

SINGAPORE MEN'S ARTISTIC GYMNASTICS

NATIONAL DEVELOPMENT PROGRAMME

(2018)

(KINDER, LEVEL 1-6)

Updated Oct 2018



ACKNOWLEDGEMENTS

With appreciation to the following coaches & judges for their dedicated efforts and commitment, without whom the completion of this book would never have been possible:

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LEVELS & STAGES FRAMEWORK

Competitive Program		Judging Levels		Elite Program	
18 years				Int'l Snr	18 years
17 years		National Level 2 Judge	FIG Judge	Int'l Jnr	17 years
16 years	Level 6				16 years
15 years	Level 5				15 years
14 years	Level 4				14 years
13 years		National Level 1 Judge	National Level 2 Judge	Stage 6	13 years
12 years	Level 3			Stage 5	12 years
11 years				Stage 4	11 years
10 years	Level 2	National Level 1 Judge		Stage 3	10 years
9 years		9 years 8 years		Stage 2	9 years
8 years	Level 1			Stage 1	8 years
7 years	 Foundations Level 				7 years

The Singapore Gymnastics National Programme is the Technical Framework of the Athlete Development Pathway for gymnastics that encompasses both a competitive and an elite pathway. For competitive gymnasts, it provides a structured development that unfolds at each gymnast's own pace, towards fulfilling their own potential. For budding elite gymnasts who have inherent potential, it provides a timely and effective progression towards the International Standard set by the Federation International de Gymnastique (FIG), and SG's High Performance goals. Combined with other ingredients such as funding, quality coaching, sufficient training hours and adequate facilities, the Singapore Gymnastics National Programme provides the pathway for a potential elite gymnast's quest towards international gymnastics success.

There are two pathways offered in this framework; the Competitive Pathway and the Elite Pathway.

Originally created in 2009 with specialist Mr Cheng Zhi Shang, and later adapted in 2016 by Mr Ryosuke Kusumi and Mr Perry Koh.

TABLE OF GENERAL FAULTS

Execution Deductions			
Errors	Small 0.1	Medium 0.3	Large 0.5
Non-distinct positions (tuck, pike, straight)	+	+	+
Adjust or correct hand or grip position (each time)	+		
Walking in handstand or hopping (each step or hop)	+		
Touching apparatus or floor	+		
Hitting apparatus or floor			+
Gymnast touched but not assisted by a spotter during an exercise		+	
Interruption of exercise without fall			+
Bent arms, bent legs, legs apart	+	+	+
Poor posture or body position or postural corrections in end positions	+	+	+
Saltos with knees or legs apart	Less than shoulder width	More than shoulder width	
Legs apart on landing	Less than shoulder width	More than shoulder width	
Unsteadiness, minor adjustment of feet, or excessive arm swings on landing	+		
Loss of balance during any landing	Imbalance, step or hop (per step)	Large step or hop or touching mat with 1 or 2 hands	
Fall or support with 1 or 2 hands during any landing			1.0
Fall during any landing without feet contacting mat first			1.0 and non-recognition by D Judge
Atypical straddle		+	
Other aesthetic errors	+	+	+

Technical Deductions			
Errors	Small 0.1	Medium 0.3	Large 0.5
Deviations in swings to or through handstand or in circle elements	15-30	31-45	More than 45 – non-recognition
Angular deviations from perfect hold positions	Up to 15	16-30	31- 45 – more than 45 & non-recognition
Press from poorly held positions	Equivalent deductions as hold positions		
Incomplete twists	Up to 30	31-60	61-90 & More than 45 – non-recognition
Lack of height or amplitude			
Additional or intermediate hand support	+		
Strength with swing and vice versa	+	+	+
Duration of hold parts (2 seconds)		Less 2 seconds	Non-stop & non-recognition
Interruption in upward movement	+	+	+
Lowering of legs on elements to a handstand (from original position)	0-15°	16°-30°	31°-45° (>45° no recog.)
Two or more attempts at a hold or strength part		+	+
Unsteadiness in or fall from handstand	+	Swing/ disturbance	
Fall from or onto apparatus			1.0
Intermediate swing or layaway		Half or layaway	whole
Assistance by spotter in the completion of an element			1.0 and non-recognition by the D-Jury*
Lack of extension in preparation for landing	+	+	
Coach not present at Rings, Vault, Parallel Bars and High Bar			+

Violation	Penalty
Behaviour Related Violations	
Any attire violations (Art. 2.3).	0.30 from the Final Score (once for a competition session) Applied by the Chair of the Superior Jury.
Non respect of the official warm up time.	0.30 from the Final Score by the D1 Judge.
Not acknowledging the D1 Judge before or after the exercise.	0.30 for each time from the Final Score by the D1 Judge.
Exceeding 30 sec. before commencing exercise.	0.30 from the Final Score by the D1 Judge.
Exceeding 60 sec. before commencing exercise.	Exercise is terminated.
Exceeding 30 sec. before continuing after a fail.	0.30 from the Final Score by the D1 Judge.
Exceeding 60 sec. before continuing after a fail.	Exercise is terminated at the fail.
Remounting podium after the exercise.	0.30 from the Final Score by the D1 Judge.
Other undisciplined or abusive behaviour.	0.30 from the Final Score by the D1 Judge.
Apparatus Related Violations	
Non-permitted presence of spotter.	0.50 from the Final Score by the D1 Judge.
Incorrect use of magnesium and/or damaging apparatus.	0.50 from the Final Score by the D1 Judge.
Illegal use of supplementary mats or non-use where required.	0.50 from the Final Score by the D1 Judge.
Coach moving supplementary mats during the exercise.	0.50 from the Final Score by the D1 Judge.
Changing the height of the apparatus without permission.	0.50 from the Final Score by the D1 Judge.
Re-arrangement or removal of springs from the springboard.	0.50 from the Final Score by the D1 Judge.
Other Individual Violations	
Absent from the competition area without permission failure to return and complete the competition.	Disqualification from remainder of competition (By the Chair of the Superior Jury).
Absent from Victory Ceremony.	Result and Final Score is annulled for team and individual purposes (By Superior Jury).
Performing without signal or green light.	Final Score = 0 points.

DIFFICULTY SCORE

Omitted Parts

For parts or connecting parts that are omitted, the value of the particular skill is deducted. There will be an additional 0.5 deduction. This would be deducted by the Difficulty Judge.

Additional Parts

For added parts, the deduction every time is 0.5. Once complete, a gymnast cannot repeat a skill. The added parts deduction will come from the D score, but additional Execution deductions may also apply.

Awarding Skill Value

If a gymnast attempts a skill, and it is recognisable, regardless of quality, he will always be awarded the skill value. Execution Deductions will apply.

Bonus Skills

Compulsory Levels 3-6 include optional bonus skills as an incentive to achieve a higher start score. Every routine has a base score of 10.0

Category	Maximum Start Value (D Score)		Maximum IAA Score
	No Bonus skills	With All Bonus Skills	
Foundations, Level 1 & 2	10.0	n/a	60.0
Level 3	10.0	2.0	62.0
Level 4	10.0	4.0	64.0
Level 5	10.0	7.0	67.0
Level 6	10.0	10.0	70.0
Stage 1	10.0	n/a	60.0
Stage 2	10.0	n/a	60.0
Stage 3	10.0	n/a	60.0
Stage 4	10.0	n/a	60.0
Stage 5	10.0	n/a	60.0
Stage 6	10.0	n/a	60.0

Foundations - Floor Exercise				
F FX	Skill	Value	Technical Description	Typical Deductions
1	Forward roll	1.5	From stand, forward roll to squat	a). Lack of rhythm in roll (0.1, 0.3, 0.5) b). Push with hands to squat (0.3) c). not rolling to squat (0.1)
2	Bent knee handstand	2.5	Jump to momentary handstand position, lower back to squat	a). Momentary handstand not shown (0.5) b). Bent arms in handstand (0.1, 0.3) c). Angular Deviation (0.1, 0.3, 0.5)
3	Front support (2sec)	1.0	From squat, jump to front support showing hollow shape and pointed toes. Hold for 2 seconds	a). hollow shape not shown (0.1, 0.3, 0.5) b). insufficient time in hold (0.3). No hold (0.5)
4	Rear support (2sec)	1.0	Lift one arm up, ½ turn to rear support. Hold for 2 seconds	a). lack of rhythm in turn (0.1, 0.3) b). Hips not extended (0.1, 0.3, 0.5) c). insufficient time in hold (0.3). No hold (0.5)
5	Pike hold (2sec)	1.0	From rear support, lower down to sit, with arms overhead, reach forward and place chest to knees. Hold for 2 seconds	a). lack of rhythm in transition (0.1, 0.3) b). bent arms (0.3) c). chest not on knees (0.1, 0.3, 0.5) d). insufficient time in hold (0.3). No hold (0.5)
6	Shoulder Stand (2sec)	2.0	Roll backwards with straight legs to shoulder stand, hold for 2 seconds	a). lack of rhythm (0.1, 0.3) b). hips not extended in shoulder stand (0.1, 0.3, 0.5)
7	Straight jump + tuck jump	1.0 (0.5, 0.5)	Roll forward to straight jump + tuck jump	a). lack of rhythm in roll (0.1, 0.3) b). lack of body tension in jump (0.1, 0.3, 0.5) c). insufficient height for jump (0.1, 0.3) d). pause between jumps (0.5)
Total Max		10.0		

Foundations – Pommel Horse				
F PH	Skill	Value	Technical Description	Typical Deductions
1	Front support (2sec)	1.0	Place hands on pommels, jump to front support	a). sinking shoulders (0.1, 0.3) b). insufficient time in hold (0.3) c). no hold (0.5)
2	Rear support (2sec)	2.0	Stoop through to rear support with bend knees	a). touching horse in tuck (0.1), hitting horse in tuck (0.5)
3	Front support	2.0	Stoop through to front support with bend knees	b). body/legs/arms not straight in support (0.1, 0.3, 0.5)
4	Stride support, right leg	1.0	Tuck right leg through to momentary stride support	c). insufficient time in hold (0.3) d). no hold (0.5)
5	Front support	1.0	Tuck right leg through to momentary front support	
6	Stride support, left leg	1.0	Tuck left leg through to momentary stride support	
7	90° flank dismount	2.0	Swing right leg over right pommel to 90° flank dismount	a). Incomplete 90° turn (0.1, 0.3, 0.5) b). sitting on horse (0.5) c). bent arms during leg cut (0.1, 0.3) d). retaining grasp on pommel on landing (0.3)
Total Max		10.0	* Routine may be reversed in its entirety	

Foundations - Rings				
F SR	Skill	Value	Technical Description	Typical Deductions
1	Tuck hang (2sec), L-hang (2sec) to backward swing	(0.5, 1.5)	From hang, lift legs to tuck hold (2 seconds) L-hang (2 seconds), swing backward	a). knees not to chest on tuck hang (0.1, 0.3) b). L-sit not horizontal (0.1, 0.3, 0.5) c). insufficient time in hold (0.3) d). no hold (0.5)
2	Basic long swing	2.0	Swing forward, swing backward	a). arms and shoulders not turning outwards on backward swing (0.3 each time) b). poor amplitude (0.1, 0.3 each time) c). poor body position in swing (0.1, 0.3, 0.5 each time)
3	Basic long swing	2.0	Swing forward, swing backward Swing forward, swing backward	
4	Basic long swing	2.0	<i>Amplitude requirement for swings - 30° on each side of vertical on all swings</i>	
5	Basic long swing to dismount	2.0	Swing forward, swing backward to stand	a). poor control in dismount (0.1, 0.3, 0.5) b). dismount not 30° from the lower vertical (0.1, 0.3)
Total Max		10.0		

Foundations - Vault				
F VT	Skill	Value	Technical Description	Typical Deductions
1	From 60cm box, step to 2 feet take-off from board, straight jump to 30cm mat.	10.0	Underswing must be shown	a). underswing not shown on take-off (0.5) b). not a 2-foot take off (0.5) c). closed hips (0.1, 0.3, 0.5)
2	Maximum 6 metres run, straight jump onto 30cm mat	10.0	Underswing must be shown	a). underswing not shown on take-off (0.5) b). not a 2-foot take off (0.5) c). closed hips (0.1, 0.3, 0.5)
Total Max		10.0	Average of 2 vaults	

Foundations – Parallel Bars				
F PB	Skill	Value	Technical Description	Typical Deductions
1	Front support (2sec) to back swing	(1.0, 3.0)	From end of rails, jump with coach assistance to support. Lift legs forward, extend to backward swing (bar height)	a). hips closed on support (0.1, 0.3) b). bent arms in support (0.1, 0.3) c). coach assist to initiate swing (0.5 + ½ value)
2	Swing	1.5	Swing forwards, swing backwards (Legs to height of bars)	a). swings below bars (0.1, 0.3 each time) b). poor body tension on swings (0.1, 0.3)
3	Swing	1.5		
4	Swing	1.5		
5	Swing to dismount	1.5	Swing forwards, swing backwards to dismount with feet above bar height, releasing grasp on bars	a). feet not above bar height in dismount (0.1, 0.3, 0.5) b). retaining grasp on landing (0.3) c). closed hips in flight (0.1, 0.3, 0.5)
Total Max		10.0		

Foundations – High Bar				
K HB	Skill	Value	Technical Description	Typical Deductions
1	Leg lift (tucked) x3	3.0	Knees to touch chest	a) knees not touching chest (0.1, 0.3, 0.5 each time) b) knees apart (0.1, 0.3, 0.5 each time) c) excessive swing (0.1, 0.3 each time)
2	Leg lift to horizontal (x3)	6.0		a). legs not horizontal (0.1, 0.3, 0.5 each time) b). knees apart (0.1, 0.3, 0.5 each time) c) excessive swing (0.1, 0.3 each time)
3	Release bar to stand	1.0		a). body not tight in dismount (0.1, 0.3)
Total Max		10.0		

Level 1 – Floor Exercise				
L1 FX	Skill	Value	Technical Description	Typical Deductions
1	Forward roll to straddle stand	0.5	From stand, forward roll with straight arms and legs to stand in straddle	a). bent arms (0.1, 0.3) b). bent legs (0.1, 0.3) c). poor rhythm in roll (0.1, 0.3, 0.5)
2	Front support, 1 push-up	0.5, 1.0	From straddle stand, place hands on floor, jump swinging legs back to front support with legs together and toes pointed. 1 push-up with arms bent 90°	a). bent arms in support (0.1, 0.3) b). bent knees on swing (0.1, 0.3, 0.5) c). arched back on push-up (0.1, 0.3) d). arms bending less than 90° for push-up (0.1, 0.3, 0.5) e). Toes not pointed (0.1)
3	Bend knees jump to momentary handstand	2.0	From support, jump to squat position, jump to momentary handstand through tucked handstand, lower down to stand	a). bent arms in support (0.1, 0.3) b). knees apart (0.1, 0.3) c). deviation from handstand position (0.1, 0.3, 0.5) d). poor rhythm (0.1, 0.3) e). fall over (0.5)
4	Forward roll to L-sit, pancake split (2sec)	0.5, 1.5	From squat, forward roll with straight arms and legs to L-sit. Lift legs to straddle position and reach forward with chest touching floor	a). bent knees on roll and lift (0.1, 0.3, 0.5) b). chest not on floor (0.1, 0.3, 0.5) c). chest not on floor (0.1, 0.3, 0.5)
5	Bridge (2sec)	1.0	Lift body upright, closing legs to L-sit. Lie on back, bringing heels to glutes and hands under shoulders with fingers pointing to heels. Shoulders to be in line with hands	a). poor rhythm (0.1, 0.3) b). bent knees when going back to L-sit (0.1, 0.3, 0.5) c). shoulders not in line with hands (0.1, 0.3, 0.5) d). bent arms/legs (0.1, 0.3, 0.5) e). head touching floor (0.5)
6	Dish hold (2sec) to shoulder stand (2sec)	2.0	Lower from bridge to lie flat on back with straight arms and legs. Dish hold (arms raised with shoulders to ears) and	a). poor rhythm (0.1, 0.3, 0.5) b). dish shape not shown (0.1, 0.3, 0.5) c). bent knees on transition (0.1, 0.3, 0.5)

			roll backwards to shoulder stand	<ul style="list-style-type: none"> d). hips closed on shoulder stand (0.1, 0.3, 0.5) e). insufficient time in hold (0.3) f). no hold (0.5) g). arms are down (0.3) h). lying flat before shoulder stand (0.5)
7	Stretch jump	1.0	Roll forwards to stretch jump (heels and shoulders stretched back)	<ul style="list-style-type: none"> a). poor rhythm (0.1, 0.3, 0.5) b). knees/legs apart on roll (0.1, 0.3, 0.5) c). body not extended in jump (0.1, 0.3, 0.5) d). lack of height in jump (0.1, 0.3)
Total Max		10.0		

Level 1 – Pommel Horse				
L1 PH	Skill	Value	Technical Description	Typical Deductions
1	Front support	1.0	Jump to front support	a). sinking shoulders (0.1, 0.3)
2	Swing	1.5	Swing to left, swing to right	a). lower hip not straight (0.1, 0.3) b). bottom foot not above bottom of horse (0.1, 0.3, 0.5)
3	Swing	1.5	Swing to left, swing to right	c). bent arms (0.1, 0.3, 0.5) d). lack of amplitude (0.1, 0.3, 0.5)
4	Rear support	1.0	Stoop through to rear support with bend knees	a). touching of horse with feet during stoop through (0.3, 0.5) b). knees apart for stoop through (0.1, 0.3)
5	Swing	2.0	Swing to left, swing to right	a). lower hip not straight (0.1, 0.3) b). bottom foot not above bottom of horse (0.1, 0.3, 0.5)
6	Swing	2.0	Swing to left, swing to right	c). bent arms (0.1, 0.3, 0.5) d). lack of amplitude (0.1, 0.3, 0.5)
7	Stoop through with bend knees to dismount	1.0		a). touching of horse with feet during stoop through (0.3, 0.5) b). knees apart for stoop through (0.1, 0.3) c). retaining grasp on landing (0.3)
Total Max		10.0		

Level 1 - Rings				
L1 SR	Skill	Value	Technical Description	Typical Deductions
1	Long hang to inverted hang (2sec)	0.4	From hang, lift with bend knees to inverted hang. Hold for 2 seconds.	<ul style="list-style-type: none"> a). lack of body control in lift (0.1, 0.3, 0.5) b). poor body shape in inverted hang (0.1, 0.3, 0.5) c). insufficient time in hold (0.3) d). No stop in inverted hang (0.5)
2	Pike inverted hang, L-sit (2sec) to back swing	2.4	Lower legs to momentary piked inverted hang (0.5), roll forward to momentary L-sit (1.0), swing backward (0.9)	<ul style="list-style-type: none"> a). lack of rhythm in lowering (0.1, 0.3) b). legs not horizontal in pike (0.1, 0.3, 0.5) c). head not on knees (0.1, 0.3, 0.5) d). legs not horizontal on L-sit (0.1, 0.3, 0.5) e). No hold on L-sit (0.5)
3	Swing	1.8	Swing forward, swing backward <i>Amplitude requirement for swings - 30° on each side of vertical on all swings</i>	<ul style="list-style-type: none"> a). arms and shoulders not turning inwards on forward swing (0.3 each time) b). arms and shoulders not turning outwards on backward swing (0.3 each time) c). poor amplitude (0.1, 0.3 each time) d). poor body position in swing (0.1, 0.3, 0.5 each time)
4	Swing	1.8	Swing forward, swing backward <i>Amplitude requirement for swings - 30° on each side of vertical on all swings</i>	
5	Swing	1.8	Swing forward, swing backward <i>Amplitude requirement for swings - 30° on each side of vertical on all swings</i>	

6	Swing to dismount	1.8	Swing forward, swing backward to dismount	a). poor control in dismount (0.1, 0.3, 0.5) b). dismount not 30° from the lower vertical (0.1, 0.3)
Total Max		10.0		

Level 1 - Vault				
L1 VT	Skill	Value	Technical Description	Typical Deductions
1	Maximum 10 meters run up, stretch jump onto 60cm mat.	10.0	Underswing shown, heels and shoulders stretched back	<ul style="list-style-type: none"> a). underswing not shown on take-off (0.5) b). not a 2-foot take off (0.5) c). body not extended in jump (0.1, 0.3, 0.5) d). lack of height (0.1, 0.3)
Max Total		10.0	<i>Vault to be completed twice, average score taken</i>	

Level 1 – Parallel Bars				
L1 PB	Skill	Value	Technical Description	Typical Deductions
1	Front support (2sec)	0.5	On end of rails, jump to front support. Hold for 2 seconds.	a). hips closed on support (0.1, 0.3) b). sinking shoulders (0.1, 0.3)
2	Tuck hold (2sec)	1.5	Lift legs to tuck hold for 2 seconds.	a). insufficient time in hold (0.3) b). No hold (0.5) c). no distinct shape (0.1, 0.3, 0.5)
3	L-sit (2sec)	2.0	From tuck, straighten legs to L-sit (2sec)	a). bent knees on L-sit (0.1, 0.3) b). angular deviation (0.1, 0.3, 0.5) c). insufficient time in hold (0.3) d). No hold (0.5)
4	Swing	1.5	From L-sit, lift legs up (0.5), cast forward to swing backwards (1.0) Amplitude requirement for swings – legs to above bars on each side of swings	a). bent knees (0.1, 0.3, 0.5) b). height of swings (0.1, 0.3 each time) c). poor body tension on swings (0.1, 0.3)
5	Swing	1.0	Swing forward, swing backward x 3	a). lack of rhythm (0.1, 0.3) b). height of swings (0.1, 0.3 each time) c). poor body tension on swings (0.1, 0.3)
6	Swing	1.0	Amplitude requirement for swings – legs to above bars on each side of swings	
7	Swing	1.0		
8	Swing to dismount	1.5	Swing forward, swing backward to 45° above rails for dismount	a). insufficient height on dismount (0.1, 0.3, 0.5) b). retaining grasp on landing (0.3) c). closed hips in flight (0.1, 0.3, 0.5)
Max Total		10.0		

Level 1 – High Bar				
L1 HB	Skill	Value	Technical Description	Typical Deductions
1	Leg lifts (x3)	3.0	From still hang, lift legs with toes touching the bar (finish in long hang)	a). bent knees (0.1, 0.3, 0.5) b). poor body shape (0.1, 0.3, 0.5) c). lack of rhythm, (0.1, 0.3, 0.5)
2	Tension swing (x4)	5.6	Lift legs forward, press legs down to tension swing backward x3	a). lack of rhythm (0.1, 0.3 on each swing) b). poor body tension (0.1, 0.3, 0.5)
3	Tension swing to dismount	1.4	Tension swing forward, swing backward to dismount	a). dismount before completion of backswing (0.1, 0.3, 0.5)
Max Total		10.0		

Level 2 – Floor Exercise				
L2 FX	Skill	Value	Technical Description	Typical Deductions
1	Cartwheel, cartwheel step in	2.0	Cartwheel, cartwheel step in	a). Cartwheel off line (0.1, 0.3, 0.5) b). lack of rhythm (0.1, 0.3)
2	Backward roll to front support	2.0	Fingers pointing in, backward roll with straight arms, to hollow position on front support	a). lack of rhythm (0.1, 0.3) b). incorrect arm position (0.3) c). bent arms (0.1, 0.3)
3	Front support (2sec), to rear support (2sec)	1.0	From front support, lift 1 arm, ½ turn to rear support	a). lack of rhythm (0.1, 0.3) b). insufficient time on holds (0.3) c). no hold (0.5)
4	Bridge (2sec)	1.0	Lower to backward lying position, circle arms to bring hands under shoulders and heels to bottoms, push upwards to bridge position	a). hands not in line with shoulders (0.1, 0.3, 0.5) b). Bent arms/knees (0.1, 0.3 each) c). insufficient time on hold (0.3) d). no hold (0.5)
5	Shoulder stand (2sec), straight jump with 180° turn	2.0	Lower to backward lying position, roll backward to shoulder stand, keeping arms flat to floor. Roll forward to straight jump with 180° turn	a). lack of rhythm (0.1, 0.3) b). piking of hips (0.1, 0.3, 0.5) c). insufficient time on hold (0.3) d). No hold (0.5) e). incomplete turn (0.1, 0.3)
6	Stretched dive-roll	2.0	2-3 steps, jump into stretched dive roll to stand	a). extra steps (0.3 each step) b). hips not extended (0.1, 0.3, 0.5) c). lack of rhythm (0.1, 0.3)
Max Total		10.0		

Level 2 – Pommel Horse				
L2 PH	Skill	Value	Technical Description	Typical Deductions
<u>Pommel</u>				
1	Swing	0.5	Swing to right, swing to left	a). lack of height in swings (0.1, 0.3, 0.5) b). bottom foot not above bottom horse (0.1, 0.3, 0.5) c). lack of rhythm (0.1, 0.3)
2	Swing	0.5	Swing to right, swing to left	
3	Swing to rear support	1.5	Swing right leg to front, swing left leg to front	
4	Swing to front support	1.5	Swing right leg back, swing left leg back	
5	Stride swing, right leg forward, no hand release	2.0	Swing right leg to front, swing right leg back	
6	Stride swing, left leg forward, no hand release	2.0	Swing left leg to front, swing left leg back	
7	Left leg over with 90° dismount	2.0	Swing right leg to front, swing left leg over pommel with ¼ turn to dismount	a). Incomplete turn (0.1, 0.3) b). lack of body extension before landing (0.1, 0.3, 0.5) c). retaining grasp on landing (0.3)
<u>Mushroom</u>	5 double leg circles to stand	10.0 (2.0 each)	Gymnasts are given 5 chances to complete. Each fall results in a 0.5 deduction on top of any other execution deductions.	a). lack of rhythm (0.1, 0.3 each time) b). lack of body extension (0.1, 0.3 each time)
Max Total		10.0	*final score will be calculated based on average of total combined score for Pommel Horse and Mushroom	

Level 2 - Rings				
L2 SR	Skill	Value	Technical Description	Typical Deductions
1	Inverted hang (2sec)	1.5	From Hang, lift with bent arms (Chin to rings height) (0.5), straight legs to inverted hang (hold for 2 seconds) (1.0)	a). bent knees (0.1, 0.3, 0.5) b). chin not to rings height (0.1, 0.3) c). poor body shape in inverted hang (0.1, 0.3, 0.5)
2	Dorsal hang (2sec), pike hang (2sec)	1.5	Lower legs to piked position, roll backwards to dorsal hang (hold for 2 seconds) (0.5), lift back to piked hang (hold for 2 seconds) (1.0)	a). lack of rhythm (0.1, 0.3) b). lack of extension in dorsal hang (0.1, 0.3, 0.5) c). insufficient time in hang (0.3) d). no hold in hang (0.5)
3	Cast to back swing	1.4	<i>Amplitude requirement for swings - 45° on each side of vertical on all swings</i> Cast forward to back swing	a). arms and shoulders not turning outwards on backward swing (0.3 each time) b). poor amplitude (0.1, 0.3 each time) d). poor body position in swing (0.1, 0.3, 0.5 each time)
4	Swing	1.4	Swing forward, swing backward	
5	Swing	1.4	Swing forward, swing backward	
5	Swing	1.4	Swing forward, swing backward	
6	Swing to dismount	1.4	Swing forward, swing backward to dismount	
Max Total		10.0		

Level 2 - Vault				
L2 VT	Skill	Value	Technical Description	Typical Deductions
1	Stretch Jump onto 60cm block, immediate rebound to stretch jump off to land.	10.0	From max 10m run, stretch jump onto 60cm block, immediate rebound into stretch jump off Underswing shown, heels and shoulders stretched back	a). underswing not shown on take-off (0.5) b). not a 2-foot take off (0.5) c). body not extended in jump (0.1, 0.3, 0.5) d). lack of height (0.1, 0.3)
2	Tucked front salto onto 30cm mat	10.0	From max 10m run, tucked front salto onto 30cm mat Salto should be at head height or above.	a). overarm action on take-off (0.5) b). piked hips on take-off (0.1, 0.3, 0.5) c). lack of height: (i) rotation phase below hips (1.0) (ii) below chest (0.5) (iii) below shoulder (0.3) (iv) below head height (0.1)
Max Total		10.0	Average of 2 vaults	

Level 2 – Parallel Bars				
L2 PB	Skill	Value	Technical Description	Typical Deductions
1	Front support, 1x dip	2.5	Jump to front support (2 seconds), 1x dip	a). arms not fully bent on dip (0.1, 0.3, 0.5) b). insufficient time on hold (0.3) c). no hold (0.5)
2	L-sit (2sec)	1.5	Lift legs to L-sit (2sec)	a). legs below bar height (0.1, 0.3, 0.5)
3	Straddle support	0.5	Extend hips to straddle support	a). lack of hip extension (0.1, 0.3, 0.5)
4	Swing	1.0	Lift legs off bar, cast forward into swing backwards	a). legs below bars on lift (0.1, 0.3, 0.5) b). back swing below height of bar (0.1, 0.3, 0.5)
5	Swing (x3)	3.0	Swing forward, swing backwards to 45°	a). lack of extension (0.1, 0.3, 0.5) b). back swing less than 45° (0.1, 0.3, 0.5)
6	Swing to flank vault dismount	1.5	Swing forward, swing backwards to 45°, flank vault dismount with grip change	a). lack of extension (0.1, 0.3, 0.5) b). back swing less than 45° c). retaining grasp on landing (0.3)
Max Total		10.0		

Level 2 – High Bar				
L2 HB	Skill	Value	Technical Description	Typical Deductions
1	Chin-up pullover	2.5	From hang, Chin-up to back hip pullover to front support	a). legs bent in pullover (0.1, 0.3, 0.5) b). sinking shoulders on support (0.3)
2	Forward roll to support	2.5	Forward roll to support	a). bent knees (0.1, 0.3, 0.5) b). lack of rhythm (0.1, 0.3)
3	Cast	0.5	Cast to horizontal	a). less than horizontal (0.1, 0.3, 0.5)
4	backhip circle	1.5	backhip circle	a). lack of rhythm (0.1, 0.3) b). bent arms/legs/body (0.1, 0.3, 0.5 each)
5	Underswing to back swing	0.5	Underswing to back swing	a). lack of rhythm (0.1, 0.3) b). lack of body tension (0.1, 0.3, 0.5) c). hips not to bar height on underswing (0.1, 0.3, 0.5)
6	Swing (x4)	2.0	Swing forward, swing backward (x4), regrasp of bar shown on each swing	a). lack of rhythm (0.1, 0.3) b). no regrasp (0.5 each time) c). hips less than 60° above lower vertical at either end of swings (0.1, 0.3, 0.5)
7	Dismount	0.5	Release bar to stand	a). not releasing at end of back swing (0.3)
Max Total		10.0		

Level 3 – Floor Exercise				
L3 FX	Skill	Value	Technical Description	Typical Deductions
1	Front handspring to rebound	2.0	2-3 steps into front handspring rebound	a). bent arms/legs (0.1, 0.3, 0.5) b). poor body position in handspring (0.1, 0.3, 0.5) c). lack of height on rebound (0.1, 0.3) d). no rebound (0.5) e). extra steps (0.3 each step)
2	Handstand to forward roll, kick ½ turn	2.0	Raise leg, kick to momentary handstand, forward roll with straight arms, kick ½ turn	a). bent arms on roll (0.1, 0.3, 0.5) b). lack of rhythm (0.1, 0.3) c). bent legs on kick (0.1, 0.3, 0.5)
3	Cartwheel, to cartwheel ¼ turn outwards	2.0	Cartwheel, cartwheel with quarter turn outwards	a). Cartwheel off line (0.1, 0.3, 0.5) b). lack of rhythm (0.1, 0.3)
4	Swedish prone to straddle balance OR	1.0 OR	Fall forward to Swedish prone (2sec), straddle legs to at least 90° to straddle balance (2sec)	a). bent legs (0.1, 0.3, 0.5) b). legs not at least 90° apart in prone position (0.1, 0.3, 0.5) c). insufficient time on hold (0.3) d). no hold (0.5)
Bonus Option	Swedish prone to middle split	2.0	Fall forward to Swedish prone, middle pancake split (2sec)	e). angle of straddle balance >90° (0.1, 0.3, 0.5)
5	Front support (2sec), forward roll to straight jump 180° turn	1.0	From split, bring legs together, place hands on floor, push to front support (2sec). From straddle balance, place hands on floor, jump to front support (2sec). Jump to squat, straight arm forward roll to straight jump 180° turn	a). bent arms on roll (0.1, 0.3, 0.5) b). incomplete turn (0.1, 0.3)
6	Round off, stretch jump	2.0	2-3 steps, round off stretch jump	a). hurdle not stretched (0.1, 0.3) b). poor control in stretch jump (0.1, 0.3, 0.5)
Max Total		11.0		

Level 3 – Pommel Horse (For counter-clockwise circles)				
L3 PH	Skill	Value	Technical Description	Typical Deductions
<u>Pommel</u>				
1	Swing	0.5	Swing to left, swing to right	a). lack of height in swings (0.1, 0.3, 0.5) b). bottom foot not above bottom horse (0.1, 0.3, 0.5) c). lack of rhythm (0.1, 0.3)
2	Swing	0.5	Swing to left, swing to right	
3	Swing to rear support	1.5	Swing left leg to front, swing right leg to front	
4	Swing to front support	1.5	Swing left leg back, swing right leg back	
5	False scissors	2.0	Swing left leg to front, false scissors	
6	False scissors	2.0	Swing right leg to front, false scissors	
7	Half circle dismount	2.0	Swing left leg to front, half circle dismount (facing pommels)	
<u>Mushroom</u>	10 double leg circles	9.0 (0.9 each)	Dismount after the 10 th circle. Gymnasts are given 10 chances to complete. Each fall results in a 0.5 deduction on top of any other execution deductions.	a). lack of rhythm (0.1, 0.3 each time) b). lack of body extension (0.1, 0.3 each time) c). angular deviation (0.1, 0.3 each time)
	Wende dismount	1.0		
Max Total		10.0	*final score will be calculated based on average of total combined score for Pommel Horse and Mushroom	

Level 3 - Rings				
L3 SR	Skill	Value	Technical Description	Typical Deductions
1	Inlocate to inverted hang	1.0	From hang, inlocate to inverted hang	a). lack of rhythm (0.1, 0.3)
2	Cast to swing backwards, swing forwards	0.5	Pike to cast, swing backwards, swing forwards <i>Amplitude requirement for swings - 60° on each side of vertical on all swings</i>	a). arms and shoulders not turning outwards on backward swing (0.3 each time) b). poor amplitude (0.1, 0.3 each time) c). poor body position in swing (0.1, 0.3, 0.5 each time)
3	Back up rise	2.5	Swing backwards to back up rise support	a). bent arms in back uprise (0.1, 0.3, 0.5) b). coach assistance (1.0)
4	L-sit (2sec)	1.0	Lift legs to L-sit (2sec)	a). insufficient time on hold (0.3) b). no hold (0.5)
5	Roll backwards to inverted hang	1.5	Bend arm backward roll to inverted hang	a). lack of rhythm (0.1, 0.3)
6	Cast to swing backward, swing (x2)	1.5	Pike to cast, swing backward. Swing forward, swing backward, swing forward, swing backward	a). lack of rhythm (0.1, 0.3) b). lack of hip extension (0.1, 0.3, 0.5)
7	Dislocate	1.0	Swing forward to dislocate	a). dislocate below rings height (0.1, 0.3, 0.5)
8	Back salto (tucked) dismount	1.0	Swing forward to back salto (tucked) dismount	b). dismount below ring height (0.1, 0.3, 0.5)
Max Total		10.0		

Level 3 - Vault				
L3 VT	Skill	Value	Technical Description	Typical Deductions
1	Max 10m run up, tucked front salto onto 60cm mat	10.0	Head height for salto	a). overarm action on take-off (0.5) b). piked hips on take-off (0.1, 0.3, 0.5,) c). lack of height: (i) rotation phase below hips (1.0) (ii) below chest (0.5) (iii) below shoulder (0.3) (iv) below head height (0.1)
Max Total		10.0	<i>Vault to be completed twice, average score taken</i>	

Level 3 – Parallel Bars				
L3 PB	Skill	Value	Technical Description	Typical Deductions
1	Jump to upper arm support, kip to straddle support	3.0	Jump to upper arm support, swing forward into tight fold, kip to straddle support	a). lack of rhythm (0.1, 0.3) b). arms not straight before sitting after kip (0.1, 0.3, 0.5) c). weak kip action (0.1, 0.3, 0.5)
2	L-sit (2sec)	1.0	Lift legs to L-sit (2sec)	a). hip angle >90° (0.1, 0.3, 0.5) b). insufficient time on hold (0.3) c). no hold (0.5)
Bonus Option	OR V-sit (2sec)	OR 1.5	OR Lift legs to V-sit (2sec)	
3	Cast to swing backwards	1.0	Cast forward, swing backwards (15° from handstand)	a). lack of extension (0.1, 0.3, 0.5) b). back swing more than 15° from handstand (0.1, 0.3, 0.5)
4	Swing	1.0	Swing forward, swing backwards (15° from handstand)	c). lack of rhythm (0.1, 0.3 each time)
5	Swing	1.0		
6	Swing	1.0		
7	Swing to flank vault dismount	2.0	Swing forward, swing backwards to 45°, flank vault dismount with grip change to dismount	a). retaining grasp on landing (0.3) b). no grip change (0.5) c). angle deviation (0.1, 0.3, 0.5)
Bonus Option	OR Swing to handstand flank dismount	OR 2.5	OR Swing forward, swing backwards to handstand flank vault dismount with grip change to dismount	
Max Total		11.0		

Level 3 – High Bar				
L3 HB	Skill	Value	Technical Description	Typical Deductions
1	Kickstart	0.5	Lift legs up, snap down to arch, lift legs to underswing backwards	
2	Swing (x2)	2.0	Swing forward, swing backward to 45° from handstand (x2)	a). lack of rhythm (0.1, 0.3) b). back swing >45° from handstand (0.1, 0.3, 0.5)
3	Swing with ½ turn to mixed grip	1.5	Swing forward ½ turn to mixed grip, swing backward to over grip	a). hips less than bar height at top of turn (0.1, 0.3, 0.5) b). closed shoulder angle in mixed grip position (0.1, 0.3, 0.5) c). poor body tension (0.1, 0.3, 0.5)
4	Swing	1.0	Swing forward, swing backward to 45° from handstand	a). lack of rhythm (0.1, 0.3) b). back swing >45° from handstand (0.1, 0.3, 0.5)
5	Kip	2.5	Kip	a). lack of rhythm (0.1, 0.3) b). kip completed with stop (0.5)
6	Backhip circle	1.5	Cast to backhip circle	a). Cast to below horizontal (0.1, 0.3, 0.5) b). bent arms/legs (0.1, 0.3, 0.5) c). arched back (0.1, 0.3)
7	Toe shoot dismount	1.0	Cast to piked toe shoot dismount	a). cast to below horizontal (0.1, 0.3, 0.5) b). bent arms/knees (0.1, 0.3, 0.5)
Total Max		10.0		

Level 4 - Floor				
L4 FX	Skill	Value	Technical Description	Typical Deductions
1	Straight jump 1/1 turn	1.0	Straight jump 1/1 turn	a). incomplete twist (0.1, 0.3, 0.5)
2	Headspring	2.0	Headspring	a). arms not overhead on headspring landing. (0.1, 0.3) b). lack of rhythm, (0.1, 0.3)
3	Front handspring (1.0), dive roll to straddle stand (1.0)	2.0	From 2-3 steps, front handspring into dive roll to straddle stand	a). bent arms/legs (0.1, 0.3, 0.5) b). poor body position in handspring (0.1, 0.3, 0.5) c). stop (0.5)
4	Press to handstand (2sec), ½ turn	2.0	Press to handstand (2sec), ½ turn, pike downwards to stand	a). lack of rhythm (0.1, 0.3) b). insufficient time on hold (0.3) c). no hold (0.5) d) bending of legs when piking down (0.1, 0.3, 0.5) e) Jump (1.0)
5	Front scale (2sec)	1.0	Front scale (2sec)	a). insufficient time on hold (0.3) b). no hold (0.5)
6	From 2-3 steps, round off stretch jump	2.0	From 2-3 steps, round off stretch jump	a). hurdle not stretched (0.1, 0.3) b). poor control in stretch jump (0.1, 0.3, 0.5) c) not connected (1.0 + non-recognition)
(Bonus Option)	From 2-3 steps, round off back handspring stretch jump rebound	3.0	From 2-3 steps, round off back handspring stretch jump rebound	
Max Total		11.0		

Level 4 – Pommel Horse				
L4 PH	Skill	Value	Technical Description	Typical Deductions
<u>Pommel</u> 1	Jump to half circle, swing back to front support	1.0	Jump to half circle, swing right leg back over right pommel, swing left leg back over left pommel	a). lack of height in swings (0.1, 0.3, 0.5) b). bottom foot not above bottom horse (0.1, 0.3, 0.5) c). lack of rhythm (0.1, 0.3)
2	False scissors	1.0	Swing right leg to front, false scissors	
3	Scissors	1.5	Swing right leg to front, scissors (finish with left leg in front)	
4	Scissors	1.5	Scissors (finish with right leg in front)	
5	Circles (x5)	5.0	Circles (x5), release pommels upon completion of 5 th circle	
<u>Floor mushroom</u>	Circles (x5)	10.0 (2.0/circle)	Gymnasts are given 5 chances to complete. Each fall results in a 0.5 deduction on top of any other execution deductions.	a). lack of extension (0.1, 0.3, 0.5)
Max Total		10.0	*final score will be calculated based on average of total combined score for Pommel Horse and Mushroom	

L4 SR	Skill	Value	Technical Description	Typical Deductions
1	Slow Inlocate to inverted hang	1.0	From hang, inlocate to inverted hang <i>Amplitude requirement for swings - 30° on each side of vertical on all swings</i>	a). lack of rhythm (0.1, 0.3)
2	Cast, swing back to inlocate	1.0	Lower legs to pike fold, cast forward swing back to inlocate	b). arms and shoulders not turning outwards on backward swing (0.3 each time)
3	Back up rise to L-sit (2sec)	2.0	Swing backwards immediately to back up rise to L-sit (hold for 2 seconds)	c). poor amplitude (0.1, 0.3 each time) d). poor body position in swing (0.1, 0.3, 0.5 each time)
4	Shoulder press handstand	1.0	Shoulder press handstand (legs touching cables) (2 seconds)	e). bent arms in back uprise (0.1, 0.3, 0.5)
(Bonus Option)	Shoulder press handstand	2.0	Shoulder press handstand (legs not touching cables) (2 seconds)	f). coach assistance (1.0) g). insufficient time on hold (0.3) h). no hold (0.5) i). lack of rhythm (0.1, 0.3) j). lack of hip extension (0.1, 0.3, 0.5)
5	Roll backwards to pike inverted hang, cast forward to swing backward	1.0	Back roll to pike inverted hang (2 seconds), cast forward to swing backward	
6	Swing	2.0	Swing forward, swing backward	
7	Dislocate	1.0	Swing forward to dislocate	a). dislocate below rings height (0.5)
8.	Back salto (tucked) dismount	1.0	Back salto (tucked) dismount	a). dismount below ring height (0.1, 0.3, 0.5)
Max Total		11.0		

Level 4 - Vault				
L4 VT	Skill	Value	Technical Description	Typical Deductions
1.	Max 10m run up, straight salto onto 60cm mat	10.0	Strong heel drive, fully extended hips	a). overarm action on take-off (0.5) b). piked hips on take-off (0.1, 0.3, 0.5,) c). lack of height: (i) rotation phase below hips (1.0) (ii) below chest (0.5) (iii) below shoulder (0.3) (iv) head height (0.1) (v) above head (0.0)
Max Total		10.0	*Vault to be done twice, average score taken	

Level 4 – Parallel Bars (Maximum Height 180cm)				
	Skill	Value	Technical Description	Typical Deductions
1	Basket kip to straddle sit, L-sit (2sec)	2.0	Basket kip to straddle sit, lift legs to L-sit (2sec)	a). lack of rhythm (0.1, 0.3) b). bent arms/legs during kip (0.1, 0.3, 0.5) c). using legs to lever to support (0.1, 0.3, 0.5) d). hips not extended in support after kip (0.1, 0.3)
(Bonus Option)	Glide kip to L-sit (2sec)	3.0	Glide kip to L-sit (2sec)	
2	Shoulder balance (2sec) (1.0), forward roll to straddle sit, L-sit (2sec) (1.0)	2.0	Press to shoulder balance (2sec), roll forward to straddle sit, lift legs to L-sit (2sec)	a). press action not shown in lift (0.5) b). body alignment not straight in balance (0.1, 0.3, 0.5) c). hips not extended in support after roll (0.1, 0.3) d). insufficient time on hold (0.3) e). no hold (0.5)
3	Felge swing into upper arm, back up rise	2.0	Felge swing into upper arm pike fold, cast forward to back up rise	a). bent arms/legs (0.1, 0.3, 0.5) b). legs below bars on back uprise (0.1, 0.3, 0.5)
4	Swing to handstand	1.0	Swing forward, swing backwards handstand	a). angle deviation (0.1, 0.3, 0.5)
5	Swing to handstand	1.0	Swing forward, swing backwards to handstand	
6	Swing to handstand, into Stutz swing to dismount	2.0	Swing forward, backward to handstand, swing forward into Stutz swing to dismount	a). front swing not above 45° for dismount (0.1, 0.3, 0.5)
Max Total		11.0		

Level 4 - High Bar				
L4 HB	Skill	Value	Technical Description	Typical Deductions
1	Kickstart	0.5		
2	Swing forward, ½ turn to mixed grip, swing backward to overgrip	1.0	Swing forward ½ turn to mixed grip, swing backward to over grip	a). hips less than bar height at top of turn (0.1, 0.3, 0.5) b). closed shoulder angle in mixed grip position (0.1, 0.3, 0.5) c). poor body tension (0.1, 0.3, 0.5)
3	Kip	1.5	Kip	a). bent arms/legs on kip (0.1, 0.3, 0.5)
4	Cast to handstand	1.0	Cast to handstand	a). angular deviation (0.1, 0.3, 0.5)
5	Back giant(x2)	4.0	2 x Backward Giants	a). lack of rhythm, (0.1, 0.3) b). bent arms/legs (0.1, 0.3, 0.5 each time) c). poor body shape in giants (0.1, 0.3)
6	Front support, underswing to flyaway (tucked) dismount	2.0	Lower body to front support, underswing, swing forward to flyaway (tucked) dismount	a). lack of rhythm (0.3) b). stopping (0.5) c). poor tucked position (0.1, 0.3, 0.5) d). flyaway not at bar height (0.1, 0.3)
(Bonus Option)	Flyaway (straight) dismount	3.0	Swing forward to flyaway (straight) dismount	a). lack of height (0.1, 0.3) b). poor shape (0.1, 0.3) c). lack of extension (0.1, 0.3)
Max Total		11.0		

Level 5 – Floor Exercise				
L5 FX	Skill	Value	Technical Description	Typical Deductions
1	Front handspring step out, front handspring rebound	2.0	From 2-3 steps, front handspring step out to front handspring rebound	a). bent arms/legs (0.1, 0.3, 0.5) b). poor body position in handspring (0.1, 0.3, 0.5) c). stop between handsprings (0.5)
(Bonus Option)	Front handspring step out, front handspring dive roll	3.0	From 2-3 steps, front handspring step out, front handspring dive roll	
2	Jump ½ turn, Y-scale (2sec)	2.0	Jump ½ turn, Y-scale (2sec)	a). lack of rhythm, (0.1, 0.3) b). lack of hip extension (0.1, 0.3, 0.5) c). lack of height (0.1, 0.3, 0.5)
3	Forward roll to straddle hold (2sec)	2.0	Straight legs forward roll to straddle hold (hold for 2 seconds)	a). insufficient time on hold (0.3) b). no hold (0.5) c). bent knees (0.1, 0.3, 0.5)
4	Straddle press to handstand (2sec)	2.0	From straddle hold, press to handstand (hold for 2 seconds), forward roll	d). bottom touch floor (1.0) e). bent arms/legs (0.1, 0.3, 0.5) f). lack of rhythm (0.1, 0.3)
5	Round off back handspring, stretch jump rebound	2.0	Power hurdle, round off back handspring, stretch jump rebound	a). lack of body tension (0.1, 0.3) b). lack of rhythm (0.1, 0.3) c). stop (0.5 each time) d). lack of height on rebound (0.1, 0.3, 0.5)
(Bonus Option)	Forward roll, round off back handspring (x2), stretch jump rebound	3.0	Forward roll, round off back handspring (x2), stretch jump rebound	
Max Total		12.0		

Level 5 – Pommel Horse				
L5 PH	Skill	Value	Technical Description	Typical Deductions
1	Jump to ½ circle, swing to front support	1.0	Jump to ½ circle, swing right leg to back, swing left leg back in other direction	a). lack of height in swings (0.1, 0.3, 0.5) b). bottom foot not above bottom horse (0.1, 0.3, 0.5) c). lack of rhythm (0.1, 0.3)
2	False scissors	0.5	Swing right leg to front, false scissors	
3	Scissors	1.0	Swing right leg to front, scissors (finish with left leg in front)	
4	Scissors	1.0	Scissors	
5	Circles (x5)	2.5	Circles (x5)	a). lack of extension (0.1, 0.3, 0.5) b). touching apparatus (0.3 each time) c). hitting apparatus (0.5 each time) d). skewing (0.1, 0.3 each time)
6	Side travel	2.5	Side travel	
7	Circle (x3) cross support, ¼ counter turn to stand	1.5	Circle (x3) cross support, ¼ counter turn to stand	
Max Total		10.0		

Level 5 - Rings				
L5 SR	Skill	Value	Technical Description	Typical Deductions
1	Slow Inlocate to inverted hang	1.0	From hang, inlocate to inverted hang	a). lack of rhythm (0.1, 0.3)
2	Cast, swing back to inlocate	1.0	Pike to cast, swing back to inlocate	a). poor amplitude (0.1, 0.3 each time) b). poor body position in swing (0.1, 0.3, 0.5 each time)
3	Back up rise to L-sit (2sec)	2.0	Swing backwards immediately to back up rise to L-sit (hold for 2 seconds)	a). bent arms in back uprise (0.1, 0.3, 0.5) b). coach assistance (1.0) c). insufficient time on hold (0.3) d). no hold (0.5) e). lack of rhythm (0.1, 0.3) f). using feet to hook cables (0.5)
4	Press handstand (straddle) (2sec)	1.5	Press to handstand with straddled legs (legs touching cables) (2sec)	a). bent arms/knees (0.1, 0.3, 0.5) b). insufficient time on hold (0.3) c). no hold (0.5) d). lack of rhythm (0.1, 0.3) e). legs hooking cables (0.5)
	(Bonus Option) Press handstand (straddle) (2sec)	2.5	Press handstand with straddled legs (2 sec)	
5	Back roll to inverted hang, dislocate	1.5	Back roll to inverted hang, cast backward to dislocate	a). lack of rhythm (0.1, 0.3) b). dislocate below rings height (0.5)
6	Dislocate (x2)	2.0	Swing forward to dislocate (x2)	a). dislocate below rings height (0.5)
7	Back salto (stretched) dismount	1.0	Back salto (stretched) dismount	a). dismount below ring height (0.1, 0.3, 0.5) b). poor body shape (0.1, 0.3, 0.5)
Max Total		11.0		

Level 5 - Vault				
L5 VT	Skill	Value	Technical Description	Typical Deductions
1	Max 10m run up, straight salto onto 70cm mat	10.0	Strong heel drive, fully extended hips	a). overarm action on take off (0.5) b). piked hips on take off (0.1, 0.3, 0.5,) c). lack of height: (i) rotation phase below hips (1.0) (ii) below chest (0.5) (iii) below shoulder (0.3) (iv) head height (0.1) (v) above head (0.0)
2	Handspring to stand (vaulting table height 125cm)	10.0	Strong heel drive, fully extended hips	a). overarm action on take off (0.5) b). bent legs (0.1, 0.3, 0.5) c). separation of legs (0.1, 0.3) d). insufficient height (0.1, 0.3, 0.5) e). lack of preparation for landing (0.1, 0.3, 0.5)
Max Total		10.0	Average of 2 vaults	

Level 5 – Parallel Bars (Maximum Height 180cm)				
L5 PB	Skill	Value	Technical Description	Typical Deductions
1	Long swing (x2)	1.0	Long swing (x2)	a). shoulders lower than height of bars (0.1, 0.3, 0.5) b). feet touching floor (0.1 each time) c). Bending knees on each end of swings (0.1, 0.3, 0.5 each time)
2	Kip to straddle support (Bonus Option) Kip to support, front uprise to straddle support	2.0 3.0	Kip to straddle support Kip to support, swing backwards, drop to upper arm, front uprise to straddle support	a). lack of rhythm (0.1, 0.3) b). arms not straight before sitting after kip (0.1, 0.3, 0.5) c). weak kip action (0.1, 0.3, 0.5) d). swing to front uprise below bars (0.1, 0.3, 0.5) e). using of legs to lever to straddle support (0.5)
3	L-sit (2sec), press handstand (straddle) (2sec)	2.0	Lift legs to L-sit (hold for 2 seconds), straddle press handstand (hold for 2 seconds)	
4	Swing to handstand (x2) (2sec each)	1.5	Swing to handstand (x2) (2 seconds each)	a). insufficient time in hold (0.3) b). no hold (0.5) c). angular deviations (0.1, 0.3, 0.5) d). walking on handstand (0.1 each) e). poor body shape (0.1, 0.3, 0.5)
5	Swing to handstand pirouette	1.5	Swing forward, swing backward to handstand pirouette	
6	Swing to handstand, swing into Stutz swing to dismount (Bonus Option) Back salto (tucked) dismount	2.0 3.0	Swing forward, swing backward to handstand, swing forward into Stutz swing to dismount Swing forward to back salto (tucked) dismount	a). front swing not above 45° for dismount (0.1, 0.3, 0.5) a). salto not shoulder height (0.1, 0.3, 0.5) b). poor tucked position (0.1, 0.3, 0.5)

Max Total		12.0	
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Level 5 – High Bar				
L5 HB	Skill	Value	Technical Description	Typical Deductions
1	Kickstart	0.5	Kickstart	
2	Free hip circle to horizontal (Bonus Option) Free hip circle to handstand	2.0 3.0	Free hip circle to horizontal Free hip circle to handstand (above 45° to count, E jury deduction applies)	a). arched back (0.1, 0.3, 0.5) b). bent arms/legs (0.1, 0.3, 0.5) c). angular deviation (0.1, 0.3, 0.5)
3	Swing to ½ turn (handstand)	0.5	Swing forward ½ turn to mixed grip, swing backward to overgrip	a). not at handstand at top of turn (0.1, 0.3, 0.5) b). poor body tension (0.1, 0.3, 0.5)
4	Kip (Bonus Option) Kip	1.0 2.0	Kip to support (stop), change to undergrip Kip to support, immediate change to undergrip (cast to skill 5)	a). bent arms/legs (0.1, 0.3, 0.5)
5	Forward giant	1.0	Forward giant	a). lack of rhythm, (0.1, 0.3) b). bent arms/legs (0.1, 0.3, 0.5 each time)
6	Forward giant ½ turn	2.0	Forward giant with ½ turn	c). poor body shape in giants (0.1, 0.3) d). angular deviation on ½ turn (0.1, 0.3, 0.5)
7	Backward giant (x2)	2.0	Backward giant (x2)	
8	Flyaway (stretched) dismount	1.0	Flyaway (stretched) to dismount after 2nd giant	a). lack of rhythm (0.1, 0.3) b). Flyaway not to height of bar (0.1, 0.3, 0.5) c). bent knees in layout (0.1, 0.3, 0.5) d). no distinct shape (0.1, 0.3, 0.5)

Max Total		12.0		
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Level 6 – Floor Exercise				
L6 FX	Skill	Value	Technical Description	Typical Deductions
1	Front handspring to front salto (tucked)	2.0	From 2-3 steps, front handspring to front salto (tucked)	a). poor rhythm in acrobatic series (0.1, 0.3) b). salto height lower than height of gymnast's head (0.1, 0.3, 0.5) c). poor body position in salto (0.1, 0.3, 0.5)
(Bonus Option)	Front handspring to front salto (stretched)	3.0	From 2-3 steps, front handspring to front salto (stretched)	
2	Swedish prone, to side split (2sec)	1.0	Swedish prone, to right/left side split (2sec)	
3	Press to handstand (2sec), pivot ¼ turn	2.0	From split, ¼ turn body, press with straight arms to handstand (2sec), pivot ¼ turn	a). insufficient time in hold (0.3) b). no hold (0.5)
4	Round off, rebound ½ turn	1.0	Round off, rebound ½ turn	
5	Handstand forward roll	1.0	Kick through handstand forward roll (hold handstand for 2 seconds), jump ¼ turn (no value)	a). angular deviation (0.1, 0.3, 0.5)
6	Y-scale (2sec)	1.0	Y-scale (2sec)	a). insufficient time in hold (0.3) b). no hold (0.5)
7	Round off back handspring back salto (tucked)	2.0	Round off back handspring back salto (tucked)	a). poor rhythm in acrobatic series (0.1, 0.3) b). salto height lower than height of gymnast's head (0.1, 0.3, 0.5) c). poor body position in salto (0.1, 0.3, 0.5)
(Bonus Option)	Round off back handspring back salto (stretched)	3.0	Round off back handspring back salto (stretched)	
Max Total		12.0		

Level 6 – Pommel Horse				
L6 PH	Skill	Value	Technical Description	Typical Deductions
1	Jump to half circle, swing to front support	1.0	Jump to half circle, swing right leg to back, swing left leg in other direction	a). lack of height in swings (0.1, 0.3, 0.5) b). bottom foot not above bottom horse (0.1, 0.3, 0.5) c). lack of rhythm (0.1, 0.3) a). lack of extension (0.1, 0.3, 0.5) b). touching apparatus (0.3 each time) c). hitting apparatus (0.5 each time) d). skewing (0.1, 0.3 each time)
2	Scissors (x4)	2.0	Swing right leg to front, Scissors (x4) (finish with right leg in front)	
3	Double leg circle x3	1.5	Double leg circle (x3)	
4	Side travel,	1.5	Side travel on 4 th circle (to be completed in 2 circles)	
5	Circle x2	1.0	Circle with 1 hand on pommel (x2)	
6	Circle with ¼ turn	1.0	Circle with ¼ turn	
7	Circle x2 (cross support)	1.0	Circle (x2) in cross support	
8	Wende dismount	1.0	Wende dismount	
Max Total		10.0		a). wende swing <30° (0.1, 0.3, 0.5) b). lack of body extension (0.1, 0.3, 0.5)

Level 6 - Rings				
L6 SR	Skill	Value	Technical Description	Typical Deductions
1	Inlocate	1.0	From hang, inlocate to inverted hang	a). lack of rhythm (0.1, 0.3)
2	Kip to L-sit (2sec)	2.0	Kip to L-sit (hold for 2 seconds)	a). bent arms/legs (0.1, 0.3) b). insufficient time on hold (0.3) c). no hold (0.5)
3	Press handstand (straddle) (2sec)	1.0	Press to handstand (straddle) (hold for 2 seconds)	a). bent arms/legs (0.1, 0.3) b). insufficient time on hold (0.3) c). no hold (0.5)
(Bonus Option)	Press handstand (piked) (2sec)	2.0	Press handstand (piked) (hold for 2 seconds)	d). touching of straps/ cables (0.3)
4	Back roll to pike fold, inverted hang	1.0	Back roll to momentary pike fold, open hips to inverted hang	
5	Cast to inlocate (x2)	2.0	Lower legs to pike fold, cast forward to Inlocate, swing forward to inlocate	a). lack of rhythm (0.1, 0.3) b). bent arms/legs (0.1, 0.3 each) c). poor amplitude (0.1, 0.3 each time) d). poor body position in swing (0.1, 0.3, 0.5 each time)
6	Dislocate (x2)	2.0	Swing forward to dislocate (x2)	a). dislocate below rings height (0.5)
7	Back salto (stretched) to dismount	1.0	Back salto (stretched) to dismount	a). dismount below ring height (0.1, 0.3, 0.5) b). poor body shape (0.1, 0.3, 0.5)
(Bonus Option)	Double back salto (tucked) to dismount	2.0	Double back salto (tucked) to dismount	
Max Total		12.0		

Level 6 - Vault				
L6 VT	Skill	Value	Technical Description	Typical Deductions
Options	Front handspring	10.0	Vault height 135cm	a). overarm action on take-off (0.5)
	Front handspring front salto (tucked)	12.0	Vault height 135cm	b). bent legs (0.1, 0.3, 0.5)
	Tsukahara (tucked)	12.0	Vault height 135cm	c). separation of legs (0.1, 0.3)
	Yurchenko (tucked)	12.0	Vault height 135cm	d). insufficient height (0.1, 0.3, 0.5)
				e). lack of preparation for landing (0.1, 0.3, 0.5)
Max Total		12.0	<i>Same vault to be repeated twice, final score will be the average of two vaults.</i>	

Level 6 – Parallel Bars (Maximum Height 180cm)				
L6 PB	Skill	Value	Technical Description	Typical Deductions
1	Kip to handstand	2.0	Kip to support, swing backwards to handstand	a). bent arms/legs (0.1, 0.3, 0.5) b). lack of rhythm (0.1, 0.3)
2	Front uprise to L-sit (2sec)	1.0	Drop to upper arms, front uprise to L-sit (hold for 2 seconds)	a). insufficient time on hold (0.3) b). no hold (0.5)
3	Press to handstand (straddle) (2sec)	1.0	Straddle press to handstand (hold for 2 seconds)	c). extra steps (0.1 each time)
4	Layaway to upper arm, swing forward to piked inverted upper arm support	1.0	Layaway to upper arm, swing forward to piked inverted upper arm support	a). lack of rhythm (0.1, 0.3)
5	Back uprise to 45°, swing to handstand (2 sec)	1.5	Cast forward to back uprise 45°, swing forward, swing backward to handstand (2 sec)	a). angular deviation (0.1, 0.3, 0.5) b). insufficient time on hold (0.3) c). no hold (0.5)
(Bonus Option)	Cast forward to back uprise handstand (2sec)	2.5	Cast forward to back uprise handstand (2sec)	
6	Swing to handstand pirouette	1.5	Swing forward, swing backward to handstand pirouette	
7	Swing to handstand (x2) (2sec)	1.0	Swing forward, swing backward to handstand (x2) (2sec)	
8	Back salto (tucked) to dismount	1.0	Back salto (tucked) to dismount	a). salto not shoulder height (0.1, 0.3, 0.5) b). lack of distinct shape (0.1, 0.3, 0.5)
(Bonus Option)	Back salto (stretched) to dismount	2.0	Back salto (stretched) to dismount	
Max Total		12.0		

Level 6 – High Bar				
L6 HB	Skill	Value	Technical Description	Typical Deductions
1	Kickstart	0.0	Kickstart	a). lack of rhythm, (0.1, 0.3) b). bent arms/legs (0.1, 0.3, 0.5 each time) c). poor body shape in giants (0.1, 0.3) d). angular deviation on ½ turns (0.1, 0.3, 0.5)
2	Free hip circle to handstand	2.0	Free hip circle to handstand	
3	Back giant	1.0	Swing forward to back giant	
4	Back giant ½ turn	1.5	Back giant ½ turn	
5	Front giant	1.0	Front giant	
6	Front giant ½ turn	1.5	Front giant ½ turn	
7	Back giant (x2)	2.0	Back giant (x2)	
8 (Bonus Skill)	Straddle sole circle (to handstand)	1.0	Back giant to straddle sole circle (to handstand)	
9	Flyaway (stretched) to dismount	1.0	Flyaway (stretched) to dismount	a). Flyaway not to height of bar (0.1, 0.3, 0.5) b). bent knees in layout (0.1, 0.3, 0.5) c). no distinct shape (0.1, 0.3, 0.5)
	(Bonus Option) Back Giant to Double salto (tucked) to dismount	2.0	Back Giant to Double salto (tucked) to dismount	
Max Total		12.0		