



Welsh Gymnastics
Gymnasteg Cymru

Llawlyfr Cystadleuaeth Artistig Menywod 2024

Women's Artistic Competition Handbook 2024

Contents

Section 1 – Version History	3
Section 2 – Judges	4
Section 3 - General Rules and Penalties	5
Section 4 - National Competition Calendar	6
Section 5 - Competition Apparatus	9
Vault	9
Uneven Bars	9
Balance Beam	9
Floor	9
Section 6 - Grades	10
Section 7 - Voluntary Programme	12
The Neyland Cup (Floor and Vault)	12
Classic Challenge Championships – Zinc + Copper	12
Classic Challenge Championships – Bronze, Silver, and Gold	12
Voluntary Levels	12
Pre-Grade	12
FIG Qualifier	13
Eligibility and Criteria	13
Voluntary Competitions - Age in Year	14
Floor and Vault Competition – The Neyland Cup Rules	15
Pre-Grade Rules (8 and 9 in Year only – 2014 + 2015)	18

Section 1 – Version History

The Women's Artistic Technical Panel (WTP) reserves the right to make amendments to this handbook.

Notification of a change to the handbook will be communicated through the Welsh Gymnastics website and an updated version will be made available to download at the time of change.

Any enquiries regarding competitions should be directed to one of the following:

- Welsh Gymnastics Competition Team
competitions@welshgymnastics.org
- Women's Artistic Technical Panel Lead – Carol Sargeant
carolsargeant@hotmail.com
- Women's Artistic National Competition Organiser – awaiting appointment
- Women's Artistic Queries
performance@welshgymnastics.org
- Women's Artistic Judging – For any judging queries, please make contact via the Facebook page (Welsh Gymnastics WTC Information / Updates 2024 onwards) or email –
performance@welshgymnastics.org

Version 1.1 11/03/2024

- Clarification on identified competitions and date for requirements of regional judges (page 4).
- Addition of requirements for area judge entries (page 4)
- Correction of Neyland Cup age group (page 16)

Version 1.2 11/03/2024

- Correction of Neyland Cup age group (page 16)
- Correction of Pre-Grade age groups (page 19)

Version 1.3

- Amendment to team structure for Performance Grades finals (page 10)

Version 1.4 21/05/2024

- Amendment to email contact (page 3)
- Retake opportunity clarified (page 8)
- Clarification on repeating pre grade competition (page 12)
- Addition of Neyland Cup awards (page 12) and inclusion of individual entry (page 15).

Section 2 – Judges

Clubs and Areas entering competitions are required to nominate and supply a judge or judges for the day(s) on which their gymnasts are competing. If a Club or Region's competitors cover various age groups / grades it will be necessary to provide a judge for each day of their competition (please see below). Numbers of gymnasts are across the full competition, not per day. Whilst we will do our best to put judges on the same day as their club's competing gymnasts, this is not a guarantee. Club's need to provide judge availability to the competition organiser before the entry deadline and ratio's will be determined based on numbers at entry. The number of judges required is as below:

- 1 – 8 gymnasts entered – 1 judge for one whole day
- 9 – 16 gymnasts – 1 judge that can judge two whole days, or 2 judges that can judge one whole day each
- 17 + gymnasts – 3 judges across both days (e.g. 2 judges on one day, 1 judge on one day)
- Area entries – 3 judges per area per day

From September 2024, as per the Generic Competition Handbook, at least one regional judge or above will now be required as part of the ratio for qualifying competitions and identified pathway competitions when entering more than 3 gymnasts. For WAG, this is any competitions listed within this handbook. If you have any concerns around this, please get in contact so we can look to support you in accessing a course or connecting you with other regional judges. To support fairness of the competition, a maximum of 3 judges from a singular club per day with not more than one of these per panel.

These rules must be enforced to ensure that all competitions can run. It is important that we have club judges and enough numbers of regional (or higher) judges at each competition to ensure fairness and expertise to recognise the work that our gymnast and coaches are producing. For grades, it is essential to have 5 regional judges, 1 on each piece. Areas need to ensure that this stipulation is met when holding Area grades competitions. Clubs need to be mindful of this when nominating judges.

It is the Head Judge's responsibility to ensure that his/her apparatus is the correct specification.

Section 3 - General Rules and Penalties

Rule	Penalty
Clubs must have an appropriately qualified coach on the competition floor	Gymnasts/Team Withdrawn from competition
Coach displaying aggressive behaviour/foul language	Removal of coach from the competition floor
Coaches must be appropriately dressed	Coach will not be permitted on the competition floor
Gymnasts, coaches, and volunteers only permitted on competition floor	Unpermitted individuals will be asked to leave the competition floor and 0.5 deducted from the final score of gymnast and team
If applicable - Each gymnast should have a back-up copy of their floor music on a CD / USB clearly marked with the gymnast's name, number and club.	1.0 marks deducted from the gymnast's final score
Gymnasts and coaches are not permitted to wear any jewellery	0.3 deducted from the score on the first piece of apparatus it was noticed
Gymnasts should not leave the competition floor without the permission of their coach and the judge on that apparatus	Disqualification
Team members must wear identical leotards. There will not be a deduction if a gymnast decides to wear plain shorts or a unitard providing the body of the leotard/unitard is matching.	0.3 deducted from score on apparatus where first noticed
Supports/bandages must be matched to the skin tone of the gymnast	0.3 deducted from score on apparatus where first noticed
Excessive use of chalk	0.5 deducted from the gymnast's score
Chewing gum is not allowed at any phase of the competition, including the opening and closing ceremonies and presentation of awards	Coach will be asked to leave the competition floor

Section 4 - National Competition Calendar

Competition Name	Venue	Date(s)	Closing Date	Membership Levels	Entry Fee
South Central Preparation and Development Grades	CNGA	3 rd – 4 th February	3 rd January	Bronze / Silver	£25 per individual (to include certificate)
South East Preparation and Development Grades	CNGA	10 th – 11 th February	5 th January	Bronze / Silver	£25 per individual (to include certificate)
Welsh Artistic Championships	SWNC, Cardiff	15 th – 18 th February	11 th December	Silver	£50 individual
North Area Preparation and Development Grades	Deeside	24 th -25 th February	2 nd February	Bronze / Silver	£25 per individual (to include certificate)
West Area Grades	TBC	3 rd March	TBC	Bronze / Silver	£25 per individual (to include certificate)
Preparation and Development Grades Finals (1,2 & 1-4)	Llanelli GC	9 th -10 th March	TBC	Bronze / Silver	£80 per team, £20 per individual
Preparation 3, Performance, and Excel Grades	SWNC, Cardiff	6-7 th April	1 st March	Silver	£25 per individual (to include certificate)

Neyland Cup Floor & Vault	SWNC, Cardiff	1 st -2 nd June	26 th April	Silver	£75 Team (up to 5 in a team)
South Central Classic Challenge Championships & Voluntary Disability Competition (Zinc & Copper)	CNGA	TBC	TBC	Silver	£20 per individual
South East Classic Challenge Championships & Voluntary Disability Competition (Zinc & Copper)	CNGA	TBC	TBC	Silver	£20 per individual
North Area Classic Challenge (Bronze Silver, & Gold)	TBC	TBC	TBC	Silver	£20 per individual
North Classic Challenge Championships & Voluntary Disability Competition (Zinc & Copper)	Deeside	TBC	TBC	Silver	£20 per individual
West Classic Challenge Championships & Voluntary Disability Competition (Zinc & Copper)	TBC	TBC	TBC	Silver	£20 per individual
Classic Challenge Finals (Zinc & Copper)	Deeside	12 th -13 th October	TBC	Silver	£80 per team
Classic Challenge Championships (Bronze, Silver & Gold) FIG Development (1-3) & Pre-Grade FIG Qualifier	SWNC, Cardiff	19 th -20 th October	TBC	Silver	£25 per individual

Excel Grades Retake *	TBC	TBC	TBC	Silver	£20 per individual (to include certificate & badge)
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*Please follow BG guidance on working towards scores and retake opportunities. If you wish to utilise this opportunity, please contact performance@welshgymnastics.org.

Please note, for 2025 competitions all grades will require silver membership.

Section 5 - Competition Apparatus

Unless otherwise stated, the equipment at WTC competitions will be to current FIG specifications.

Vault

- Maximum run allowed 25 metres.
- 125cm from the floor to the top of the table unless specified in the rules.
- 20cm FIG specification matting + 10cm supplementary matting with markings as specified or vault landing.
- For round off entry vaults, the safety collar must be in place.
- Mat for hand placement will be provided.
- Springboards – unless stated otherwise only hard and soft coil boards will be provided.

Uneven Bars

- Low Bar 175cm / High Bar 255cm from the floor to the top side of the bars.
- 20cm FIG specification matting with 10cm supplementary landing mat.
- The take-off board may be placed on the supplementary mat.
- The supplementary mat may not be moved during the exercise.
- Both bars may be raised by 5cm where gymnasts' feet touch the basic matting while she is swinging on the high bar or hips touch the basic matting while she is hanging on the low bar.
- The request for the bars to be raised must be made with the competition entry form. The bars will be raised in accordance with the FIG/WTC regulations.
- Unauthorised raising of the bars will be penalised in accordance with the FIG regulations.

Balance Beam

- 125cm from the floor to the top of the beam
- 20cm FIG specification matting with 10cm supplementary landing mat

Floor

- 12m x 12m FIG specification floor area

Only apparatus supplied at the request of the WTP may be used at National events.

Please see the directives relating to floor music (Section 7).

Section 6 - Grades

For detail on the Grades structure and criteria please see the British Gymnastics website ([WAG Comp Framework Update \(british-gymnastics.org\)](http://www.british-gymnastics.org)) or liaise with the WG office. Please note that the grade undertaken by a gymnast may impact upon the voluntary competition entered later in the year, thus it is the responsibility of the coach to select the most appropriate grade and pathway. There is an expectation that gymnasts are appropriately prepared for their grading and that the correct pathway is chosen, considering a gymnast's likely development and progression. Gymnasts would not be able to compete an NDP (either performance or preparation) and an excel grade within the same year. Clubs should also check that gymnasts hold the correct insurance to take part in Grades events.

The format for the performance grade finals (grades 1-4) competition is now 5,4,3 and range will be performed at national finals. For the Welsh Region, the top 5 gymnasts AA will represent the region. From these 5, the top 4 will compete on each apparatus. If one gymnast placed 5th on all apparatus and subsequently would not compete on any pieces, they could choose whether they attend as a travelling or non-travelling reserve.

All Clubs should please note the following:

For all Grades competitions there must be a minimum of two judges one each piece of apparatus and at least ONE must be qualified to a regional level or above.

Certificates are now included in the competition entry fee. They will be available on the day to all gymnasts subject to WG receiving them.

Competition	Grade	Requirements to be selected to National/Regional Finals
Preparation + Development Grades	1,2, 1-4	<p>Top 5 gymnasts qualify to Welsh Final. There is no maximum age for gymnasts making the team for the Welsh Final. The team will comprise 5 to compete on each piece and the top 3 scores to count. No minimum score required. Area Competition Organiser/Floor Manager to submit team entries to WG.</p>
Performance Grades	1-4	<p>Top 5 to qualify as part of the team to British Finals with a score of 50.00+ or above for Performance 1-4. No reserve. No individual entries. PLEASE NOTE –R&C WILL be performed at the National Final. Please refer to BG rulings for detail / clarifications.</p>
Excel Grades	1-3	<p>Excel 1 - There will be no National Finals for Excel 1.</p> <p>Excel 2 - Top 4 to qualify as part of the team for British Finals (minimum age of 10). As scores are likely to be decided after the national event, the top 4 gymnasts in the region at Excel 2 will all go to National Finals.</p> <p>Excel 3 - Clubs are responsible for entering gymnasts into British Excel 3.</p>

Section 7 - Voluntary Programme

Each year, gymnasts may only compete in one Welsh voluntary competition, as detailed on the table. It is the responsibility of the coach to select the appropriate competition pathway. A gymnast may not compete in both the Classic Challenge Championships **and** Excel Grades in the same year. If a gymnast was ill or injured and unable to do the first sitting for Excel 1, or if the gymnast achieved a 'Working Towards' but was within 1 mark of achieving a 'Working At' and intends to do the re-sit this year, they may still take FIG Dev 1 in their region even if the second opportunity. Alternatively, if they DO NOT intend to take the second opportunity this year, they may take the appropriate Classic Challenge level for their age and ability.

The Neyland Cup (Floor and Vault)

- Please see attached rules.
- 1-3 AA placing awarded
- 1-4 team placings awarded

Classic Challenge Championships – Zinc + Copper

- The Zinc and Copper Levels will take place in Areas.
- Club teams in the Area competitions can consist of 3-5 gymnasts, 3 scores to count on each piece.
- The top 5 gymnasts in each age group/level making up the team for the Welsh Finals.
- Recommended 2 coaches per team to be submitted for entry to Welsh Finals.

Classic Challenge Championships – Bronze, Silver, and Gold

- Bronze, Silver, and Gold levels will be a Regional (Welsh) Competition.
- In the Welsh Regional Competition, teams will comprise of 4 to compete, 3 scores to count on each piece.
- The top 6 overall scoring gymnasts, in each level, from across all the age groups will make up the Team for the National Final. A reserve for each level will also be selected.

Voluntary Levels

- There will be no National Finals for FIG Development 1.
- FIG Development 3 will be direct entry to National Finals. Clubs are responsible for entering gymnasts.

Pre-Grade

- This competition will be a Regional (Welsh) Competition.
- The 2024 competition is for gymnasts born in 2014 and 2015.
- For 2024, gymnasts cannot enter this competition if they entered it the year before. For 2025 we are looking at identifying a working towards score which may enable gymnasts to enter the year after.

FIG Qualifier

- Wales will be running 1 FIG regional qualifier alongside the Welsh Classic Challenge / Voluntary Levels competition.

Area competitions/qualifiers may choose to amend the team format to suit their own requirements. In all events where team medals are awarded the Team score will comprise the highest 3 scores on each apparatus.

Eligibility and Criteria

Please see appended documents (Neyland Cup + Pre-Grade).

NDP/Excel Grades, Classic Challenge & Disability rules and criteria are available via British Gymnastics website.

IMPORTANT - Please note that as per the COP on floor, acro elements should not be performed after the final acro line (dismount).

Voluntary Competitions - Age in Year										
	8	9	10	11	12	13	14	15	16	16+
Zinc Classic Challenge Championships	8 Years	9 Years	10/11 Years		12 Years+					
Copper Classic Challenge Championships		9 Years	10/11 years		12 Years +					
Bronze Classic Challenge Championships			10/11 Years		12/13 Years		14 Years +			
Silver Classic Challenge Championships					12/13 years		14+ Years			
Gold Classic Challenge Championships							14+ Years			
Pre Grade	8/9 Years									
Espoir					Welsh Artistic Championships / FIG					
Junior							Welsh Artistic Championships / FIG			
Senior									Welsh Artistic Championships / FIG	

Floor and Vault Competition – The Neyland Cup Rules

- This is a team competition, but individual entries will be accepted. Teams must comprise of between 3-5 gymnasts; the highest 3 scores on vault and floor will count towards the final team score. Medals will be awarded to the top 3 teams in each of the 4 categories with ribbons awarded to the 4th place team. In addition, individual awards will be presented for Artistry on floor and highest E (execution) score on vault and floor.
- The theme of the 2024 competition will be **Olympic Sports**.
- It is the responsibility of the coach to select the most appropriate level for their gymnast. No excel gymnasts / those who have entered Performance 2 should enter the Level 1 competition. No gymnasts who have passed Excel 2, Performance 4 or above should enter either the Level 1 or 2 competition.
- Clubs will need to enter **1 team in 4 of the categories** to be eligible for the Neyland Cup. A club may enter a maximum of 12 teams (2 in each category) but must nominate which teams they wish to put forward for the Neyland Cup. Clubs should note that if they choose to enter more than 4 teams, they will need to provide 2 judges.
- The top 4 club team scores from different categories will be used to calculate the final score. The winning club at the end of the competition will be awarded the Neyland Cup!

	Level 1 Floor and Vault	Level 2 Floor and Vault
10 in Year and under (2014-2016)	<p>Vault: Vaulting table 100cm, 110cm or 120cm 2 vaults to be performed, best vault to count No vault higher in difficulty than 2.4</p> <p>Floor: 8 highest counting elements (3 x Dance, 3 x Acro and 2 x Optional). No acro elements count after last acro line. Difficulty for this competition is capped at 1.0 (e.g. 6 x A/uncoded elements and 2xB). Therefore, a gymnast's maximum score (without any bonuses) will be 13.0 (0.5 for each requirement and 1.0 in difficulty).</p>	<p>Vault: Vaulting table 110cm or 120cm 2 vaults to be performed, best vault to count No vault higher in difficulty than 3.0</p> <p>Floor: 8 highest counting elements (3 x Dance, 3 x Acro and 2 x Optional). No acro elements count after last acro line. No elements higher than B value may be performed.</p>

	<p><u>Requirements (each worth 0.5):</u></p> <ul style="list-style-type: none"> • Dance passage (minimum 2, 1 with 135 degree split) • Acro line with min 2 flight elements • Mixed series with one acro element and one dance element directly connected • Second different acro line with min 1 flight element (salto not required) <p><u>Bonus (if successfully completed):</u> <u>Awarded once only:</u> Leap / jump achieving 180 degree split (0.5) Salto (not aerial) fwd (0.2) Salto bwd (0.2)</p> <p><u>Uncoded elements (worth 0.1):</u> Backward roll to; pike stand, front support or handstand, Backward walkover, Forward walkover, Valdez, Handstand forward roll, Cartwheel.</p>	<p><u>Requirements (each worth 0.5):</u></p> <ul style="list-style-type: none"> • Dance passage (minimum 2, 1 with 180 degree split / straddle) • Acro line (minimum of two connected flight elements) with salto • Mixed series with one acro element and one dance element directly connected • Second acro line with minimum two flight elements <p><u>Bonus (if successfully completed):</u> <u>Awarded once only:</u> Straight salto forwards or backwards (0.2) B value spin (0.2) Leap / jump achieving 180 degree split (0.5) 3 or more B leaps/jumps (0.2)</p>
<p>12 in Year and Under (2012-2013)</p> <p>13+ Years</p>	<p>Vault: Vaulting table 110cm, 120cm or 125cm 2 vaults to be performed, best vault to count No vault higher in difficulty than 3.0</p> <p>Floor: 8 highest counting elements (3 x Dance, 3 x Acro and 2 x Optional). No acro elements count after last acro line. Difficulty for this competition is capped at 1.0 (e.g. 6 x A/uncoded elements and 2xB). Therefore, a</p>	<p>Vault: Vaulting table 120cm or 125cm 2 vaults to be performed, best vault to count No vault higher in difficulty than 3.5</p> <p>Floor: 8 highest counting elements (3 x Dance, 3 x Acro and 2 x Optional). No acro elements count after last acro line. No elements higher than C value may be performed.</p>

<p>(2011+)</p>	<p>gymnast's maximum score (without any bonuses) will be 13.0 (0.5 for each requirement and 1.0 in difficulty).</p> <p><u>Requirements (each worth 0.5):</u></p> <ul style="list-style-type: none"> • Dance passage (min 2, 1 with 135 degree split) • Acro line (minimum of two connected flight elements) with salto • Mixed series with one acro element and one dance element directly connected • Second acro line with min two flight elements (can include non flighted also) <p><u>Bonus (if successfully completed):</u> <u>Awarded once only:</u> Leap / jump achieving 180 degree split (0.5) Saltos fwd/swd AND bwd (not including aerals) (0.5)</p> <p><u>Uncoded elements (worth 0.1):</u> Backward roll to; pike stand, front support or handstand, Backward walkover, Forward walkover, Valdez, Handstand forward roll, Cartwheel.</p>	<p><u>Requirements (each worth 0.5):</u></p> <ul style="list-style-type: none"> • Dance passage (min 2, 1 with 180 degree split / straddle) • Saltos in different directions (both must be within acro lines) • Minimum of two FIG acro lines (minimum of two flight elements including a salto) • B value dismount (highest value salto in last acro line) <p><u>Bonus (if successfully completed):</u> <u>Awarded once only:</u> Two directly connected somersaults (0.2) Salto with minimum of 360-degree twist (0.2) B (or higher) value spin (0.2) 3 or more B leaps/jumps (0.2)</p>
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Pre-Grade Rules (8 and 9 in Year only – 2015 + 2016)

Rules as per the Women's Artistic S.T.E.P Framework Excel Grades

- All D panel penalties appear within the text in bold italics
- For Bars, Beam, and Floor: if all requirements, skills, and connections have been completed, then award a "requirement bonus" of 0.50.

Vault: springboard and 30cm landing mat (best score of 2 vaults to count) – straight front somersault to fall forwards.

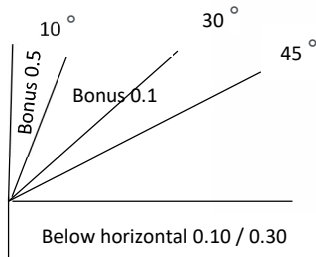
D Score 3.00

Faults	0.1	0.3	0.5
• Run up distance Less than 17m or more than 25m deduction		X	
• Lack of acceleration, or deceleration shown, during run up	X	X	
First phase onto the board			
• Feet landing off centre in any direction	X		
Second phase take off from board to inverted			
• Insufficient height / rotation into the inverted position	X	X	X
• Leg or knee separations	X	X	
• Bent legs	X	X	X
• Failure to maintain correct body position to inverted (excessive pike)	X	X	X
Third phase from inverted position to landing			
• Failure to maintain correct body position to landing (excessive pike)	X	X	X
• Leg or knee separations	X	X	
• Bent legs			
• Lack of extension before landing	X	X	X
Landing faults			
• Under rotation of salto			
○ Without a fall	X		
○ With a fall		X	
• Steps / jump after landing movement the centre of mass in opposite direction	X	X	Max .8
• Falling backwards			1.00
• Deviation from straight direction on landing (on 1 st contact)	X	X	
• Legs apart on landing	X		
• Dynamics throughout	X	X	
• Failure to land feet first – invalid vault			0.00

Bars: routine on single loop bar.

D Score 3.00 + bonus

- Award swing bonuses as per the diagram.
- Award 0.50 if all requirements are met
- Elements performed in the incorrect order – 0.50 deduction will apply



0.50	Starting in long hang, in regular grip, Fish swings x 2 – arch is first position	
0.50	Trolley swing	
0.50	Swing forward with dish arch kick action, back rounded, Swing backwards, then	All swings must be above horizontal
0.50	Swing forward again with dish arch kick action	
0.50 0.50	Change to front giant swing with hecht action x 2	Execution deductions in addition to FIG: No hecht action shown 0.30 If attempt goes over the top deduct 0.50 extra swing
0.50	Change to front giant swing with hecht action x 2	

0.50 x 2	2 x backward giant through handstand	

Beam: Set exercise with choreography as per excel 1

D Score 3.00 + bonus

- Elements performed in the incorrect order – 0.50 deduction will apply
- Award 0.50 if all requirements are met
- If a substantial section of the set dance is missed – 1.00 deduction will apply
- Award 0.30 if 180° split (leaps and jumps only) with no tolerance is achieved at least once in exercise

Specific artistry deductions

COMPOSITION		ARTISTRY OF PERFORMANCE						
Combination of movements / elements close to beam not flowing	Backward ring prep poorly performed - lack of head release - arms not up - leg not above horizontal	Insufficient artistry of performance throughout the exercise:					Rhythm & Tempo:	
		Insufficient use of body parts in body waves	Insufficient use of body in side dance	Poor body posture (head, shoulders, trunk)	Poor foot work		Insufficient variation in rhythm & tempo in movements (no DV)	Exercise as a series of disconnected elements & movements (lack of fluency)
					Lack of relevés	Poor foot work		
0.1	0.1 / 0.2 / 0.3	0.1	0.1	0.1 / 0.2 / 0.3	0.1 / 0.2 / 0.3	0.1	0.1 / 0.2 / 0.3	0.1

Choreography section is shown in red. Where necessary additional dance can be added if extra steps are required.

Value	Elements (performed in set order)	Penalties
0.50	Jump to clear straddle hold	
Combination close to Beam		
Needle scale lower leg to arabesque		
3 steps in relevé		
0.50	Split handstand hold	
Backward ring prep on flat support foot with both legs straight (missing from video but still required)		
0.50	Split leap	
Dance in relevé		
Body wave		
0.50	Half (180°) spin forward (passé développé), arms above head, finish in relevé then half (180°) turn. In spin preparation, one arm is "soft" forward (same as front foot) and horizontal and the other is out to the side in horizontal	
Sideways dance section recommended to face the judges. To allow for this, gymnasts will be able to dismount from either end of the beam with no penalty.		
Backwards dance steps in relevé		
0.50	Backward walkover finish on flat feet and back leg close to front foot	
0.50	Split jump connect to	Series break in connection 0.50
0.50	straight jump finish in relevé (no arm swing between elements)	Arm swing between elements 0.30
0.50	Cartwheel into	Series break in connection 0.50
0.50	straight jump dismount	

Floor:

D Score 3.00 + bonus

- All elements in an acrobatic series on floor must be completed continuously.
- The handspring to 1 leg step out must be performed with a brief joining of the legs in the flight phase.
- Attempt without performance of an element (e.g., additional hurdle) 0.30 penalty deduction will apply (each time).
- Award 0.30 if 180° split (leaps and jumps only) with no tolerance is achieved at least once in exercise
- Award 0.50 if all elements are met.

Value	Elements (may be performed in any order)	Execution deductions in addition to FIG. Penalties outlined in bold.
0.50	Handspring to 1	Lack of flight in handsprings 0.1/0.3
0.50	Run handspring to 2	No join of legs during handspring to 1 leg 0.3
		Series break in connection 0.50
0.50	Split leap on one leg continuous two steps into	Dance passage not performed as required 0.50
0.50	Split leap on opposite leg (1 arm forward the other to the side)	
0.50	Catleap into	
0.50	Cartwheel	
0.50	1/1 spin	
	On a parallel line 1 metre in front of the judges	Additional step 0.10 each
0.50	Hurdle jump roundoff	Series break in connection 0.50
0.50	Flick	Both hands and both feet on parallel line except for the flick where the hands are shoulder width apart. During the roundoff and flicks, (including its landing) – if both limbs are not touching the line, they will receive a 0.50 penalty each time to a maximum of 2.00
0.50	Flick	

Range & Conditioning:

Ballet & Presentation for Gymnastics Section (as per Excel 1).

Ballet & Presentation for Gymnastics Section

FIG deductions for loss of balance and bent legs are to be applied.

The only other deductions for this section of the exercise are as shown in below table.

This must be completed in its entirety or apply an omission penalty of 1.00 for each section missed to a maximum of 3.00.

ARTISTRY OF PERFORMANCE		
Ballet arms	Ballet arm section: 1st, 2nd, 3rd, 4th, 5th: - Arms not 'soft' - Hips not square	0.1 / 0.2
Leg lift section 1st leg	Front to side: - Poor body posture (hips not square, shoulders not above hips, arms not in 5th) - Knee not facing up & out - Poor footwork (toe not sliding along floor back to 1st position, feet turned in)	0.1 / 0.2 / 0.3
	Side to back: - Poor body posture (hips not square, shoulders not above hips, arms not in 5th) - Knee not facing up & out - Leg not parallel to floor on arabesque - Poor footwork (toe not sliding along floor back to 1st position, feet turned in)	0.1 / 0.2 / 0.3
	Back to arabesque: - Poor body posture (hips not square, shoulders not above hips, arms not in 5th) - Leg not parallel to floor on arabesque - Poor footwork (toe not sliding along floor back to 1st position, feet turned in)	0.1 / 0.2 / 0.3
Leg lift section 2nd leg	Front to side: - Poor body posture (hips not square, shoulders not above hips, arms not in 5th) - Knee not facing up & out - Poor footwork (toe not sliding along floor back to 1st position, feet turned in)	0.1 / 0.2 / 0.3
	Side to back: - Poor body posture (hips not square, shoulders not above hips, arms not in 5th) - Knee not facing up & out - Leg not parallel to floor on arabesque - Poor footwork (toe not sliding along floor back to 1st position, feet turned in)	0.1 / 0.2 / 0.3
	Back to arabesque: - Poor body posture (hips not square, shoulders not above hips, arms not in 5th) - Leg not parallel to floor on arabesque - Poor footwork (toe not sliding along floor back to 1st position, feet turned in)	0.1 / 0.2 / 0.3
Chasse & Relevé	Chasse preps - Poor foot work (feet not pointed, relaxed, not sliding)	0.1 / 0.2
	Relevé $\frac{1}{2}$ turn x 2	0.1

D Score 3.00

Value		Notes
0.50	Pike fold with hands FLAT on floor (fingers facing backwards) – show position	
0.50	Backward roll with straight arms to front support	
0.50	Drag feet in to straddle lever – HOLD 2 seconds	Legs resting on arms – 0.30 Feet below hips – 0.10 / 0.30 Not held 0.30 Not held 2 sec 0.30
0.50	Lift to straddle stand	Feel brushing floor in transition – 0.30 Feet hitting floor in transition – 0.50
0.50	Straddle press to handstand – show position – legs together	Legs apart 0.10 / 0/30 Straddle lift – VM
0.50	Controlled lower to bridge – HOLD 2 seconds	Lack of control – 0.10 / 0.30 Feet / legs apart – 0.10 / 0.30 Not held 2 sec 0.30
0.50	Lift leg to show split bridge and kick through split handstand to stand	Lack of splits: Leg at vertical – no deduction 0 – 20° below vertical – deduct 0.10 20° - 45° below vertical – deduction 0.30 More than 45° below vertical = VM
0.50 + 0.50 + 0.50 + 0.50	Straddle jump into immediate split jump into split jump on other leg into ½ turn jump. Linked but not rebounding. Minimum 135°	Lack of splits: 0 – 20° split missing – deduct 0.10 20° - 45° split missing – deduction 0.30 More than 45° split missing = VM Legs twisted / body alignment – 0.10 / 0.3/ 0.50