirements

## Challenges

**Challenge 4** – any 4 skills, 2 Element Groups to be met, A value Dismount if dismount chosen.

**Challenge 6** – any 6 Skills, 3 Element Groups to be met, A value Dismount if dismount chosen.

**Challenge 8** – any 8 Skills, 4 Element Groups to be met, B value Dismount if dismount chosen.

**Open Challenge** – Full FIG Requirements.

In all challenges the rules are as per full FIG requirements. All skills being presented must appear in the Code of Points and gymnasts cannot include any development or additional skills as in this manual for D score.

There is no doubling of difficulty.

Gymnasts may do as many skills in a routine as required with the hardest (top) 4, 6, 8 or 10 skills counting towards their D score. The Element Group Requirements (EGR's) must be within the top 4, 6, 8, 10 counting skills to be credited with the 0.5 EGR bonus.

Gymnasts may enter any apparatus at any challenge level that they believe they will be competitive in e.g. a competitor may enter Challenge 4 floor, challenge 6 Vault and Open High Bar if they want to. However if a gymnast wins an apparatus at a challenge event then it is expected that they move up to the next Challenge level for the next competition.

## Competition Structure and Judging Panels

Clubs must indicate at the time of entry which challenge levels their gymnasts will enter. This may be subject to change at the time of the competition due to numbers.

Each apparatus will be timetabled individually by the event organisers and prize giving for each apparatus will take place prior to the beginning of the warm-up for the next apparatus.

There will be two judging panels on each apparatus with a min number of two judges on each panel, one of which must be a Senior Judge. If at the time of entries closing there is no Challenge 8 or Open then the two judges may be Junior Judges. A Brevet judge must be present at the event where possible if the Open Challenge is being competed for.

The event will run non-stop with alternating challenges on each apparatus. The same judging panel must judge the same challenge level in ALL cases to ensure fairness for the gymnasts.

This event is open to any affiliated gymnasts including adults class members, coaches, judges, parents, ex gymnasts and is also open to any WAG gymnasts wanting to compete in the Open Challenge only on Floor and Vault.

The entry fee for this event is set by the MAG Sport Development Committee at \$7.00 per event with \$1.00 being returned to the MAG Sport Development Committee to further grow the development of this event.

Awards will be medals and certificates for the top three place getters on each challenge apparatus. If there is less than six competitors on an apparatus the event organisers can choose to only award certificates, however a medal must be awarded to the 1<sup>st</sup> place getter in **all** events.