

NATIONAL SCHOOL GAMES

WOMEN'S ARTISTIC GYMNASTICS

TECHNICAL PROGRAMME AND COMPETITION ROUTINES

Implementation from 2021
for Singapore Primary Schools Sports Council (SPSSC) and
Singapore Schools Sports Council (SSSC)

This document is to be used in conjunction with the SPSSC and SSSC Artistic
Gymnastics Rules and Regulations of the competition year.

WAG



Version 1: 1 July 2020

Revised National School Games (NSG) Women's Artistic Gymnastics (WAG) Technical Program that is based on Singapore Gymnastics' (SG) 'WAG National Development Program 2019', with adaptations for the NSG and revised WAG Division categories for primary schools from 2021 onwards.

Asterisked (*) and footnoted items are items adjusted specifically for implementation at the NSG.

All information relating to SG's WAG National Competition Programme referenced in this document is with the permission of Singapore Gymnastics.

Please refer to SG's WAG National Competition Program 2019-2024 (latest version) documents and addendums for:

- *detailed technical description,*
- *choreography notes,*
- *general regulations governing gymnastics competitions and gymnasts,*
- *regulations governing scores,*
- *technical directives,*
- *and specific apparatus requirements and deductions*

Videos and music are available with the SG's WAG National Competition Program 2019-2024 manual.

Information is correct at the time of this document's publication.

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1 PRIMARY SCHOOL

1.1 OVERVIEW OF COMPETITIONS AND EVENTS

WAG Division / Category	Age Group (conditions as written in the R&R)	Routine	Entries	Apparatus	Individual Placing		TEAM Placing	Division Placing		
					IA	AA				
Junior I	^9	Level 3	1 to 8 pax (#Min. 3 pax in ea. app. for JI Team and JII Team)	Floor	IA Score	Summative score of 4 app.	Best 3 scores from each of 4 app. #	n.a.		
				Vault	IA Score					
				Beam	IA Score					
				Bars	IA Score					
Junior II	10-11	Level 3		Floor	IA Score	Summative score of 4 app.	Best 3 scores from each of 4 app. #		n.a.	
				Vault	IA Score					
				Beam	IA Score					
				Bars	IA Score					
Junior III	^9-11	Level 4	1 to 8 pax (#Min. 4 pax in ea. app. for JIII Team)	Floor	IA Score	Summative score of 4 app.	Best 4 scores from each of 4 app. #	n.a.		
				Vault	IA Score					
				Beam	IA Score					
				Bars	IA Score					
Senior I	^^^12-13	Level 3 & 4	1 to 8 pax (#Min. 4 pax in ea. app. for Snr Team)	Floor	IA Score	Summative score of 4 app.	Best 4 scores from each of 4 app. #		Team Competition Score Tabulation	
				Vault	IA Score					
				am	IA Score					
				Bars	IA Score					
Senior II	^^12-13	Level 5 & 6	(*Sch with min. 4 pax in Snr must comprise at least 2 pax of 12-13 years)	Floor	IA Score	Summative score of 4 app.		Best 4 scores from each of 4 app. #		Team Competition Score Tabulation
				Vault	IA Score					
				Beam	IA Score					
				Bars	IA Score					

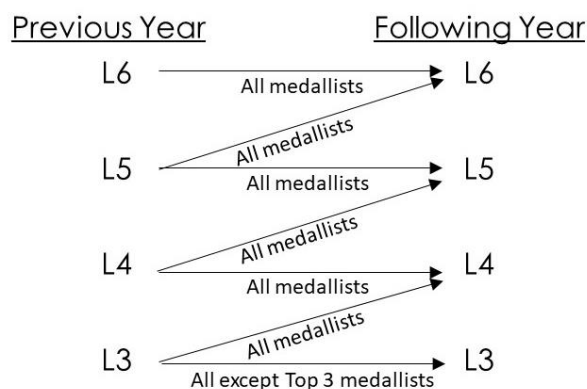
^7-8 year olds may participate in the Junior I & III (only) by applying for Age Dispensation.

^^9-11 year olds may participate in Senior II.

^^^11 year olds may participate in Senior I.

1.1.1 PROGRESSION REQUIREMENT FOR REGISTRATION OF LEVEL 3, 4 AND 5 EVENTS (PRIMARY SCHOOL)

Students who are Top 3 medal winners of the previous year for WAG ¹Level 3 individual events must progress to higher level events (i.e. Level 4). All other medal winners of Levels 3, 4, 5 and 6 may compete in the same level or higher level events, and should not regress to lower levels.



1.1.2 PRIZES

IAF	AA	TEAM	Senior Division Championship
Top 8	Top 8	Top 8	Top 4 Schools

No. of Participants for IA or AA competition	Positions Awarded
3-4	2
5-6	3
7-8	4
9-10	5
11-12	6
13-14	7
15 and more	8

No. of Teams for Team competition	Positions Awarded
3-4	2
5-6	3
7-8	4
9-10	5
11-12	6
13-14	7
15 and more	8

Junior Division Achievement Pins will be awarded to non-medallists who are the top 50% achievers in each individual apparatus.

Pin Colour	WAG Girls
Red	Floor
Blue	Vault
Green	Beam
Yellow	Bars

¹ Level 3 in WAG is identified as an entry level category.

2 SECONDARY SCHOOL AND JC/CI

2.1 OVERVIEW OF COMPETITIONS AND EVENTS

WAG Division / Category	Age Group (conditions as written in the R&R)	Routine	Entries	Apparatus	Individual Placing		TEAM Placing	Division Placing
					IA	AA		
C Novice	13-14	Level 4+	1 to 11 pax (Max. 8 in CN; max. 5 in CO)	Floor	IA Score	Summative score of 3 app.	Best 4 scores from each of 3 app. #	Sum of accumulated points from ranked gymnasts for IA, AA, Team competitions and student entry bonus.
				Vault	IA Score			
				Beam	IA Score	n.a.	n.a.	
				Bars	IA Score			
C Optional	13-14	Level 8	(#Min. 4 pax in ea. app. for CN Team)	Floor	IA Score	Summative score of 3 app.	n.a.	
				Vault	IA Score			
				Beam	IA Score	n.a.	n.a.	
				Bars	IA Score			
B Optional	15-17	Level 8	1 to 8 pax (#Min. 4 pax in ea. app. for B Team)	Floor	IA Score	Summative score of 3 app.	Best 4 scores from each of 3 app. #	Team Competition Score Tabulation
				Vault	IA Score			
				Beam	IA Score	n.a.	n.a.	
				Bars	IA Score			
A Optional	17-20	Level 8	1 to 8 pax (#Min. 4 pax in ea. app. for A Team)	Floor	IA Score	Summative score of 3 app.	Best 4 scores from each of 3 app. #	Team Competition Score Tabulation
				Vault	IA Score			
				Beam	IA Score	n.a.	n.a.	
				Bars	IA Score			

2.1.1 C DIVISION CHAMPIONSHIP RANK-TO-POINTS CONVERSION TABLE

C Novice IAF and AA		C Optional IAF and AA		Team	
<u>Rank</u>	<u>Points</u>	<u>Rank</u>	<u>Points</u>	<u>Rank</u>	<u>Points</u>
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

2.1.2 PRIZES

IAF	AA	TEAM	Senior Division Championship
Top 6	Top 6	Top 4	Top 4 Schools

No. of Participants for IA or AA competition	Positions Awarded
3	2
4	3
5	4
6 in	5
7 and more	6

No. of Teams for Team competition	Positions Awarded
3	2
4	3
5 and more	4

3 ADJUSTED DEDUCTIONS AND BONUS POINTS FOR THE NSG

(With reference to regulations governing scores, technical directives, and specific apparatus requirements and deductions in SG's WAG National Competition Program 2019-2024 (latest version) documents and addendums)

	Primary				Secondary and JC/CI	
	Junior I Junior II Senior I	Junior III Senior I	Senior II	Senior II	C Novice	C Optional B Optional A Optional
	Level 3	Level 4	Level 5	Level 6	Level 4+	Level 8
*UB, BB, FX Omission Deduction	*-0.50 (and -DV)	*-0.50 (and -DV)	*-0.50 (and -DV)	*-0.50 (and -DV)	*-0.50 (and -DV)	-
Spotting Deduction	-0.50 (and -DV)	-0.50 (and -DV)	-0.50 (and -DV)	² -0.50 (and -DV)	-0.50 (and -DV)	-1.00 (and -DV, no CR)
Landing Deductions						
- Support on mat/apparatus with 1 or 2 hands	-0.50 (each)	-0.50 (each)	-0.50 (each)	³ -0.50 (each)	-0.50 (each)	-1.00 (each)
- Fall on mat to knees or hip	-0.50 (each)	-0.50 (each)	-0.50 (each)	*-0.50 (each)	-0.50 (each)	-1.00 (each)
- Fall on or against apparatus	-0.50 (each)	-0.50 (each)	-0.50 (each)	*-0.50 (each)	-0.50 (each)	-1.00 (each)
Specific Apparatus Deductions (Bars)						
- Brush on mat with feet	-0.30 (each)	-0.30 (each)	-0.30 (each)		-0.30 (each)	
- Hit on apparatus with feet	-0.50 (each)	-0.50 (each)	-0.50 (each)	⁴ -0.50 (each)	-0.50 (each)	⁵ -0.50 (each)
- Hit on mat with feet (fall)	-0.50 (each)	-0.50 (each)	-0.50 (each)	*-0.50 (each)	-0.50 (each)	-1.00 (each)
*Senior Div. Differentiated Level Bonus	+0.00	*+0.20	*+0.50	*+0.70	-	-
*Difficulty Bonus						
- Vault						*Max. +0.50
- Bars			*Max. +0.20		*Max. +0.40	
- Beam	-	-		*Max. +0.20	*Max. +1.00	
- Floor				*Max. +0.20	*Max. +0.60	
*Artistry Bonus						
- Beam				*Max. +0.10	*Max. +0.30	
- Floor				*Max. +0.10	*Max. +0.30	

² NSG specific, to align with Levels 3 to 5. SG's program deducts 1.00 for spotting in Level 6.

³ NSG specific, to align with Levels 3 to 5. SG's program deducts 1.00 for landing faults in Level 6.

⁴ NSG specific, to align with Levels 3 to 5. SG's program deducts 1.00 for hit on apparatus/mat with feet in Level 6 Bars.

⁵ NSG specific, to align with FIG deductions. SG's program deducts 1.00 for hit on apparatus with feet in Level 6 and up Bars.

4 *GENERAL PENALTIES FOR THE NSG

(From the SPSSC and SSSC Artistic Gymnastics Rules and Regulations)

Faults	Penalty by DJ
Failure to acknowledge D-Panel Judges before and/or after exercise	0.30
*Spotting assistance (<i>help</i>)	0.50 (WAG L3 to L6) / 1.00 (WAG L8 & MAG); No DV, CR, CV
*Omission of compulsory skill	0.50; No DV
Non-permitted presence of spotter	0.50
*Coach speaking with gymnast during the exercise.	Refer to "Coach Behaviour"
Irregularities	Penalty by SJ / DJ
Failure to properly use safety collar for round-off entry vaults	Invalid "0"
Failure to use supplementary mat	0.50
Placement of springboard on unpermitted surface	0.50
Use of unpermitted supplementary mats	0.50
Moving of supplementary mat to unpermitted location	0.50
Changing height / measurement of the apparatus without permission	0.50
Re-arrangement or removal of springs	0.50
Incorrect use of magnesium and/or damaging apparatus	0.50
Gymnast Behaviour	Penalty by SJ / DJ
Violations of attire	0.30
Non identical leotards (<i>for gymnasts from the same team</i>)	1.00 (taken 1x from Team score from apparatus where first recognized)
Unsportsmanlike, undisciplined or abusive behavior	0.30
Remounting podium after the exercise or unauthorized presence on the podium	0.30
Speaking to active judges during competition	0.30
Failure to complete the competition due to absence from the Competition area	Disqualified
Unexcused delay or interruption of competition	Disqualified
Absent from Victory Ceremony	Result and Final Score is annulled for team and individual
Time and Start Violation	Penalty by DJ
Flagrant exceeding of touch warm-up time (<i>after warning</i>) <ul style="list-style-type: none"> *Team or Individuals (whichever is relevant) 	0.30
*Failure to start within 30 sec. after green signal / flag is given /raised.	0.30
Failure to start within 60 seconds	Terminated
*Overtime (where applicable) <ul style="list-style-type: none"> WAG: Floor and Beam MAG: Floor ($\leq 2s$ / $> 2 - 5s$ / $> 5s$) 	0.10 0.10 / 0.30 / 0.50

*Starting exercise / vault without green signal / flag or when red signal / flag is given / raised	Invalid "0"
*Exceeding allowable intermediate LB to HB bar change time 30 sec	0.30 (WAG L3 to L6)
Exceeding allowable intermediate fall time 30 sec	0.30
Exceeding allowable intermediate fall time 60 sec	Ex. ended
Coach Behaviour	Penalty by SJ
Behaviour of Coach with no direct impact on the result / performance of the gymnast / team	
Unsportsmanlike conduct	1st time – Yellow card for coach (<i>warning</i>)
	2nd time – Red card and removal of coach from the competition
Other flagrant, undisciplined and abusive behaviour	Immediate Red card and removal of coach from the competition
Behaviour of Coach with direct impact on the result / performance of the gymnast / team	
Unsportsmanlike conduct <i>i.e.</i> unexcused delay or interruption of competition, speaking to active judges during the competition except to D1 Judge, inquiry only permitted, speak directly to the gymnast, give signals, shouts (cheers) or similar during the exercise. etc.	1st time – 0.50 (<i>from gymnast/team at event</i>) and Yellow card for coach (<i>warning</i>)
	1st time – 1.00 (<i>from gymnast/team at event</i>) and Yellow card for coach (<i>warning</i>) if coach speaks aggressively to active judges
	2nd time – 1.00 (<i>from gymnast/team at event</i>) Red card & removal of coach from the competition floor
Other flagrant, undisciplined and abusive behaviour <i>i.e.</i> incorrect presence of the prescribed persons in inner circle during competition, etc.	1.00 (<i>from gymnast/team at event</i>), immediate Red card and removal of coach from the competition floor

5 SET SKILLS, ROUTINES AND ADAPTATIONS FOR THE NSG

5.1 INTRODUCTION TO SG'S LEVEL ROUTINES (AND *ADAPTATIONS) FOR THE NSG

Asterisked (*) and footnoted items are items adjusted specifically for implementation at the NSG.

Levels 3 to 6

- Levels 3 to 6 use modified and lower height equipment.
- Levels 3 to 5 are compulsory routines with set skills and set choreography.
- Set floor music are used for Levels 3 to 5.
- Level 6 has compulsory set skills on Vault, compulsory routine with set skills and set choreography on Bars, and compulsory set skills with optional (own) choreography on Beam and Floor. Additional artistry bonus points are awarded for confidence and expressiveness,
- *Difficulty bonus points are awarded for the specified alternative skill replacement in selected Level 5 and 6 routines.
- All routines are evaluated from a base score of 10.00 points, established by total difficulty (D), execution (E) and penalty/neutral (P) deductions from 10.00 points and addition of any difficulty and artistry bonus points.

*Level 4+

- *Level 4+ is SG's Level 4 compulsory routines augmented with a limited list of alternative skill replacements (with difficulty bonus points) and with additional artistry bonus points for creativity and expression, specifically for the NSG C Division Novice competition.
- Set floor music is used for Level 4.
- *Dance and choreography for Floor may be changed without changing the music and the sequence of set skills.
- *All routines are evaluated from the base score of 10.00 points, established by total difficulty (D), execution (E) and penalty/neutral (P) deductions from 10.00 points and addition of any difficulty and artistry bonus points.

Level 8

- Level 8 uses optional rules that are a modification of the FIG rules, and FIG equipment standards.
- All routines are evaluated for difficulty and execution (and artistry for Beam and Floor).
- The final score of the routine is established by the sum of the execution (E) score (execution and artistry deductions from 10.00 points) and the difficulty (D) score, and any penalty/neutral (P) deductions.

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The following sections provide a gist of the relevant set skills and routine sequences of SG's WAG National Development Program for implementation at the NSG and lists the adaptations made specifically for the NSG.

## 5.2 PRIMARY SCHOOL

### LEVEL 3

Junior I  
Junior II  
Senior I

\*Senior Division Differentiated Level Bonus: +0.00

#### Vault

##### Vault 1

Handspring on stacked mats to flat back on stacked mats

##### Vault 2

Run straight jump to land on stacked mats

- RUN APPROACHES  
The gymnast is permitted a maximum of 2 run approaches to perform 2 vaults. The third run approach is permitted if she has not touched the board, vaulting table, or mats.
- APPARATUS SPECIFICATION  
Junior I & Junior II  
Vault 1 & 2: Board, 60cm stacked mats  
Senior I  
Vault 1 & 2: Board, 90cm stacked mats
- EVENT SCORE  
Average of both vaults

#### Bars

|     | <u>Skill</u>                                                | <u>DV</u> |
|-----|-------------------------------------------------------------|-----------|
| LB: | 1 Glide kip swing;                                          | 1.00      |
|     | 2 Chin up pull over to front support                        | 1.00      |
|     | 3 Cast (hips clear of the bar and body straight)            | 1.00      |
|     | 4 Back hip circle                                           | 1.00      |
|     | 5 Cast to toe shoot dismount (piked or straddle);           | 1.00      |
| HB: | 6 Long tap swings x3 (jump from box or coach to lift to HB) | 0.50 x3   |

- APPARATUS SPECIFICATION  
Uneven bars (LB: 170cm; HB: 250cm), box, FIG competition mat (20cm)
- EVENT SCORE  
From 10.0

**Beam**

|                                                                                                                                                                                                                         | <u>DV</u> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| 1 Mount from the side of the beam:<br>• Jump to front support<br>• Swing one leg over to straddle sit<br>• Straddle hold - 2 seconds<br>• Small swing, cast to tuck squat<br>• Straighten legs to pike stand<br>• Stand | 1.00      |
| 2 2 front kicks, 2 back kicks                                                                                                                                                                                           | 0.50 x2   |
| 3 Changement jumps x 2 (double straight jump with alternate leg landing)                                                                                                                                                | 0.50 x2   |
| 4 Stride jump (2 feet, 135° minimum)                                                                                                                                                                                    | 1.00      |
| 5 Relevé hold 2 seconds to snap relevé and half turn (180°) on 2 feet                                                                                                                                                   | 0.50 x2   |
| 6 L handstand                                                                                                                                                                                                           | 1.00      |
| 7 Step single leg ½ pirouette (180°) in passé, close in front on relevé                                                                                                                                                 | 1.00      |
| 8 Dismount: Handstand in cross position to ¼ turn to land                                                                                                                                                               | 1.00      |

[Time limit: 80 seconds]

- APPARATUS SPECIFICATION  
Beam Height: 110cm, FIG competition mat (20cm + 10cm landing mat for dismount)
- EVENT SCORE  
From 10.0

**Floor**

|                                                                                                                                                                | <u>DV</u> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| 1 Backward roll to angry cat                                                                                                                                   | 1.00      |
| 2 Bridge kick over                                                                                                                                             | 1.00      |
| 3 Step pirouette half (180°) on 1 leg finish in relevé on 2 feet (foot placed in front) and 180° pirouette on 2 feet to finish (turning in the same direction) | 0.50 x2   |
| 4 Hurdle cartwheel to side gallop                                                                                                                              | 1.00      |
| 5 Gallop 2 steps to stride leap (135° minimum)                                                                                                                 | 1.00      |
| 6 Cartwheel step in                                                                                                                                            | 1.00      |
| 7 Straight jump to stride jump (135° minimum)                                                                                                                  | 0.50 x2   |
| 8 Handstand forward roll                                                                                                                                       | 1.00      |

Music: "La Valse D'amelie (Orchestral Version)", Yann Tiersen [1:01]

- APPARATUS SPECIFICATION  
Floor Area: \*12m x 2m (horizontal)
- EVENT SCORE  
From 10.0

**LEVEL 4**Junior III  
Senior I*\*Senior Division Differentiated Level Bonus: +0.20***Vault**Vault 1

Handspring on stacked mats to flat back on stacked mats

Vault 2

Run (15-20m) to front tuck to land on 40cm mat

- **RUN APPROACHES**  
The gymnast is permitted a maximum of 2 run approaches to perform 2 vaults. The third run approach is permitted if she has not touched the board, vaulting table, or mats.
- **APPARATUS SPECIFICATION**  
Vault 1: Board, 100cm stacked mats  
Vault 2: Board, 40cm landing mats
- **EVENT SCORE**  
Average of both vaults

**Bars**

|     | <u>Skill</u>                                                                     | <u>DV</u> |
|-----|----------------------------------------------------------------------------------|-----------|
| LB: | 1 Glide kip swing x2 (consecutive);                                              | 0.50 x2   |
|     | 2 Chin up pull over to front support                                             | 1.00      |
|     | 3 Cast (toes to bar height)                                                      | 0.50      |
|     | 4 Back hip circle;                                                               | 1.00      |
|     | <sup>6</sup> Cast squat on (tuck)                                                | -         |
| HB: | 5 Long swing with tap x3 (minimum 45° below horizontal)                          | 1.00 x3   |
|     | 6 Swing 180° turn on the 3rd swing to mixed grip, push away to dismount and land | 1.00      |

- **APPARATUS SPECIFICATION**  
Uneven bars (LB: 170cm; HB: 250cm), box, FIG competition mat (20cm + \*10cm landing mat for dismount).
- **EVENT SCORE**  
From 10.0

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<sup>6</sup> 'Cast squat on' will not be required and will not be judged at the NSG.

**Beam**

|                                                                                                                                                                                                                   | <u>DV</u> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| 1 Mount from the side of the beam:<br>• Jump one leg kneel on beam, free leg fully extended pointing downwards, pose.<br>• ¼ turn to straddle sit<br>• Cast to immediate front support (2 seconds) jump to squat. | 0.50 x2   |
| 2 Turn sequence:<br>• Step onto single leg<br>• ½ pirouette (180°) in passé<br>• Close in front on relevé<br>• ½ turn (180°) on 2 feet (continue turning in the same direction)<br>• Finish in relevé             | 0.50 x2   |
| 3 Split jump (165° minimum) to straight jump                                                                                                                                                                      | 1.00 x2   |
| 4 Marked handstand                                                                                                                                                                                                | 1.00      |
| 5 Stride leap (135° minimum)                                                                                                                                                                                      | 1.00      |
| 6 Cartwheel (front to side)                                                                                                                                                                                       | 1.00      |
| 7 Dismount: Side handstand (2 seconds) ¼ turn to land dismount                                                                                                                                                    | 1.00      |

[Time limit: 80 seconds]

- APPARATUS SPECIFICATION  
Beam Height: 110cm, FIG competition mat (20cm + 10cm landing mat for dismount)
- EVENT SCORE  
From 10.0

**Floor**

|                                                                    | <u>DV</u> |
|--------------------------------------------------------------------|-----------|
| 1 Step single leg pirouette (360°) in passé                        | 1.00      |
| 2 2-3 Steps, front handspring, immediate rebound                   | 1.00      |
| 3 Split jump (165° minimum) to sissone (165° minimum)              | 0.50 x2   |
| 4 Split leap to split leap (165° minimum) (alternate legs)         | 1.00 x2   |
| 5 Backward walkover                                                | 1.00      |
| 6 Power hurdle from 2 feet, roundoff backward run (multiple steps) | 1.00      |
| 7 Backward roll front support                                      | 1.00      |

Music: "Letka-Enka", Hor Tureckogo ft. A. Stockaya [1:03]

- APPARATUS SPECIFICATION  
Floor Area: \*12m x 6m (horizontal)
- EVENT SCORE  
From 10.0

**LEVEL 5**

Senior II

\*Senior Division Differentiated Level Bonus: +0.50

**Vault**Vault 1

Front handspring on vault table to flat back on stacked mats

Vault 2

Front handspring on vault table to flat back on stacked mats

- RUN APPROACHES  
The gymnast is permitted a maximum of 2 run approaches to perform 2 vault. The third run approach is permitted if she has not touched the board, vaulting table, or mats.
- APPARATUS SPECIFICATION  
Vault 1 and 2: Board, <sup>7</sup>115cm vault table and stacked mats level with vault height
- EVENT SCORE  
<sup>8</sup>Average of both vaults

**Bars**

|     | <u>Skill</u>                                                                                        | <u>DV</u> |
|-----|-----------------------------------------------------------------------------------------------------|-----------|
| LB: | 1 Glide kip                                                                                         | 1.00      |
|     | 2 Cast (to horizontal)                                                                              | 1.00      |
|     | 3 Back hip circle;<br><del><sup>9</sup>Cast squat on (tuck)</del>                                   | 1.00<br>- |
| HB: | 4 Long swing with tap x2                                                                            | 0.50 x2   |
|     | 5 Baby giant (swing pullover to front support with straight arms on the 2nd swing)                  | 1.00      |
|     | 6 Under swing                                                                                       | 0.50      |
|     | 7 Long swing with tap x2                                                                            | 0.50 x2   |
|     | 8 Swing 180° turn on the 2nd swing to mixed grip minimum horizontal, push away to dismount and land | 1.00      |

- \*DIFFICULTY BONUS  
Skill Alternate Skill Replacement DB  
8 Tuck flyaway dismount on the 2nd swing +0.20

<sup>7</sup> NSG specific. SG's program prescribes 105cm or 115cm.<sup>8</sup> NSG specific. SG's program counts best vault score.<sup>9</sup> 'Cast squat on' will not be required and will not be judged at the NSG.



- APPARATUS SPECIFICATION  
Uneven bars (LB: 170cm; HB: 250cm), box, FIG competition mat (20cm + 10cm landing mat for dismount).
- EVENT SCORE  
From 10.0

### Beam

|                                                                                                                                                 | <u>DV</u> |
|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| 1 Mount from the side of the beam:<br>• Jump immediately into straddle press and hold 2 seconds                                                 | 0.50      |
| 2 Split leap (165° minimum)                                                                                                                     | 1.00      |
| 3 Handstand 2 seconds to step in                                                                                                                | 1.00      |
| 4 Step single leg pirouette (360°) in passé                                                                                                     | 1.00      |
| 5 Backward walkover to finish in lunge, <u>or</u> forward walkover to finish standing on 2 feet, <u>or</u> tic toc to finish standing on 2 feet | 1.00      |
| 6 Straight jump to split jump (165° minimum), pause, sissone to land on 1 foot                                                                  | 0.50 x3   |
| 7 Cartwheel ¼ step in (front to back)                                                                                                           | 1.00      |
| 8 Dismount: Front tuck dismount, <u>or</u> cartwheel straight jump dismount                                                                     | 1.00      |

[Time limit: 90 seconds]

- APPARATUS SPECIFICATION  
Beam Height: 120cm, FIG competition mat (20cm + 10cm landing mat for dismount)
- EVENT SCORE  
From 10.0

### Floor

|                                                                    | <u>DV</u> |
|--------------------------------------------------------------------|-----------|
| 1 2-3 steps, roundoff, back handspring, rebound                    | 1.00      |
| 2 Split leap to split leap (180°)                                  | 1.00 x2   |
| 3 Step single leg pirouette (360°) in passé                        | 1.00      |
| 4 3-5 steps, front tuck somersault (salto)                         | 1.00      |
| 5 Forward walkover, <u>or</u> backward walkover, <u>or</u> tic toc | 1.00      |
| 6 Split jump ½ turn (180°)                                         | 1.00      |
| 7 Front handspring rebound                                         | 1.00      |

Music: "Euphoria", DJ Street (ft. Vanessa Mae) [1:23]

- APPARATUS SPECIFICATION  
Floor Area: 12m x 12m
- EVENT SCORE  
From 10.0

**LEVEL 6**

Senior II

\*Senior Division Differentiated Level Bonus: +0.70

**Vault**Vault 1

Front handspring on vault table to land on feet

Vault 2

Front handspring on vault table to land on feet

- RUN APPROACHES  
<sup>10</sup>The gymnast is permitted a maximum of 2 run approaches to perform 2 vaults. The third run approach is permitted if she has not touched the board, vaulting table, or mats.
- APPARATUS SPECIFICATION  
Vault 1 and 2: Board, <sup>11</sup>120cm VAULT table and 20cm + 10cm landing mat
- EVENT SCORE  
<sup>12</sup>Average of both vaults

**Bars**

|     | <u>Skill</u>                                                      | <u>DV</u> |
|-----|-------------------------------------------------------------------|-----------|
| LB: | 1 Glide kip                                                       | 0.50      |
|     | 2 Cast (to horizontal)                                            | 0.50      |
|     | 3 Clear hip circle to min. horizontal                             | 1.00      |
|     | 4 Glide kip;                                                      | 0.50      |
|     | <sup>13</sup> <del>Pike on</del>                                  | -         |
| HB: | 5 Long kip cast (to horizontal)                                   | 1.00      |
|     | 6 Baby giant (swing pullover to front support with straight arms) | 1.00      |
|     | 7 Under swing                                                     | 1.00      |
|     | 8 Long swing with tap x2                                          | 0.50 x2   |
|     | 9 Tuck or straight fly away dismount on the 3rd swing             | 1.00      |

- APPARATUS SPECIFICATION  
Uneven bars (LB: 170cm; HB: 250cm), box, FIG competition mat (20cm + 10cm landing mat for dismount)
- EVENT SCORE  
From 10.0

<sup>10</sup> NSG specific. 2 vaults must be performed for Level 6 at the NSG.

<sup>11</sup> NSG specific. SG's program prescribes either 110cm or 120cm.

<sup>12</sup> NSG specific. 2 vaults must be performed for Level 6 at the NSG, and the average score of both vault will count. SG's program counts best vault score.

<sup>13</sup> 'Pike on' will not be required and will not be judged at the NSG.

Beam

|                                                                                                                                                                                                                                  | <u>DV</u>  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| 1 Mount from the side of the beam:<br>• Jump to side straddle split,<br>• <u>or</u> tuck through to sit on beam,<br><u>or</u> mount from the end of the beam:<br>• Jump onto end of the beam to 2 feet                           | 1.00       |
| 2 Backward walkover connected to straight jump, <u>or</u> forward walkover connected to straight jump, <u>or</u> tic toc connected to straight jump, <u>or</u> cartwheel connected to straight jump<br>Split leap (165° minimum) | 1.00, 0.50 |
| 3 Back handspring, <u>or</u> front handspring, <u>or</u> roundoff                                                                                                                                                                | 1.00       |
| 4 Split leap (180°)                                                                                                                                                                                                              | 1.00       |
| 5 Split jump (180°) to sissone (series)                                                                                                                                                                                          | 1.00, 0.50 |
| 6 Step single leg pirouette (360°) in passé                                                                                                                                                                                      | 1.00       |
| 7 Dismount: Cartwheel back tuck dismount, <u>or</u> front tuck dismount                                                                                                                                                          | 1.00       |
| Optional choreography.<br>[Time limit: 90 seconds]                                                                                                                                                                               |            |

## • \*DIFFICULTY BONUS

Skill Alternate Skill Replacement

- |                                                                                                                | <u>DB</u> |
|----------------------------------------------------------------------------------------------------------------|-----------|
| 1 Mount from the side of the beam:<br>• Press to handstand and return to clear straddle support or side splits | +0.20     |

## • \*ARTISTRY BONUS (maximum 0.10)

Confidence : +0.10

## • APPARATUS SPECIFICATION

Beam Height: 120cm, FIG competition mat (20cm + 10cm landing mat for dismount)

## • EVENT SCORE

From 10.0

Floor

|                                                                                | <u>DV</u> |
|--------------------------------------------------------------------------------|-----------|
| 1 Front handspring step out, front handspring to 2 feet                        | 1.00      |
| 2 Roundoff back handspring, back tuck somersault, <u>or</u> roundoff back tuck | 1.00      |
| 3 Roundoff back handspring, back handspring rebound straight jump              | 1.00 x2   |
| 4 Backward roll to handstand                                                   | 1.00      |
| 5 Switch leg leap to split leap                                                | 0.50 x2   |
| 6 Tour jeté                                                                    | 1.00      |
| 7 Step single leg pirouette (360°) in passé                                    | 1.00      |
| Optional choreography and music.<br>[Time Limit: 90 seconds]                   |           |

- \*DIFFICULTY BONUS
 

| <u>Skill</u> | <u>Alternate Skill Replacement</u> | <u>DB</u> |
|--------------|------------------------------------|-----------|
| 1            | Front handspring, front tuck       | +0.20     |
- \*ARTISTRY BONUS (maximum 0.10)  
Expressiveness : +0.10
- APPARATUS SPECIFICATION  
Floor Area: 12m x 12m
- EVENT SCORE  
From 10.0

## 5.3 SECONDARY SCHOOL AND JC/CI

### LEVEL 4+

C Novice

#### Vault

##### Vault 1

Handspring on stacked mats to flat back on stacked mats

##### Vault 2

Run (15-20m) to front tuck to land on 40cm mat

- **RUN APPROACHES**  
The gymnast is permitted a maximum of 2 run approaches to perform 2 vaults. The third run approach is permitted if she has not touched the board, vaulting table, or mats.
- **APPARATUS SPECIFICATION**  
Vault 1: Board, 100cm stacked mats  
Vault 2: Board, 40cm landing mats
- **EVENT SCORE**  
Average of both vaults

#### Bars

|     | <u>Skill</u>                                                                     | <u>DV</u> |
|-----|----------------------------------------------------------------------------------|-----------|
| LB: | 1 Glide kip swing x 2 (consecutive);                                             | 0.50 x2   |
|     | 2 Chin up pull over to front support                                             | 1.00      |
|     | 3 Cast (toes to bar height)                                                      | 0.50      |
|     | 4 Back hip circle;                                                               | 1.00      |
|     | <del><sup>14</sup>Cast squat on (tuck)</del>                                     |           |
| HB: | 5 Long swing with tap x 3 (minimum 45° below horizontal)                         | 1.00 x3   |
|     | 6 Swing 180° turn on the 3rd swing to mixed grip, push away to dismount and land | 1.00      |

- **\*DIFFICULTY BONUS**
- | <u>Skill</u> | <u>Alternate Skill Replacement</u>     | <u>DB</u> |
|--------------|----------------------------------------|-----------|
| 2            | Glide Kip                              | +0.20     |
| 6            | Tuck flyaway dismount on the 3rd swing | +0.20     |
- **APPARATUS SPECIFICATION**  
Uneven bars (LB: 170cm; HB: 250cm), box, FIG competition mat (20cm + 10cm landing mat for dismount)

<sup>14</sup> 'Cast squat on' will not be required and will not be judged at the NSG.

- EVENT SCORE  
From 10.0

## Beam

|                          |                                                                                                                                                                                                                                                             |                      |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| 1                        | Mount from the side of the beam:                                                                                                                                                                                                                            | <u>DV</u><br>0.50 x2 |
|                          | <ul style="list-style-type: none"> <li>• Jump one leg kneel on beam, free leg fully extended pointing downwards, pose.</li> <li>• ¼ turn to straddle sit</li> <li>• Cast to immediate front support (2 seconds) jump to squat.</li> </ul>                   |                      |
| 2                        | Turn sequence:                                                                                                                                                                                                                                              | 0.50 x2              |
|                          | <ul style="list-style-type: none"> <li>• Step onto single leg</li> <li>• ½ pirouette (180°) in passé</li> <li>• Close in front on relevé</li> <li>• ½ turn (180°) on 2 feet (continue turning in the same direction)</li> <li>• Finish in relevé</li> </ul> |                      |
| 3                        | Split jump (165° minimum) to straight jump                                                                                                                                                                                                                  | 1.00 x2              |
| 4                        | Marked handstand                                                                                                                                                                                                                                            | 1.00                 |
| 5                        | Stride leap (135° minimum)                                                                                                                                                                                                                                  | 1.00                 |
| 6                        | Cartwheel (front to side)                                                                                                                                                                                                                                   | 1.00                 |
| 7                        | Dismount: Side handstand (2 seconds) ¼ turn to land dismount                                                                                                                                                                                                | 1.00                 |
| [Time limit: 80 seconds] |                                                                                                                                                                                                                                                             |                      |

- \*DIFFICULTY BONUS

| <u>Skill</u> | <u>Alternate Skill Replacement</u>        | <u>DB</u> |
|--------------|-------------------------------------------|-----------|
| 2            | Step single leg pirouette (360°) in passé | +0.20     |
| 7            | Front tuck dismount                       | +0.20     |
| 7            | Cartwheel straight jump dismount          | +0.20     |
| 7            | Cartwheel back tuck dismount              | +0.40     |

- \*ARTISTRY BONUS (maximum 0.30)

|                                            |         |
|--------------------------------------------|---------|
| Confidence                                 | : +0.10 |
| Personal Style                             | : +0.10 |
| Variation in rhythm and tempo in movements | : +0.10 |

- APPARATUS SPECIFICATION

Beam Height: <sup>15</sup>125cm, FIG competition mat (20cm + 10cm landing mat for dismount)

- EVENT SCORE  
From 10.0

<sup>15</sup> NSG specific, beam height adjusted for Secondary Level 4+. SG's program prescribes 110cm for Level 4.

**Floor**

|                                                                                                            |                                                                  | <u>DV</u> |
|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-----------|
| 1                                                                                                          | Step single leg pirouette (360°) in passé                        | 1.00      |
| 2                                                                                                          | 2-3 Steps, front handspring, immediate rebound                   | 1.00      |
| 3                                                                                                          | Split jump (165° minimum) to sissone (165° minimum)              | 0.50 x2   |
| 4                                                                                                          | Split leap to split leap (165° minimum) (alternate legs)         | 1.00 x2   |
| 5                                                                                                          | Backward walkover                                                | 1.00      |
| 6                                                                                                          | Power hurdle from 2 feet, roundoff backward run (multiple steps) | 1.00      |
| 7                                                                                                          | Backward roll front support                                      | 1.00      |
| *Dance and choreography may be changed, without changing the music and the sequence of the skill elements. |                                                                  |           |
| Music: "Letka-Enka", Hor Tureckogo ft. A. Stockaya [1:03]                                                  |                                                                  |           |

- \*DIFFICULTY BONUS
 

| <u>Skill</u> | <u>Alternate Skill Replacement</u>            | <u>DB</u> |
|--------------|-----------------------------------------------|-----------|
| 4            | Switch leg leap to split leap (165° minimum)  | +0.20     |
| 6            | 2-3 steps, roundoff, back handspring, rebound | +0.20     |
| 7            | Backward roll to handstand                    | +0.20     |
  
- \*ARTISTRY BONUS (maximum 0.30)
 

|                                                                |         |
|----------------------------------------------------------------|---------|
| Expressiveness                                                 | : +0.10 |
| Ability to engage the audience                                 | : +0.10 |
| Synchronization between movement and musical beat (musicality) | : +0.10 |
  
- APPARATUS SPECIFICATION
 

Floor Area: <sup>16</sup>12m x 12m (horizontal)
  
- EVENT SCORE
 

From 10.0

<sup>16</sup> NSG specific, floor area adjusted to 12m x 12m for Secondary Level 4+. SG's program prescribes 12m x 6m or 2m for Level 4.

**LEVEL 8**

C Optional

B Optional

A Optional

**Vault**Vault 1

Any vault from 'FIG Code of Points' table of elements

Vault 2

Same or different vault from Vault 1

- \*DIFFICULTY BONUS  
+0.50 pts for Vault II if a different vault (may be from the same vault group, but with different vault numbers) is performed.
- APPARATUS SPECIFICATION  
Vault 1 and 2: Board, 125cm vault table and 20cm + 10cm landing mat
- EVENT SCORE  
Execution Score from 10.0 + Difficulty Score + Penalty Deductions
 

|                           |                          |
|---------------------------|--------------------------|
| <sup>17</sup> IA          | : Average of both vaults |
| <sup>18</sup> AA and Team | : Vault I                |

**Bars**Difficulty (DV)

Optional routine (5+1 counting elements)

Value Element : <sup>19</sup>No cap to skill value

Mount : Any from the 'FIG Code of Points' table of elements

Casts : Must be as per 'FIG Code of Points' technical directive

- Except for cast before pike on in Level 8 (no deduction for uncharacteristic elements with take-off from 2 feet or thighs).

Composition Requirement (CR) (+0.50 each, maximum 2.00)

CR1 : Any close bar to min 45°

CR2 : Bar change (pike on not counted, sole circle counted)

CR3 : Any handstand element (within 10°)

CR4 : Layout flyaway dismount OR any B-value or more dismount

Connection Value (CV)

No CV

<sup>17</sup> NSG specific. SG's program counts best vault score.<sup>18</sup> NSG specific. SG's program counts best vault score.<sup>19</sup> NSG specific. SG's program allowed up to maximum C-value skills for Level 8 Bars.



- APPARATUS SPECIFICATION  
Uneven bars (LB: 170cm; HB: 250cm), FIG competition mat (20cm + 10cm landing mat for dismount)
- EVENT SCORE  
Execution Score from 10.0 + Difficulty Score + Penalty Deductions

## Beam

### Difficulty (DV)

Optional routine (5+1 counting elements)  
 Counting elements : There must be both dance and acro elements  
 Value Element : No cap to skill value  
 Short Exercise : No short exercise deduction  
 Mount : Any from the 'FIG Code of Points' table of elements  
 Dismount : Any from the 'FIG Code of Points' table of elements

### Composition Requirement (CR) (+0.50 each, maximum 2.00)

CR1 : Acro series of two elements (excluding holds), one of which has to be a flight/salto  
 CR2 : Additional acro element in different directions (forward/sideward and backward); must be separate to skills in acro series; must be flight or salto  
 CR3 : Dance series (as per FIG)  
 CR4 : Any single leg full pirouette (360°) (as per FIG)

#### Notes for CR:

- Dance series: connection of 2 different dance elements 1 being a leap or jump with 180° split (cross or side), or straddle position.
- CR 1-4 must be performed on the beam.
- Rolls, handstands and holds may NOT be used to fulfil CR.

### Connection Value (CV)

No CV

### Artistry Requirement

As per FIG

Time Limit: 90 seconds

- APPARATUS SPECIFICATION  
Beam Height: 125cm, FIG competition mat (20cm + 10cm landing mat for dismount)
- EVENT SCORE  
Execution Score from 10.0 + Difficulty Score + Penalty Deductions

**Floor**Difficulty (DV)

Optional routine (5+1 counting elements)

Counting elements : There must be 3 dance and 3 acro elements

Value Element : No cap to skill value

Short Exercise : No short exercise deduction

Turn Requirement : Any single leg full pirouette (360°) from the 'FIG Code of Points' table of elements

Dismount : The dismount is the last counting acro line.

Composition Requirement (CR) (+0.50 each, maximum 2.00)

CR1 : Stretched B salto OR salto with min. 360° LA

CR2 : 2 saltos series and minimum of 3 acro lines

CR3 : Forward and backward direction salto

CR4 : Dance passage (as per FIG)

Notes for CR:

- No dismount will be credited if only 1 acro line is performed
- The maximum number of acro lines is 4.
  - Any difficulty in additional acro line(s) will not be counted for DV.
- <sup>20</sup>Any acro element performed after the last counting acro line will not be counted for DV (and therefore cannot fulfil any CR).
- Acro Line: a minimum of 2 directly connected flight elements one of which must be a salto.
  - Failure to land on the feet first from the salto will still be considered an acro line.
- All acro CRs (CR 1-3) must be fulfilled within an acro line.
- 1 acro line may fulfill more than 1 CR, however the same element may not be used to fulfill CR1 and CR2.
- Dance Passage: 2 different leaps or hops (from the CoP) connected directly or indirectly (with running steps, small leaps, hops, chasse, chaîné turns) one of them with 180° cross/side split or straddle position (The objective is to create a large flowing and traveling movement pattern).
  - No jumps or turns are permitted as they are stationary. Chaîné turns (1/2 turns on 2 feet) are allowed because they are travelling steps.
  - Leaps and hops must land on one leg if performed as the 1<sup>st</sup> element in the dance passage.

Connection Value (CV)

No CV

Artistry Requirement

As per FIG

Lack of composition turn requirement (single leg pirouette) : -0.30

- APPARATUS SPECIFICATION  
Floor Area: 12m x 12m
- EVENT SCORE  
Execution Score from 10.0 + Difficulty Score + Penalty Deductions

<sup>20</sup> Rephrased for NSG.

## 5.4 NSG SKILLS TABLE AND OVERVIEW OF ROUTINE REQUIREMENTS

|                                | Primary                                                                                                    |                                                               |                                                                    |                                                     | Secondary and JC/CI                                           |                                                                                        |
|--------------------------------|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------------------------------------------|
|                                | Junior I<br>Junior II<br>Senior I                                                                          | Junior III<br>Senior I                                        | Senior II                                                          | Senior II                                           | C Novice                                                      | C Optional<br>B Optional<br>A Optional                                                 |
| <b>VAULT:</b>                  | <b>Level 3</b>                                                                                             | <b>Level 4</b>                                                | <b>Level 5</b>                                                     | <b>Level 6</b>                                      | <b>Level 4+</b>                                               | <b>Level 8</b>                                                                         |
| <b>Composition</b>             | Compulsory Vault                                                                                           | Compulsory Vault                                              | Compulsory Vault                                                   | Compulsory Vault                                    | Compulsory Vault                                              | Optional Vault                                                                         |
| <b>Vault 1</b>                 | Handspring on stacked mats to flat back on stacked mats                                                    | Handspring on stacked mats to flat back on stacked mats       | Front handspring on vault table to flat back on stacked mats       | Front handspring on vault table to land on ft       | Handspring on stacked mats to flat back on stacked mats       | Any vault from 'FIG Code of Points' table of elements                                  |
| <b>Vault 2</b>                 | Run straight jump to land on stacked mats                                                                  | Run (15-20m) to front tuck to land on 40cm mat                | Front handspring on vault table to flat back on stacked mats       | Front handspring on vault table to land on ft       | Run (15-20m) to front tuck to land on 40cm mat                | Same or different vault from Vault 1                                                   |
| <b>Apparatus specification</b> | <u>Junior I &amp; Junior II</u><br>Board, 60cm stacked mats<br><u>Senior I</u><br>Board, 90cm stacked mats | V1: Board, 100cm stacked mats<br>V2: Board, 40cm landing mats | Board, *115cm vault table and stacked mats level with vault height | Board, *120cm VAULT table and 20cm+10cm landing mat | V1: Board, 100cm stacked mats<br>V2: Board, 40cm landing mats | Board, 125cm vault table and 20cm+10cm landing mat                                     |
| <b>Event Score</b>             | Average of both vaults                                                                                     |                                                               | *Average of both vaults                                            |                                                     | Average of both vaults                                        | E-Score fr 10.0 + D-Score + Penalty<br>*IA: Average of both vaults<br>*AA and Team: VI |
| <b>*Difficulty Bonus</b>       |                                                                                                            |                                                               |                                                                    |                                                     |                                                               | A different 2 <sup>nd</sup> vault (different vault number)                             |

| <b>BARS:</b>       | <b>Level 3</b>                                            | <b>Level 4</b>                                                            | <b>Level 5</b>                                                                            | <b>Level 6</b>                                                  | <b>Level 4+</b>                                                           | <b>Level 8</b>                                               |
|--------------------|-----------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------|
| <b>Composition</b> | Compulsory Routine                                        | Compulsory Routine                                                        | Compulsory Routine                                                                        | Compulsory Routine                                              | Compulsory Routine                                                        | Optional routine                                             |
| 1                  | Glide kip swing;                                          | Glide kip swing x2 (consecutive);                                         | Glide kip                                                                                 | Glide kip                                                       | Glide kip swing x2 (consecutive);                                         | 5+1 counting elements                                        |
| 2                  | Chin up pull over to front support                        | Chin up pull over to front support                                        | Cast (to horizontal)                                                                      | Cast (to horizontal)                                            | Chin up pull over to front support                                        | *Value Element from 'FIG CoP'                                |
| 3                  | Cast (hips clear of the bar and body straight)            | Cast (toes to bar height)                                                 | Long swing with tap x2                                                                    | Clear hip circle to min. horizontal                             | Cast (toes to bar height)                                                 | MT from the 'FIG CoP'                                        |
| 4                  | Back hip circle                                           | Back hip circle;                                                          | Baby giant (swing pullover to front support with straight arms on the 2nd swing)          | Glide kip;                                                      | Back hip circle;                                                          | Cast as per 'FIG CoP' except for cast before pike on.        |
| 5                  | Cast to toe shoot dismount (piked or straddle);           | Long swing with tap x3 (min. 45° below horizontal)                        | Under swing                                                                               | Long kip cast (to horizontal)                                   | Long swing with tap x3 (min. 45° below horizontal)                        | CR1: Any close bar to min 45°                                |
| 6                  | Long tap swings x3 (jump from box or coach to lift to HB) | Swing 180° turn on the 3rd swing to mixed grip, push away to DMT and land | Long swing with tap x2                                                                    | Baby giant (swing pullover to front support with straight arms) | Swing 180° turn on the 3rd swing to mixed grip, push away to DMT and land | CR2: Bar change (pike on not counted, sole circle counted)   |
| 7                  |                                                           |                                                                           | Swing 180° turn on the 2nd swing to mixed grip min. horizontal, push away to DMT and land | Under swing                                                     |                                                                           | CR3: Any handstand element (within 10°)                      |
| 8                  |                                                           |                                                                           |                                                                                           | Long swing with tap x2                                          |                                                                           | CR4: Layout flyaway dismount OR any B-value or more dismount |
| 9                  |                                                           |                                                                           |                                                                                           | Tuck or straight fly away DMT on the 3rd swing                  |                                                                           | No CV                                                        |

|                                               |                                                               |                                                                            |                                         |           |                                                         |                                     |
|-----------------------------------------------|---------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------|-----------|---------------------------------------------------------|-------------------------------------|
| <b>Alternate Skill Replacement with Bonus</b> |                                                               |                                                                            | 1) Tuck flyaway<br>DMT on the 2nd swing |           | 1) Glide Kip<br>2) Tuck flyaway<br>DMT on the 3rd swing |                                     |
| <b>*Not Required</b>                          |                                                               | Cast-squat on<br>(tuck)                                                    | Cast-squat on<br>(tuck)                 | Pike-on   | Cast-squat on<br>(tuck)                                 |                                     |
| <b>Apparatus specification</b>                | Uneven bars (LB: 170cm; HB: 250cm), box, FIG comp. mat (20cm) | Uneven bars (LB: 170cm; HB: 250cm), box, FIG comp. mat (20cm+10cm DMT mat) |                                         |           |                                                         |                                     |
| <b>Event Score</b>                            | From 10.0                                                     | From 10.0                                                                  | From 10.0                               | From 10.0 | From 10.0                                               | E-Score fr 10.0 + D-Score + Penalty |

| <b>BEAM:</b>       | <b>Level 3</b>                                                                                                                                                 | <b>Level 4</b>                                                                                                                                                          | <b>Level 5</b>                                             | <b>Level 6</b>                                                                                                                                                                                     | <b>Level 4+</b>                                                                                                                                                         | <b>Level 8</b>                                                                                                                                                                                                                                                       |
|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Composition</b> | Compulsory Routine                                                                                                                                             | Compulsory Routine                                                                                                                                                      | Compulsory Routine                                         | Compulsory Skill Set; Optional Choreo.                                                                                                                                                             | Compulsory Routine                                                                                                                                                      | Optional routine                                                                                                                                                                                                                                                     |
| 1                  | MT(side): Jump to front support; swing one leg over to straddle sit; straddle hold – 2s; small swing, cast to tuck squat; straighten legs to pike stand; stand | MT(side): Jump one leg kneel on beam, free leg fully extended pointing downwards, pose; ¼ turn to straddle sit; cast to immediate front support (2s) jump to squat      | MT(side): Jump immediately into straddle press and hold 2s | MT(side): Jump to side straddle split, <u>or</u> tuck thru to sit on beam, <u>or</u> MT(end): Jump onto end of the beam to 2 ft                                                                    | MT(side): Jump one leg kneel on beam, free leg fully extended pointing downwards, pose; ¼ turn to straddle sit; cast to immediate front support (2s) jump to squat      | 5+1 counting elements<br>Value Element from 'FIG CoP'<br>MT from the 'FIG CoP'<br>DMT from the 'FIG CoP'                                                                                                                                                             |
| 2                  | 2 front kicks, 2 back kicks                                                                                                                                    | Turn sequence: Step onto single leg; ½ pirouette (180°) in passé; close in front on relevé; ½ turn (180°) on 2 ft (continue turning in the same dir.); finish in relevé | Split leap (165° min.)                                     | Bwd walkover connected to str. jump, <u>or</u> fwd walkover connected to str. jump, <u>or</u> tic toc connected to str. jump, <u>or</u> cartwheel connected to str. jump<br>Split leap (165° min.) | Turn sequence: Step onto single leg; ½ pirouette (180°) in passé; close in front on relevé; ½ turn (180°) on 2 ft (continue turning in the same dir.); finish in relevé | CR1: Acro series of two elements (excluding holds), one of which has to be a flight/salto<br>CR2: Additional acro element in different dir.s (fwd/swd and bwd); must be separate to skills in acro series; must be flight or salto<br>CR3: Dance series (as per FIG) |
| 3                  | Changement jumps x 2 (double str. jump with alternate leg landing)                                                                                             | Split jump (165° min.) to str. jump                                                                                                                                     | Handstand 2s to step in                                    | Back handspring, <u>or</u> front handspring, <u>or</u> roundoff                                                                                                                                    | Split jump (165° min.) to str. jump                                                                                                                                     | CR4: Any single leg full pirouette (360°) (as per FIG)                                                                                                                                                                                                               |
| 4                  | Stride jump (2 ft, 135° min)                                                                                                                                   | Marked handstand                                                                                                                                                        | Step single leg pirouette (360°) in passé                  | Split leap (180°)                                                                                                                                                                                  | Marked handstand                                                                                                                                                        |                                                                                                                                                                                                                                                                      |
| 5                  | Relevé hold 2s to snap relevé and                                                                                                                              | Stride leap (135°min.)                                                                                                                                                  | Bwd walkover to finish in lunge, <u>or</u> fwd walkover to | Split jump (180°) to sissone (series)                                                                                                                                                              | Stride leap (135°min.)                                                                                                                                                  |                                                                                                                                                                                                                                                                      |

|                                               |                                                                       |                                              |                                                                       |                                                                                     |                                                                                                                                         |                                                |
|-----------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|
|                                               | half turn (180°) on 2 ft                                              |                                              | finish standing on 2 ft, <u>or</u> tic toc to finish standing on 2 ft |                                                                                     |                                                                                                                                         |                                                |
| 6                                             | L handstand                                                           | Cartwheel (front to side)                    | Str. jump to split jump (165° min), pause, sissone to land on 1 foot  | Step single leg pirouette (360°) in passé                                           | Cartwheel (front to side)                                                                                                               |                                                |
| 7                                             | Step single leg ½ pirouette (180°) in passé, close in front on relevé | DMT: Side handstand (2 s) ¼ turn to land DMT | Cartwheel ¼ step in (front to back)                                   | DMT: Cartwheel back tuck DMT, <u>or</u> front tuck DMT                              | DMT: Side handstand (2 s) ¼ turn to land DMT                                                                                            | No CV                                          |
| 8                                             | DMT: Handstand in cross position to ¼ turn to land                    |                                              | DMT: Front tuck DMT, <u>or</u> cartwheel str. jump DMT                |                                                                                     |                                                                                                                                         |                                                |
| <b>Alternate Skill Replacement with Bonus</b> |                                                                       |                                              |                                                                       | 1) MT(side): Press to handstand and return to clear straddle support or side splits | 1) Step single leg pirouette (360°) in passé<br>2) Front tuck DMT, <u>or</u> Cartwheel str. jump DMT, <u>or</u> Cartwheel back tuck DMT |                                                |
| <b>Artistry</b>                               |                                                                       |                                              |                                                                       | • Confidence                                                                        | • Confidence<br>• Personal Style<br>• Variation in rhythm and tempo in movts                                                            | Artistry (as per FIG)                          |
| <b>Time Limit</b>                             | 80s                                                                   | 80s                                          | 90s                                                                   | 90s                                                                                 | 80s                                                                                                                                     | 90s                                            |
| <b>Apparatus specification</b>                | Beam: 110cm, FIG comp. mat (20cm+10cm DMT mat)                        |                                              | Beam: 120cm, FIG comp. mat (20cm+10cm DMT mat)                        |                                                                                     | *Beam: 125cm, FIG comp. mat (20cm+10cm DMT mat)                                                                                         | Beam: 125cm, FIG comp. mat (20cm+10cm DMT mat) |
| <b>Event Score</b>                            | From 10.0                                                             | From 10.0                                    | From 10.0                                                             | From 10.0                                                                           | From 10.0                                                                                                                               | E-Score fr 10.0 + D-Score + Penalty            |

| <b>FLOOR:</b>      | <b>Level 3</b>                                                                                                                                      | <b>Level 4</b>                                            | <b>Level 5</b>                                          | <b>Level 6</b>                                                               | <b>Level 4+</b>                                                           | <b>Level 8</b>                                                            |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------|
| <b>Composition</b> | Compulsory Routine                                                                                                                                  | Compulsory Routine                                        | Compulsory Routine                                      | Compulsory Skill Set; Optional Choreo. and music                             | Compulsory Routine *(Dance and choreo. may be changed w/o changing music) | Optional routine                                                          |
| 1                  | Bwd roll to angry cat                                                                                                                               | Step single leg pirouette (360°) in passé                 | 2-3 steps, roundoff, back handspring, rebound           | Front handspring step out, front handspring to 2 ft                          | Step single leg pirouette (360°) in passé                                 | 5+1 counting elements                                                     |
| 2                  | Bridge kick over                                                                                                                                    | 2-3 Steps, front handspring, immediate rebound            | Split leap to split leap (180°)                         | Roundoff back handspring, back tuck somersault, <u>or</u> roundoff back tuck | 2-3 Steps, front handspring, immediate rebound                            | Value Element from 'FIG CoP'<br>There must be 3 dance and 3 acro elements |
| 3                  | Step pirouette half (180°) on 1 leg finish in relevé on 2 ft (foot placed in front) and 180° pirouette on 2 ft to finish (turning in the same dir.) | Split jump (165° min.) to sissone (165° min.)             | Step single leg pirouette (360°) in passé               | Roundoff back handspring, back handspring rebound str. jump                  | Split jump (165° min.) to sissone (165° min.)                             | Composition turn requirement                                              |
| 4                  | Hurdle cartwheel to side gallop                                                                                                                     | Split leap to split leap (165° min.) (alternate legs)     | 3-5 steps, front tuck somersault (salto)                | Bwd roll to handstand                                                        | Split leap to split leap (165° min.) (alternate legs)                     | CR1: Stretched B salto OR salto with min. 360° LA                         |
| 5                  | Gallop 2 steps to stride leap (135°min.)                                                                                                            | Bwd walkover                                              | Fwd walkover, <u>or</u> bwd walkover, <u>or</u> tic toc | Switch leg leap to split leap                                                | Bwd walkover                                                              | CR2: 2 salto series and min. of 3 acro lines                              |
| 6                  | Cartwheel step in                                                                                                                                   | Power hurdle from 2 ft, roundoff bwd run (multiple steps) | Split jump ½ turn (180°)                                | Tour jeté                                                                    | Power hurdle from 2 ft, roundoff bwd run (multiple steps)                 | CR3: Fwd and bwd dir. salto<br>CR4: Dance passage (as per FIG)            |



|                                               |                                      |                        |                          |                                           |                                                                                                                              |                                     |
|-----------------------------------------------|--------------------------------------|------------------------|--------------------------|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| 7                                             | Str. jump to stride jump (135° min.) | Bwd roll front support | Front handspring rebound | Step single leg pirouette (360°) in passé | Bwd roll front support                                                                                                       | No CV                               |
| 8                                             | Handstand forward roll               |                        |                          |                                           |                                                                                                                              |                                     |
| <b>Alternate Skill Replacement with Bonus</b> |                                      |                        |                          | 1) Front handspring, front tuck           | 1) Switch leg leap to split leap (165° min.)<br>2) 2-3 steps, roundoff, back handspring, rebound<br>3) Bwd roll to handstand |                                     |
| <b>Artistry</b>                               |                                      |                        |                          | • Expressiveness                          | • Expressiveness<br>• Ability to engage the audience<br>• Synchronization between movement and musical beat (musicality)     | Artistry (as per FIG)               |
| <b>Time Limit</b>                             | Music: 1:01                          | Music: 1:03            | Music: 1:23              | 1:30                                      | Music: 1:03                                                                                                                  | 90s                                 |
| <b>Apparatus specification</b>                | Floor: *12m x 2m                     | Floor: *12m x 6m       | Floor Area: 12m x 12m    |                                           | Floor: *12m x 12m                                                                                                            | Floor: 12m x 12m                    |
| <b>Event Score</b>                            | From 10.0                            | From 10.0              | From 10.0                | From 10.0                                 | From 10.0                                                                                                                    | E-Score fr 10.0 + D-Score + Penalty |

