NATIONAL SCHOOL GAMES
MEN'S ARTISTIC GYMNASTICS

COMPETITION PROGRAMME
NOVICE & OPTIONAL

PRIMARY & SECONDARY

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NATIONAL SCHOOL GAMES
MEN'S ARTISTIC GYMNASTICS (MAG)
2018
OVERVIEW OF EVENTS

MAG										
LEVEL	DIVISION	S'p MAG NDP (2017) ROUTINE	IAF	AA	TEAM	NSG MAG's Modified FIG-Jnr Requirements (w/ additional recognised elements)	IAF	AA	TEAM
		Novice				Optional			
PRI	Junior Under 9	Level 1 FX (Trial)	✓	n.a.	n.a.				
		Level 1 VT (Trial)	✓	n.a.	n.a.				
	Junior	Level 2 FX	✓	✓	✓	Optional-7 FX	✓	✓	✓
		Level 2 VT	✓	✓	✓	Optional-7 VT	✓	✓	✓
		Level 2 PH (Mushroom)	✓	n.a.	n.a.	Optional-7 PH	✓	n.a.	n.a.
						New Trial: Stage 1 PH (Mushroom)	✓	n.a.	n.a.
	Senior					Optional-7 FX	✓	✓	✓
						Optional-7 VT	✓	✓	✓
						Optional-7 PH	✓	n.a.	n.a.
SEC	C Div	Level 3 FX	✓	✓	✓	Optional-8 FX	✓*	✓	✓
		Level 3 VT	✓	✓	✓	Optional-8 VT	✓*	✓	✓
		Level 3 PB	✓	✓	✓	Optional-8 PB	✓*	✓	✓
		Level 3 PH – Horse	✓	n.a.	n.a.	Optional-8 PH	✓*	n.a.	n.a.
		Level 3 PH (Mushroom)	✓	n.a.	n.a.	Optional-8 HB	✓*	n.a.	n.a.
						Optional-8 RR	✓*	n.a.	n.a.
	B Div					Optional-8 FX	✓*	✓	✓
						Optional-8 VT	✓*	✓	✓
						Optional-8 PB	✓*	✓	✓
						Optional-8 PH	✓*	n.a.	n.a.
						Optional-8 HB	✓*	n.a.	n.a.
						Optional-8 RR	✓*	n.a.	n.a.
	A Div					Optional-8 FX	✓*	✓	✓
						Optional-8 VT	✓*	✓	✓
						Optional-8 PB	✓*	✓	✓
						Optional-8 PH	✓*	n.a.	n.a.
						Optional-8 HB	✓*	n.a.	n.a.
						Optional-8 RR	✓*	n.a.	n.a.

*Required for Singapore Schools Sports Team Selection

NATIONAL SCHOOL GAMES
MEN'S ARTISTIC GYMNASTICS (MAG)
2018
Overview of Participation and Tabulation Requirements

MAG				
Level	Division	Maximum No. of Gymnasts*	Number of scores per apparatus to count for TEAM	Division Championship Tabulation
PRI	**Junior Under 9** (Trial)	8	n.a.	n.a.
	Junior Novice	8	Best 3 of 2 app.	Final Team Score
	Junior Optional	8	Best 3 of 2 app.	Final Team Score
	Senior	8	Best 3 of 2 app.	Final Team Score
SEC	**C Div**	11		Sum of accumulated points from ranked gymnasts for IAF, AA and TEAM**
	Novice	8	Best 3 of 3 app.	
	Optional	5	n.a.	
	B Div	8	Best 3 of 3 app.	Final Team Score
	A Div	3	Best 3 of 3 app.	Final Team Score

*All gymnasts are eligible and highly encouraged to perform.

**

C Div Novice/Devt *IAF and All-Around			C Div Optional *IAF and All-Around			Team	
Rank	Points		Rank	Points		Rank	Points
1	10		1	5		1	20
2	9		2	4		2	18
3	8		3	3		3	16
4	7		4	2		4	14
5	6					5	12
6	5					6	10
7	4					7	8
8	3					8	6
1 bonus point for every student entered for the competition							

*Except for Rings.

NATIONAL SCHOOL GAMES
NEW ROUTINES, 2018 ONWARDS

MAG Novice		
LEVEL	**DIVISION**	**S'p MAG NDP (2017) ROUTINE**
Primary	**Junior Under 9**	Level 1 FX
		Level 1 VT
	Junior Novice	Level 2 FX
		Level 2 VT
		Level 2 PH (Mushroom)
Secondary	**C Div Novice**	Level 3 FX
		Level 3 VT
		Level 3 PB
		Level 3 PH (Horse)
		Level 3 PH (Mushroom)

EVALUATION OF THE EXERCISES

(Extracted from "Singapore Men's Artistic Gymnastics, National Development Programme 2017", correct as on Oct 2017.

DIFFICULTY SCORE

Omitted Parts

For parts or connecting parts that are omitted, the value of the particular skill is deducted. 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

EXECUTION SCORE

Deductions for Execution Errors are aligned to the 2017 FIG Code of Points.

The deduction for Execution includes: Deductions for Aesthetic and Execution Errors for incorrect form as well as Technical Errors for incorrect performance.

- **Small Error – Deduction 0.1**
  Minor error in execution, slight deviation from correct position

- **Medium Error – Deduction 0.3**
  Distinct or significant deviation from errorless execution or correct position

- **Large Error – Deduction 0.5**
  Severe deviation from perfect execution or correct position

- **Fall – Deduction 1.0**
  Fall onto or from the apparatus

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 non-reg
Two or more attempts at a hold or strength part		+	+
Unsteadiness in or fall from handstand	+	Swing/ disturbance	Fall over
Fall from or onto apparatus			1.0
Intermediate swing or layaway			
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			+
Other technical errors	+	+	+

PRIMARY Junior Under 9 - Level 1 FX & VT

L1 FX	Skill	Value	Technical Description	Typical Deductions
			Level 1 – Floor Exercise	
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 squat	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	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)

PRIMARY Junior Under 9 - Level 1 FX & VT

				e). insufficient time in holds (0.3) f). no holds (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	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**		

PRIMARY Junior Under 9 - Level 1 FX & VT

Singapore Gymnastics

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	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**	*Vault to be completed twice, average score taken*	

Level 1 Floor Video

Level 1 Vault Video

PRIMARY Junior Novice- Level 2 FX, VT & PH (Mushroom)

Singapore Gymnastics

| 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		

PRIMARY Junior Novice- Level 2 FX, VT & PH (Mushroom)

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**	

PRIMARY Junior Novice- Level 2 FX, VT & PH (Mushroom)

Singapore Gymnastics

National Development Programme
Men's Artistic Gymnastics

Level 2 – Pommel Horse				
L2 PH	**Skill**	**Value**	**Technical Description**	**Typical Deductions**
<u>Mushroom</u>	5 double leg circles to flank dismount	10.0 (2.0 each)	Dismount after the 5th 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 rhythm (0.1, 0.3 each time) b). lack of body extension (0.1, 0.3 each time)
Max Total		**10.0**		

Level 2 Floor Video   *Level 2 Vault 1 Video*   *- Level 2 Vault 2 Video*   *Level 2 Pommel Horse Video*

SECONDARY C Division Novice- Level 3 FX, VT, PB, PH (Horse) & PH (Mushroom)

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, 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 **Bonus Option**	Swedish prone to straddle balance OR **Swedish prone to middle split**	1.0 OR **2.0**	Fall forward to Swedish prone (2sec), straddle legs to at least 90° to straddle balance (2sec) **Fall forward to Swedish prone, middle pancake split (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) 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**		

SECONDARY C Division Novice- Level 3 FX, VT, PB, PH (Horse) & PH (Mushroom)

Singapore Gymnastics

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)
2	Max 10m run up, ¾ stretched salto to flat back 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) below head height (0.1)
Max Total		10.0	Total score is the average of 2 vaults	

SECONDARY C Division Novice- Level 3 FX, VT, PB, PH (Horse) & PH (Mushroom)

Singapore Gymnastics

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 **Bonus Option**	L-sit (2sec) OR **V-sit (2sec)**	2.0 OR **3.0**	Lift legs to L-sit (2sec) OR **Lift legs to V-sit (2sec)**	a). hip angle >90° (0.1, 0.3, 0.5) b). insufficient time on hold (0.3) c). no hold (0.5)
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) c). lack of rhythm (0.1, 0.3 each time)
4	Swing	1.0	Swing forward, swing backwards (15° from handstand)	
5	Swing	1.0	Swing forward, swing backwards (15° from handstand)	
6 **Bonus Option**	Swing to flank vault dismount OR **Swing to handstand flank dismount**	2.0 OR **3.0**	Swing forward, swing backwards to (15° from handstand), flank vault dismount with grip change to dismount OR **Swing forward, swing backwards to handstand flank vault dismount with grip change to dismount**	a). retaining grasp on landing (0.3) b). no grip change (0.5)
Max Total		**12.0**		

SECONDARY C Division Novice- Level 3 FX, VT, PB, PH (Horse) & PH (Mushroom)

L3 PH	Skill	Value	Technical Description	Typical Deductions
			Level 3 – Pommel Horse	
Pommel				
1	Swing	0.5	Swing to left, swing to right	a). lack of height in swings (0.1, 0.3, 0.5)
2	Swing	0.5	Swing to left, swing to right	b). bottom foot not above bottom horse (0.1, 0.3, 0.5)
3	Swing to rear support	1.5	Swing left leg to front, swing right leg to front	c). lack of rhythm (0.1, 0.3)
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)	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)
Max Total		**10.0**		

SECONDARY C Division Novice- Level 3 FX, VT, PB, PH (Horse) & PH (Mushroom)

Level 3 – Pommel Horse				
L3 PH	**Skill**	**Value**	**Technical Description**	**Typical Deductions**
Mushroom	10 double leg circles to flank dismount	10.0 (1.0 each)	Dismount after the 10th 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)
Max Total		**10.0**		

SECONDARY C Division Novice- Level 3 FX, VT, PB, PH (Horse) & PH (Mushroom)

- Level 3 Floor Video

Level 3 Vault 1 Video

- Level 3 Vault 2 Video

Level 3 Parallel Bar Video

Level 3 Pommel Horse Video

NEW TRIAL ROUTINE FOR

PRIMARY Junior Optional – Stage 1 PH (Mushroom)

Singapore Gymnastics

National Development Programme
Men's Artistic Gymnastics

Stage 1 – Pommel Horse				
S1 PH	Skill	Value	Technical Description	Typical Deductions
Mushroom	5 double leg circles to flank dismount	10.0 (2.0 each)	Dismount after the 5th 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 rhythm (0.1, 0.3 each time) b) lack of body extension (0.1, 0.3 each time)
Total Max		10.0		

- Stage 1 Pommel Horse Video

NATIONAL SCHOOL GAMES 2018
MAG Optional

EVALUATION OF THE EXERCISES:
DIFFICULTY SCORE
Exercise Composition

		No. of counting elements in D Score	Dismount requirement	Element Groups
PRIMARY	**Junior Senior**	Best 6 elements + dismount = Total 7 elements	A = +0.3 B or higher = +0.5	*As FIG CoP 2017 (at least 1 element from each of the 4 element groups, and 3 element groups for Floor)
SECONDARY	**C Div**	Best 7 elements + dismount = Total 8 elements	A = +0.3 B or higher = +0.5	
	B Div A Div		A = 0.0 B = +0.3 C or higher = +0.5	

MAG Optional	*Primary Junior & Senior Divisions*							*Secondary A, B & C Divisions*						
No. of counting elements in D Score	Best 6 elements + dismount = Total 7 elements							Best 7 elements + dismount = Total 8 elements						
Dismount Requirement	A = +0.3 B or higher = +0.5							A = 0.0 B = +0.3 C or higher = +0.5						
Value Points	A	B	C	D	E	F	G	A	B	C	D	E	F	G
	0.1	0.2	0.3	0.3	0.3	0.3	0.3	0.1	0.2	0.3	0.4	0.5	0.6	0.7
Element Groups	As FIG CoP 2017 (At least 1 element from each of the 4 element groups, and 3 element groups for Floor, and awarded 0.5 each)													
Elements Recognised	• FIG Junior elements as dictated in the Code of Points 2017 • NSG additional recognised elements not found in the CoP 2017													

The following elements not found in the CoP (up to a maximum of 2 per routine) will be recognised as a counting element, and be given a Difficulty Value of 0.1. However, they will not fulfill EGR 0.5, with the exception of * on HB:

NSG Additional Recognised Elements Not Found in the CoP 2017	
FX	• Cartwheel • Round off • Backward roll to momentary handstand • Headspring • Pirouette 2/1 turn • Jump 2/1 turn • Front support to straddle cut to rear support • L-sit (2s) • Jump backward 1/2 twist to front support • Any jump forward legs together or straddle, also with 1/1 twist to front support or to handstand

PB	• Glide kip to upper arm hang • Glide kip to straddle rear support • Forward roll • Back uprise • Swing forward 1/2 turn to upperarm or support • Backward roll to upperarm or support • Press to shoulder stand • Stutz swing dismount • Handstand 1/2 turn dismount • Salto fwd tucked dismount • Salto bwd tucked or piked dismount • From hang on end, salto backward tucked or piked dismount
PH	Elements can be repeated two times one after another and still receive DV: • All Circle elements • All Scissor elements
HB	• Back hip circle to front support • Forward roll to front support • Back uprise to front support • Kip to front support • Sole circle (piked or straddle) or stalder forward • Sole circle (piked or straddle) or stalder backward The following elements will be counted as a dismount element, but will not receive (EGR 0.5 pts): • Underswing dismount • Flyaway dismount tucked * The following elements will receive EGR II (0.5 pts): • *Straddle cut • *Back uprise 1/1 turn to regrasp bar
RR	○ Press to shoulder stand (2s) ○ V-hang (2s) ○ Bent arm hang (2s) ○ Muscle up to support ○ Salto backward tucked dismount

20-Mar-17

Vault

- 1st Vault counts for AA and TEAM
- 2nd Vault can be the same or different vaults
- Average of 2 Vaults counts and qualifies for IAF

EXECUTION SCORE

Exercise Presentation

The Exercise Presentation that forms the E-score has a maximum value of 10.0 pts and for short exercises, the following rule will be applied:

	Evaluation from
7 or more elements	10.0 pts
6 elements	7.0 pts
5 elements	6.0 pts
4 elements	5.0 pts
3 elements	4.0 pts
2 elements	3.0 pts
1 element	2.0 pts
No elements	0.0 pts

Execution Deductions

Deductions for Execution errors will be according to the FIG Code of Points 2017.
(http://www.fig-gymnastics.com/publicdir/rules/files/en_MAG%20CoP%202017-2020.pdf)

The deduction for Execution includes: General and Apparatus-specific deductions for Aesthetic, Execution errors for incorrect form, as well as Technical errors for incorrect performance.

- **Small Error – Deduction 0.1**
  Minor error in execution, slight deviation from correct position

- **Medium Error – Deduction 0.3**
  Distinct or significant deviation from errorless execution or correct position

- **Large Error – Deduction 0.5**
  Severe deviation from perfect execution or correct position

- **Fall – Deduction 1.0**
  Fall onto or from the apparatus