



*Making movement matter*

# **National Programme Manual & New Zealand Handbook 2011–2012**

Version 1

MEN'S LEVELS 1-9, SENIOR OPEN

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# GYMSPORTS PURPOSE STATEMENT / MISSION



## Purpose Statement

### Dream

Through movement, GS will lead NZers to do better, feel better, be better

### Beliefs

1. Movement is the foundation for all sports and performing arts
2. We are movement specialists
3. GS offers fun, enjoyment and personal achievement that builds confidence
4. GS develops and enriches lives
5. There is a place for everyone
6. Aspiring to excellence and building winners
7. Pathways to international performance standards
8. Celebrating with pride, all levels of achievement
9. Progress occurs when members do better, more often and in greater numbers
10. The primary access to GS is via clubs

### Focus

Make Movement Matter

### Spirit

Inspiring winning moves

Winners  
Inspirational  
Community  
Courageous  
Fun-loving  
Movers  
Proud  
Passionate

### Greatest Imaginable Challenge

To be recognized as the No.1 NSO



**Mission** *Through movement, GymSports New Zealand will lead Kiwi's to do better, feel better, be better*

**Greatest Challenge** To be recognised as the number 1 NSO in New Zealand

<b>Management of Participation</b>	<b>Management of High Performance</b>	<b>Stakeholder Management</b>	<b>Effectiveness of Gymsports in New Zealand</b>	<b>Internal Capability</b>	<b>Revenue Management</b>
<p><b>Goal 1</b></p> <p><i>More NZer's participate in innovative programs events and experiences</i></p> <p><b>Measurement</b></p> <ol style="list-style-type: none"> <li>1. Increase in recorded membership of 30%</li> <li>2. 50% increase in participation in NZG and club programmes</li> </ol>	<p><b>Goal 2</b></p> <p><i>Achieve excellence in performance nationally and internationally</i></p> <p><b>Measurement</b></p> <ol style="list-style-type: none"> <li>1. One Open World Champ</li> <li>2. 2 aerobics and 2 tramp medals</li> </ol>	<p><b>Goal 3</b></p> <p><i>Establish strong collaborative stakeholder relationships</i></p> <p><b>Measurement</b></p> <ol style="list-style-type: none"> <li>1. 90% of stakeholder rate overall satisfaction at 7 plus</li> </ol>	<p><b>Goal 4</b></p> <p><i>Establish an effective national delivery infrastructure</i></p> <p><b>Measurement</b></p> <ol style="list-style-type: none"> <li>1. 80% of clubs in Club 10 programme</li> <li>2. Effective IMS in place by start of financial year 2007</li> </ol>	<p><b>Goal 5</b></p> <p><i>Enhance capability; develop &amp; effectively manage resources</i></p> <p><b>Measurement</b></p> <ol style="list-style-type: none"> <li>1. 85% of employees rate satisfaction at 80% plus</li> <li>2. Score 650 plus on SPARC Capability Assessment Tool</li> </ol>	<p><b>Goal 6</b></p> <p><i>Develop diverse &amp; sustainable revenue streams to meet the requirements of the organisation</i></p> <p><b>Measurement</b></p> <ol style="list-style-type: none"> <li>1. Increase income to \$2.5m per annum</li> <li>2. 20% of income is from commercial revenues</li> </ol>
<b>Strategic Initiatives for GSNZ nationally</b>					
<p><b>Strategic Initiatives</b></p> <ol style="list-style-type: none"> <li>1.1 Create leading edge pathways and programmes</li> <li>1.2 Facilitate effective promotion of NZG programmes</li> <li>1.3 Vibrant event programme at all levels of GymSports</li> </ol>	<p><b>Strategic Initiatives</b></p> <ol style="list-style-type: none"> <li>2.1 Develop and implement high performance plan</li> <li>2.2 Develop, understand &amp; retain potential youth</li> </ol>	<p><b>Strategic Initiatives</b></p> <ol style="list-style-type: none"> <li>3.1 Create &amp; implement communications plan</li> <li>3.2 Create &amp; implement marketing plan</li> </ol>	<p><b>Strategic Initiatives</b></p> <ol style="list-style-type: none"> <li>4.1 Implement a national plan for infrastructure development</li> <li>4.2 Develop a management information system</li> </ol>	<p><b>Strategic Initiatives</b></p> <ol style="list-style-type: none"> <li>5.1 Complete recommendations of SPARC CAT report</li> <li>5.2 Create NZG as a 'learning organisation'</li> </ol>	<p><b>Strategic Initiatives</b></p> <ol style="list-style-type: none"> <li>6.1 Create &amp; implement fundraising/sponsorship plan</li> <li>6.2 Maintain high level internal commercial role</li> <li>6.3 Develop a strategy to restructure membership levies</li> </ol>

# NATIONAL PROGRAMME STRUCTURE 2011-2012

## Overview

The National Program is designed to:

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

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

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

## Progression

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

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

# 1 GENERAL INFORMATION

## 1.1 Starting Point

Gymnasts wishing to compete in the National Levels programme are advised to start at Level 1 depending on their age (refer to table, page 5). Approval may be given for a gymnast to start at a higher level; such approval should be sought by using the Application for Re- grade form found at the back of this section.

NATIONAL STREAM 2011 – 2012						
Levels		Requirements		Suggested Ages	Suggested Hrs/Week	Suggested Sessions/Week
Open	Senior National Championships	Open	FIG Optionals	17+ yrs	24 – 30 hrs	6 or more
U18		Open	FIG under 18 rules	14-18 yrs	24 – 30 hrs	6 or more
9		Open	Optional routines	16+ yrs	10 – 20 hrs	4 to 6
8		Open	Optional routines	15+ yrs	8 – 15 hrs	3 to 5
7		Open	Optional routines	11+ yrs	8 – 15 hrs	3 to 5
6	Junior National Championships	Open	Compulsory routines	9-14 yrs	6-8 hrs	2 to 3
5		Open	Compulsory routines		4-6 hrs	2 to 3
4		Open	Compulsory routines			
3	Club and Regional Competitions	<ul style="list-style-type: none"> <li>• Open age</li> <li>• Compulsory routines on 6 apparatus</li> <li>• Inter-club team competitions</li> </ul>		7 - 9 yrs	2-4 hrs	1 to 2
2				8-12 yrs	1.5 – 3 hrs	1 to 2
1				6-12 yrs	1-2 hrs	1 to 2

## 1.2 Levels Cards

A record of a gymnast's competition results at a particular level is to be maintained by Clubs on a levels card, available for purchase from Gymsports New Zealand. When a gymnast progresses to a higher level, a new levels card is required.

Following completion of the year's competitions, Clubs should submit *all* level cards to GSNZ by 1 December for collation of gymnast's performance data.

## 1.3 Levels Progression

A gymnast qualifies at a particular level, that is, becomes eligible to progress to the next level by:

- Scoring at least 12.000 on each apparatus at competitions in one calendar year
- and
- Having his levels card sent to GSNZ for verification / signing off.

NOTE: this score requirement applies equally for progression within the introductory levels program (Levels 1 & 2) but need not be satisfied if transferring from any of those levels into the National Levels programme (Level 3 and above).

Progression to the next level following qualification is *not compulsory* unless a gymnast scores;

- Level 4 – 82.000
- Level 5 – 82.000
- Level 6 – 82.000

At the Junior National Championships, in which case he is required to progress to the next level in the next calendar year.

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

## 1.4 Levels Badges

Following qualification at a particular level, a gymnast is eligible to purchase the corresponding levels badge; a levels badge authorization / order form is enclosed when verified levels cards are returned to Clubs.

## 2 GENERAL COMPETITION REQUIREMENTS

### 2.1 Men's Events

In international, national and regional competition the gymnasts rotate from one event to the next event in Olympic order. The order is listed below:  
Floor \ Pommel Horse (or Mushroom) \ Rings \ Vault \ Parallel Bars \ Horizontal Bar

As an alternative to one or six groups, depending on the number of judges and gymnasts, the competition may be conducted with 2 or 3 groups rotating around the first two or three apparatus, before rotation commences on the second group of apparatus.

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

Failure to perform: A gymnast who fails to perform on any one apparatus during the course of a competition will be deemed to have retired. Therefore all gymnasts must signal the Chair Judge if they don't intend to compete on that event.

#### **Floor Exercise**

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

#### **Pommel Horse**

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

#### **Rings**

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

#### **Vault**

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

#### **Parallel Bars**

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

### **Horizontal Bar**

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

## **2.2 Judging Panels**

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

- Levels 0-3 At least 1 judge being one level 1 judge
- Levels 4-6 Panels of 2 judges, minimum level 2b
- Levels 7-9 Panels of 3 judges one must be a level 3A, two of which must be a minimum of level 2b
- Under 18 Panels of 3 judges, minimum 2 judges to be brevet, 1 judge to be level 3b.
- FIG Panels of min 3 judges, minimum 2 judges to be brevet, 1 judge to be min level 3b.

## **2.3 Prior Approval of Judges**

The judging panels (except for Levels 1-3) must be forwarded for approval to the National Judging Co-ordinator 1 week prior to the competition being held.

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

The travel expenses of the Chief Judges and Panel Judges are the responsibility of the competition organizers when judging panels do not meet the above minimum requirements.

## **2.5 Timetabling**

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

## **2.6 Levels Cards**

Gymnasts / coaches should submit their levels cards to either the apparatus judge's panel or the recording table at the start of the competition; they will be returned after the competition with the gymnast's scores duly entered.

## **2.7 Entry Declaration**

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

## **2.8 Reporting**

RSCs / Clubs conducting Levels competitions must forward to NZG a full set of results (incl. start values for Level 3 and above) and a listing of the judging panels used within 7 days of the competition; gymnasts levels cards cannot be verified unless this information is available.

## **2.9 Conflict of Interest**

The parents or guardians or any person who has a direct family relationship of any gymnast shall not officiate as judges on a panel where, amongst the gymnasts competing, is their child or ward. It is clarified that this policy is intended to cover partners in a relationship and those children of either or both parties.

The parents or guardians or any person who has a direct family relationship of any gymnast competing shall not be used as secretary / recorder under the same circumstances.

## 3 RIBBON AWARD SCHEME

### 3.1 Introduction

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

### 3.2 Applicable Levels

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

### 3.3 Applicable Competitions

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

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

### 3.4 Ribbon Awards

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

- Less than 12.000 green
- 12.000 to 12.999 blue
- 13.000 to 14.499 red
- 14.500 plus gold

Thereafter, the gymnast will be awarded additional ribbons if his score on an apparatus improves to a higher score group. e.g. if at his first competition at a given level a gymnast scores 11.000 on an apparatus, he will be awarded a green ribbon; to gain a further ribbon on that apparatus at a subsequent event, he must score at least 12.000.

### **3.5 Ordering**

All materials can be purchased from Gymsports NZ.

## 4 COMPETITION STRUCTURE, RULES AND REQUIREMENTS

### 4.1 National Competitions

#### 4.1.1 Eligibility

Each gymnast must be a registered member of a Club/Organisation that is a member of Gymsports NZ. All coaches must be registered members of a Club/Organisation that is a member of GSNZ. All coaches must be accredited at the level of competence applicable to the level of required coaching (the level of accreditation is as determined from time to time by the MAG SDC).

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

The age division of the gymnast is determined by their age as of 31st December in the year prior to the specific competition in question.

#### 4.1.2 Qualification for Senior National Championships

Levels 7-9 & U18/Senior Open\* - with consideration to the strategy for development and retention of gymnasts in men's artistic gymnastics, there is qualification score set as 64.000 for eligibility to enter in the Senior National Championships.

\*Senior Open however as a selection req of – 64.00 based on 2009 FIG Code of Points and changes thereafter.

#### 4.1.3 Qualification for Junior National Championships

Regions may enter additional individuals and/or teams. There is NO national qualification standard for eligibility to enter. If the number of entries exceeds the maximum number of gymnasts who can be accommodated in the one day competition, a policy will be put in place which will protect the entitlement of each Region to enter one (1) team of 3 or 4 gymnasts in each level and make application for additional entries of individuals and/or teams over and above this entitlement.

#### 4.1.4 Senior National Championships

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

**4.1.5 Junior National Championships**

Region	Level	Age	Team Size	Competition	Awards
"	4	Open	Max 4, 3 scores to count	Comp x 1 Round	Individual All Around, Team
"	5	Open	Max 4, 3 scores to count	Comp x 1 Round	
"	6	Open	Max 4, 3 scores to count	Comp x 1 Round	

**4.1.6 Awards****Team Awards**

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

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

**Individual All Around Champion**

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

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

**Apparatus Champions**

Senior National Championships: The gymnast obtaining the highest score in an apparatus final will be declared the winner. Medals to 1st, 2nd and 3rd apparatus placegetters, certificates to all finalists

Junior National Championships: The gymnast obtaining the highest score in an apparatus final will be declared the winner. Medals to 1st, 2nd and 3rd apparatus placegetters, certificates to all finalists

#### **4.1.7 Apparatus Finals**

The top eight (8) gymnasts from each apparatus in the all around event qualify for apparatus finals subject to the following qualifications statement:

- Qualification is restricted to a maximum of 8 NZ gymnasts plus a maximum of two overseas gymnasts
- Tie breaking rules for qualification will be applied if either of these maxima is exceeded.

Two non-competing reserves will be named who shall be required to prepare to take the place in the draw of named finalists should there be withdrawals more than 30 minutes prior to the commencement of the competition session. If more than 8 gymnasts qualify for the final (overseas and NZ combined), the reserve cannot take the place of a withdrawn finalist.

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

The requirements for apparatus finals will be the same as competition I (team and all around) with no increased difficulty requirements for apparatus finals. For the vault final this includes no change to special requirements or score calculation. To provide an opportunity for MAG Senior International gymnasts to perform under FIG regulations, they may elect to perform two different vaults (either from the same or different groups) in both the team and/or all around and vault apparatus finals. The score of the first performed vault only will count for official results for all championships. Note: This policy shall apply whenever vault finals or vault apparatus competitions are held as a separate event from teams and/or all around championships, that is, Vault Apparatus Competition (selected finalists from a qualifying competition) or Vault Apparatus competition (no qualifying, all gymnasts are eligible to compete).

#### **4.1.8 Individual Apparatus Competitors**

Gymnasts may enter to compete in one or more apparatus at the Senior National Championships; they must compete on their designated apparatus in the all around event to gain qualification for finals under the regulations set out in section 4.1.5.

#### **4.1.9 Compulsory Upgrade**

See 1.5 Levels Progression – section 1.5.2

#### **4.1.10 Proficiency Pins**

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

- Senior National Championships, the level of proficiency will be advised at least one month before the National Championships
- Junior National Championships, the level of proficiency required is an all around score of: 80.000 for all levels

## **4.2 Regrading**

4.2.1 Gymnasts wishing to transfer from the Senior or Junior International Grade to the National stream should apply using the Application for Re-

grade form available off the website. The NZ MAG SDC will determine the appropriate level of competition.

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

4.2.3 Gymnasts who have scored at least 12.000 on each apparatus, and submitted their Levels card To Gymsports NZ but who do not want to progress up a level should apply using the Application for Re-grade form.

## **4.3 Competition Procedures and Behaviours**

### **4.3.1 Gymnasts and Coaches attire**

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

### **4.3.2 Apparatus Warm-up**

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

### **4.3.3 Apparatus**

Failure to remount the apparatus within 30 seconds after a fall shall automatically terminate the exercise.

### **4.3.4 Competition Floor Area**

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

### **4.3.5 Coaches Behaviour**

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

### **4.3.6 Gymnast Behaviour**

Coaches are responsible for the conduct of their gymnasts. Any gymnast who fails to obey instructions of competition officials or displays poor temperament or unsportsmanlike conduct (words or gesture) shall be penalised in accordance with the Code of Points. In cases of serious misconduct they will be disqualified. Refer to Behaviour Policy section (4.3.6) below.

### **4.3.7 Behaviour Policy and Penalties**

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

#### 4.3.8 Penalties

For competitions/championships, if the appropriate penalty to be applied is not specified in the Code of Points or Technical Manual then this policy shall apply:

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

- **Penalty** for unapproved absence from the competition floor –For ALL breaches, the penalty will be DISQUALIFICATION from the competition.
- **Penalty** for late appearance after the green light/flag – the respective Code of Points penalties shall apply Gymnasts, Coaches, Regional/Club Officials or unauthorized persons may not talk to “active” judges during competition
- **Penalty** for gymnast talking to “active” judges during competition – 0.50 penalty taken from the gymnast’s Individual All Around score, followed by 2nd violation of 1.000 Ded and removal from the competition.
- **Penalty** for coaches, regional/club official or unauthorised persons talking to “active” judges during competition –for a first breach a warning will be issued and a 0.50 penalty taken from the gymnast’s Individual All Around score and/or the Team score, as applicable. For subsequent breaches the person shall be excluded/removed from the remainder of the competition. Unauthorised persons are not permitted on the competition floor. With the exception of the accredited persons, no regional/club officials, coaches, photographers, video operators or parents/guardians/caregivers are allowed on the competition floor.
- **Penalty** for unauthorised persons on the competition floor – for a first breach the person shall be requested to leave the competition floor, a warning will be issued and a 0.50 penalty taken from the gymnast’s Individual All Around score and/or the Team score, as applicable. For subsequent breaches the gymnast or team (which ever is applicable) shall be DISQUALIFIED.

Definition – the competition floor shall also apply to the warmup area with regards to the Unauthorised Persons penalty.

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

#### 4.3.9 Protests and Complaints

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

A fee of \$20.00 shall be lodged with the jury before the protest is heard. If the protest is successful, 50% of the lodgement fee (\$10) will be refunded. Protests must state clearly and concisely the case for the gymnast in question and must be submitted within 15 minutes of the completion of that apparatus.

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

## 4.4 Publicity and Sponsorship Regulations

### 4.4.1 Competition Numbers

A block of competition numbers will be allocated by GymSports NZ to each RSC. The allocation of numbers and annual reporting of such allocations is the responsibility of the RSC. It is recommended that a gymnast retain the same number for the duration of his competitive involvement; numbers can be reallocated following retirement.

Competition numbers shall be allocated to all registered competitive gymnasts.

The competition numbers shall be submitted on entry forms for all regional/club and national competitions. The competition number shall be stated on the official competition results reports.

MAG gymnasts are required to wear their allocated competition number at all regional/club and national competitions. The penalty for incorrect attire shall apply for the non-wearing of a competition number.

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

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

It is compulsory for MAG Levels 3-9, Senior Open gymnasts to wear competition numbers, 0.3 deduction will apply to gymnasts not having a competition number from the final score.

### 4.4.2 Advertising, Emblems and Manufacturers' Logos on competition attire and competition venue signage.

The regulations for the dimensions and positioning are defined in the FIG Rules for Advertising and Publicity; these rules are available from NZG or an RSC.

## 5 APPARATUS HEIGHTS AND EQUIPMENT REQUIREMENTS

For all National Competitions – nearest height will be accepted.

Level	Pommel	Rings	Vault	P Bars	H/Bar
1	80 cm	Min setting	-	Min setting	Min setting
2	90 cm	200 cm	105 cm	130 cm	160 -200 cm
3	90 cm	200 cm	-	180 cm	160 -200 cm
4	90 cm	225 cm	-	180 cm	160 -200 cm
5	90 cm	225 cm	-	180 cm	220 -250 cm
6	90 cm	225 cm	110 cm	180 cm	220 -250 cm
7	90 cm	260 cm	120 cm	180 cm	260 cm
8	105 cm	260 cm	125 cm	180 cm	260 cm
9	105 cm	260 cm	135 cm	180 cm	260 cm
Open	All apparatus as per FIG Code of Points				
Mats	100 mm	200 mm	200 mm	200 mm	200 mm

### Exceptional Circumstances

In exceptional circumstances, gymnasts / coaches must request the heights of equipment to be modified, by writing to the Sport Management Committee at least 1 month prior to a National event. For State and Invitational events, the request should be forwarded to the State Technical Director or Competition Director. Gymnasts and Coaches must take care to ensure that they prepare on equipment which is set at the correct heights (i.e. As set above) as to avoid potential problems at competitions.

## 6 NATIONAL COMPETITION FORMAT AND TEAM SIZES

<b>Rings / Horizontal Bar</b>	Where a gymnast's stature is tall, he may request that blocks be used to raise the height of the Rings and/or Horizontal Bar as per the FIG Code of Points.
<b>Parallel Bar</b>	Must not be raised higher than the FIG specified Height unless exceptional circumstances apply. For competitions up to and including Level 6, extended goosenecks should be used if available. If they are not available then coaches are encouraged to stand in to spot the gymnast if required. In this situation a gymnast who is supported in the performance of an inverted upper arm skill will not be penalized.
<b>Pommel Horse</b>	Where a gymnast's stature is small, he may use a beat board or additional mats to assist his mount to pommel horse.
<b>Mushroom</b>	Top diameter - 60 cm and Height - 70 cm
<b>Vault</b>	Minimum vault table height and requirements. Any variation upwards for the team will be accepted (without disadvantaging any gymnast, it is hoped that coaches will endeavour to limit the vault changes to a maximum of 2 levels per team).
<b>Additional Mats</b>	One crash/single mat can be placed at each end for Horizontal Bar and one crash/single mat can be placed at each other apparatus. One additional single mat may be used on Floor (although it cannot be moved during the routine).
<b>Beatboards / Springboards</b>	FIG approved: If teams require their own 'beat boards', they may be brought to the venue, but must be approved by the Competition Director / NTD. Additional Beatboards must be made available to all other teams at all sessions.

### Gymsports New Zealand MAG Sport Development Committee

Chair	Gareth Brettell
Levels Coordinator	Stuart Albury
Judging Coordinator	Gareth Brettell
Junior Development	Gavin Snowsill
Coaching Development	Toby Levine
Athetes' Representative	Daniel Good
Events and Tours	Jacqui Godfrey

# **MAG Levels 1-6 National Program Manual**

## **2011-2012**



*Making movement matter*

## 7 COMPULSORY EXERCISES LEVEL 1-6

### National Program Structure: Levels 1–6

#### OVERVIEW OF LEVELS 1-6

Levels 1–6 of the National Program are designed to:

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

The skills set down in Levels 1 through to Level 6 are the minimum requirements. They are set to provide a basic standard of progression, but they should in no way restrain coaches from including supplementary training and skills.

#### PROGRESSION THROUGH LEVELS 1-6

Gymnasts may enter the competitive stream in Level 1, 2, or 3. Approval is required to start a gymnast at a higher level.

Levels	Rules & Requirements	Culminating Competition
1-3	"2011-12 MAG Levels 1-6 National Program Manual"	No culminating competition. Gymnast may compete in club and regional competitions.
4-6	"2011-12 MAG Levels 1-6 National Program Manual"	GSNZ National Championships ( <i>minimum age: 9 years</i> )
7+	"2011-2012 National Program Manual & NZ Handbook"	GSNZ National Championships

The skills required in Levels 1-6 are the basic building blocks for upper level gymnastics: any skills or sequences that are ignored, avoided, or skipped can prevent a gymnast from succeeding in the future. In addition, growth spurts and other biological factors may warrant or require additional time at a particular level. A gymnast is ready to progress to the next level when (a) he has scored the minimum competency score for the previous level, (b) he can physically and mentally

handle the skills and sequences required in the next level's routines, and (c) when he has met any supplementary requirements set down by his coach and club. Gymnasts are not required to advance to the next level unless they have scored the compulsory upgrade score.

### **2011-2012 UPGRADING OF LEVELS 1-6**

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

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

As a result, some gymnasts may find the new Levels more difficult than the old corresponding Level (e.g. – the 2011 Level 5 routines may be more difficult for some gymnasts than the 2009 Level 5 routines were). Gymnasts may need to repeat a specific level if coaches feel they are not ready for a step up. **We encourage coaches to make use of the dispensation process to ensure every gymnast is competing at the appropriate level.**

However from 2011 onwards there will be in place compulsory upgrade scores as set out below for level 4 to 5 , level 5 to 6 and then for a gymnast to move from level 6 to 7 (for this move dispensation may be granted due to age of a level 6 gymnast).

Dispensation requests need to be sent to the SDC as soon as practicable prior to the beginning of the next competition season. Note: dispensation will not be granted once a gymnast has competed in a level from 2011 onwards.

Compulsory upgrade scores as below achieved at the National Championships.

- Level 4 82.000
- Level 5 82.000
- Level 6 82.000

## Scoring: Levels 1-6

### FINAL SCORE = D SCORE (5.0 base) + E SCORE (out of 10.0) + NEUTRAL DEDUCTIONS

The Final Score for any Level 1-6 routine will be the sum of the "D" Score + the "E" Score less Neutral Deductions.

- The D Score reflects the content ("difficulty") of the routine, and for Levels 1-6 will have a base of 5.0. Any bonus skills will be added to the base. Any omitted/unrecognized/added skills will incur a penalty to be subtracted from the base.
- The E Score reflects the skill presentation and technique ("execution"), and for Levels 1-6 will be out of a 10.0.

Therefore, a perfectly executed routine with all the required skills but without any bonus would have a final score of 15.0 (5.0 D score + 10.0 E score).

### D SCORE CALCULATION - BONUS

The base D Score for all Level 1-6 routines is 5.0. Bonus is in addition to the 5.0 base D Score.

#### Bonus available to be added to D Score

Level	Base D Score	Available Bonus	Maximum D Score Possible
Levels 1 & 2	5.0	No bonus available	<b>5.0</b>
Level 3 & 4	5.0	One bonus skill available in each routine (except vault). The one bonus skill is worth 0.5. <i>Note: Some Level 4 routines have two bonus options. Both may be performed but only one may receive the 0.5</i>	<b>5.5</b>
Levels 5 & 6	5.0	Two bonus skills available. Each one is worth 0.5	<b>6.0</b>

## D SCORE CALCULATION - PENALTIES

Any omitted, unrecognized, or added skills are penalties to be subtracted from the D score, in addition to any execution deduction from the E score. The minimum D score is 0.

### Penalties to be subtracted from D Score

Penalty	Amount To Be Subtracted	Description
Omission of skill(s)	Per occurrence (+ execution deductions)	<p>Omission includes deliberate or accidental omission. The omission penalty <u>does not apply</u> if the skill is performed out of order, if the skill is clearly shown but not held (in the case of skills to be held), or if skills in a sequence are not connected.</p> <ul style="list-style-type: none"> <li>• <i>Example #1: Gymnast performs RO stop Flic stop Back Salto includes all three required elements for Level 6, albeit it with major execution errors. No omission penalty.</i></li> <li>• <i>Example #2: RO-flic-fall without a back salto at all would incur the 1.0 omission penalty for Level 6 in addition to execution errors.</i></li> <li>• <i>Example #3: Gymnast attempts swing handstand ½ turn dismount in Level 6 p-bars; swings to handstand, falls, remounts and swings again to handstand and dismounts correctly. Gymnast has performed the required element, albeit with major execution errors. No omission penalty.</i></li> </ul>
Non-recognition of skill(s)	Per occurrence (+ execution deductions)	<p>An element will not be recognized if it is so altered in performance as to become a different skill. The non-recognition penalty <u>does not apply</u> to skills clearly attempted that end in a fall.</p> <ul style="list-style-type: none"> <li>• <i>Example #1: Gymnast performs backward roll to handstand, gets stuck in the handstand, arches, and rolls back down. Gymnast has clearly performed the backward roll to the handstand, albeit with major execution errors. No non-recognition penalty.</i></li> <li>• <i>Example #2: Gymnast attempts front salto on floor, trips during take-off, and lands on his back. Gymnast has not clearly performed the front salto and the non-recognition penalty would apply.</i></li> </ul>
Added skills	0.5 per occurrence (+ execution deductions)	Any added skill incurs a 0.5 penalty. The added skill penalty <u>does not apply</u> to added swings or to any added skills necessary to resume a routine after a fall. (These exceptions, however, are still subject to execution error deductions.)
Coaching	0.3 (penalty may only be taken once per routine)	Speaking, signaling or otherwise communicating with the gymnast during the exercise. The coaching penalty <u>does not apply</u> if the gymnast has fallen and has not yet remounted the apparatus.

A gymnast should not attempt a routine in competition if he would be subject to multiple omission or non-recognition

penalties. If a routine ends early due to injury or illness, the minimum D score is 0.

## E SCORE CALCULATION

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

### Common execution deductions

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

Touching apparatus or floor	0.3
Hitting apparatus or floor	0.5
Falling on apparatus or floor	1.0

Landing: minor unsteadiness or arm swings	0.1
Landing: loss of balance	0.1 small step or hop 0.3 large step or hop 0.3 touching with hand(s) 0.5 support with hand(s)
Landing: legs apart	0.1 ≤ shoulder width 0.3 > shoulder width
Landing: fall (feet first)	1.0
Landing: fall without feet hitting mat first	1.0 (+ non-recognition penalty from D score)

Lack of height or amplitude on salto/flight skills	0.1	0.3
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Adjust or correct hand or grip position	0.1 each time
Walking in handstand	0.1 each step
Unsteadiness in handstand	0.1
Big disturbance in handstand	0.3

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

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

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

## Floor – Major Skill Progression Chart

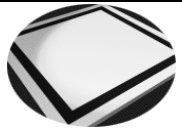
NOTE – This chart is for reference only. Bonus skills are in parentheses. Please refer to individual level routines for specific skill descriptions.

Level 2 - Floor	Level 3 – Floor	Level 4 – Floor	Level 5 – Floor	Level 6 - Floor	Developing For Level 7 - Floor
cartwheel	⇒ cartwheel x2 <i>(cartwheel-RO)</i>	⇒ round off <i>(RO-flic)</i>	⇒ RO flic <i>(RO flic tuck)</i>	⇒ RO flic tuck <i>(RO flic layout)</i>	⇒ RO flic layout RO flic full RO side somi or arabian
forward roll	⇒ HS forward roll	⇒ punch dive roll	⇒ punch dive roll	⇒ punch fwd salto tuck	⇒ punch fwd salto layout
bridge	⇒ bridge	⇒ handspring rebound, roll to headspring <i>(handspring stepout handspring rebound)</i>	⇒ handspring step-out handspring rebound <i>(handspring flyspring rebound)</i>	⇒ handspring flyspring rebound <i>(handspring front tuck)</i>	⇒ handspring front tuck handspring front layout
	⇒ middle split, press to pike stand	⇒ forward split press to straddle stand, jump to handstand	⇒ split press to momentary handstand	⇒ split press to handstand hold	⇒ split press handstand
	⇒ straight arm bkwd roll to straddle stand	⇒ straight arm bkwd roll to pike stand	⇒ straight arm bkwd roll to front support	⇒ straight arm bkwd roll to handstand	⇒ bkwd roll to handstand blind ½ turn

## Floor – Level 1

No Bonus available

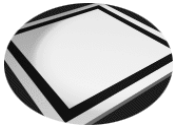
No required Floor pattern

	(1)	(2)	(3)	(4)	(5)
Required Elements	<b>Forward Roll to Tuck Handstand</b>	<b>Forward Roll to L Sit Hold</b>	<b>Pike Sit Hold</b>	<b>Dish Hold</b>	<b>Shoulder Stand to Straight Jump</b>
Technical Description	From stand, raise arms up sideways to vertical position. Tuck forward roll to squat position. Place hands on floor and jump to tuck handstand position. Lower back to squat.	Forward roll to L sit (hold 2 sec).	With arms still overhead place chest on knees (hold 2 sec).	Roll back to dish hold with arms above head (hold 2 sec).	Place hands on floor beside hips, roll backward to momentary shoulder stand (candle position). Roll forward to vertical straight jump.
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Forward roll</li> <li>• Distinct tuck position (0.1, 0.3, 0.5)</li> <li>• Legs together (0.1, 0.3, 0.5)</li> <li>• Tuck handstand</li> <li>• Straight arms (0.1, 0.3, 0.5)</li> <li>• Momentary tuck HS (not shown = 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Distinct tuck position (0.1, 0.3, 0.5)</li> <li>• Legs together (0.1, 0.3, 0.5)</li> <li>• L sit with arms vertical and open chest (0.1, 0.3, 0.5)</li> <li>• Hold two seconds (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Chest on knees (0.1, 0.3, 0.5)</li> <li>• Hold two seconds (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Dish with lower back on floor and hips extending (0.1, 0.3, 0.5)</li> <li>• Hold two seconds (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Full extension in candle position (0.1, 0.3, 0.5)</li> <li>• Amplitude of jump (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

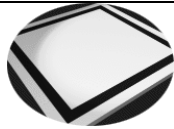
## Floor – Level 2

No Bonus available

No required Floor pattern

	(1)	(2)	(3)	(4)
<b>Required Elements</b>	<b>Forward Cartwheel to Sideways Straddle Stand</b>	<b>Backward Roll to Squat Stand</b>	<b>Shoulder Stand Hold</b>	<b>Bridge Hold</b>
<b>Technical Description</b>	Raise arms forward to vertical position. Kick leg, move through forward lunge to cartwheel to sideways straddle stand. From sideways straddle stand, step backward with ¼ turn inward to bring feet together to stand.	Tucked backward roll to squat position.	From squat position, roll backward to shoulder stand (candle position) keeping arms flat to the floor (hold 2 sec).	Lower to backward lying position and circle arms backward to extended position. Place hands under shoulders and push to bridge position (hold 2 sec).
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Direction of cartwheel (0.1, 0.3, 0.5)</li> <li>• Open hips in cartwheel (pike down = 0.1, 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Distinct tuck position (0.1, 0.3, 0.5)</li> <li>• Legs together (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Full extension in candle position (0.1, 0.3, 0.5)</li> <li>• Hold two seconds (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• In bridge:</li> <li>• Feet together (0.1, 0.3, 0.5)</li> <li>• Hands shoulder width or closer (0.1, 0.3, 0.5)</li> <li>• Shoulders minimum vertical over hands (0.1, 0.3, 0.5)</li> <li>• Straight knees and arms (0.1, 0.3, 0.5)</li> </ul>

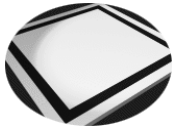
## Floor – Level 2, continued

	(5)	(6)	(7)
<b>Required Elements</b>	<b>Dish, Arch</b>	<b>Two Press Ups</b>	<b>Straight Arm Forward Roll Straight Jump</b>
<b>Technical Description</b>	From bridge, lie on back with arms extended overhead. Lift to momentary dish position, roll 180° sideways to momentary arch position, arms still extended.	Press to momentary front support position, then 2x press up, finishing in front support	From front support jump feet to squad stand. Tucked forward roll with straight arms and vertical straight jump to stand.
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Dish with lower back on floor and hips extending (0.1, 0.3, 0.5)</li> <li>• Tight arch with heels together (0.1, 0.3, 0.5)</li> <li>• Arms above head by ears throughout dish and arch (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Elbow bend minimum 90° during press-ups (0.1, 0.3, 0.5)</li> <li>• Maintain body line during press-ups (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arm forward roll (0.1, 0.3, 0.5)</li> <li>• Amplitude of jump (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>


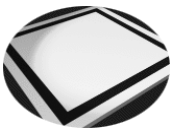
## Floor – Level 3

One Bonus available, worth 0.5

No required Floor pattern

	(1)	(1) BONUS	(2)	(3)
Required Elements	<b>Forward Cartwheel to Side Cartwheel ¼ In</b>	<b>* Forward Cartwheel to Round Off Rebound *</b>	<b>Straight Arm Backward Roll to Straddle Stand Hold</b>	<b>Forward Roll Through Shoulder Stand</b>
Technical Description	Raise arms forward to vertical position. Kick leg forward, move through lunge to cartwheel to immediate cartwheel with 1/4 turn inward bringing feet together to stand. <i>Note: ¼ turn occurs during cartwheel, not as step after.</i>	Raise arms forward to vertical position. Kick leg forward, move through lunge to cartwheel to immediate round off rebound to stand	Straight arm backward roll to straddle stand. In straddle stand, lift trunk until chest and arms are at horizontal (hold 2 sec).	Forward roll through shoulder stand (candle position) to seated L.
 <b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)	<ul style="list-style-type: none"> <li>• Direction of first cartwheel (0.1, 0.3, 0.5)</li> <li>• Open hips in first cartwheel (pike down = 0.1, 0.3)</li> <li>• Direction of second cartwheel (0.1, 0.3, 0.5)</li> <li>• Open hips in second cartwheel (pike down = 0.1, 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Direction of cartwheel (0.1, 0.3, 0.5)</li> <li>• Open hips in cartwheel (pike down = 0.1, 0.3)</li> <li>• Acceleration in round off (0.1, 0.3, 0.5)</li> <li>• Direction of round off (0.1, 0.3, 0.5)</li> <li>• Amplitude of rebound (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms in roll (0.1, 0.3, 0.5)</li> <li>• Straight legs in roll (0.1, 0.3, 0.5)</li> <li>• Straddle stand with two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Full extension in candle position (0.1, 0.3, 0.5)</li> <li>• Momentary L sit with arms vertical and open chest (0.1, 0.3, 0.5)</li> </ul>

Floor – Level 3, continued


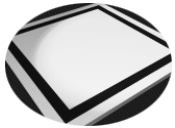
	(4)	(5)	(6)	(7)
<b>Required Elements</b>	<b>Bridge</b>	<b>Middle Split, Press to Pike Stand</b>	<b>Scale</b>	<b>Kick Handstand Straight Arm Forward Roll, Straight Jump</b>
<p><b>Technical Description</b></p> 	<p>From seated L, lie on back and push to bridge. From bridge, lie on back with arms extended overhead. Roll 180° sideways to stomach and press to front support.</p> <p><i>Note: Either straight body roll or dish to arch roll is acceptable.</i></p>	<p>From front support, circle one leg forward while turning body 90° to finish in middle split, hold 2 sec. Press to pike stand. Stand up.</p>	<p>Step forward to lunge, stand onto forward leg and raise back leg into scale, hold 2 sec. (Back leg horizontal or higher.) Swing back leg forward and turn 90° to stand.</p>	<p>Step forward through lunge, kick to momentary handstand, straight arm forward roll to vertical straight jump.</p>
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• In bridge:</li> <li>• Feet together (0.1, 0.3, 0.5)</li> <li>• Hands shoulder width or closer (0.1, 0.3, 0.5)</li> <li>• Shoulders minimum vertical over hands (0.1, 0.3, 0.5)</li> <li>• Straight knees and arms (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• 180° Splits (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> <li>• Straight arms in press to pike stand (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Raised leg horizontal or higher (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight body handstand (0.1, 0.3, 0.5)</li> <li>• Straight arm forward roll (0.1, 0.3, 0.5)</li> <li>• Amplitude of jump (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

## Floor – Level 4


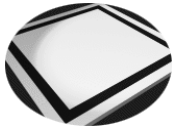
One Bonus Available, Worth 0.5

Choose From Either "(1)" Or "(7)" (no penalty for performing both bonuses)


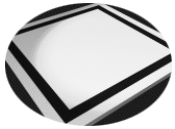
Floor pattern may be reversed

	(1)	(1) BONUS	(2)
<b>Required Elements</b>	<b>Front Handspring Rebound Forward Roll Headspring</b>	<b>* Front Handspring Step Out Front Handspring Rebound *</b>	<b>Straight Arm Backward Roll to Pike Stand</b>
<b>Technical Description</b> 	(Starting near corner A, facing corner D.) Raise arms to vertical, lower to side, run, handspring rebound and land. Forward roll immediate headspring to stand with arms vertical.	Raise arms to vertical, lower to side, run, handspring step out immediate handspring rebound and land.	Squat or pike sit into straight arm, straight leg backward roll to pike stand. Stand up.
 <b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)	<ul style="list-style-type: none"> <li>• Stretched body shapes through handspring (0.1, 0.3, 0.5)</li> <li>• Amplitude of rebound (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> <li>• Headspring with extended hips and shoulders (0.1, 0.3, 0.5)</li> <li>• Arms above head by ears (vertical) through second half of headspring and landing (0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Acceleration though series (0.1, 0.3, 0.5)</li> <li>• Stretched body shapes through handspring step out (0.1, 0.3, 0.5)</li> <li>• Stretched body shapes through handspring (0.1, 0.3, 0.5)</li> <li>• Amplitude of rebound (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms in backward roll (0.1, 0.3, 0.5)</li> <li>• Straight legs in backward roll (0.1, 0.3, 0.5)</li> </ul>

## Floor – Level 4, continued

	(3)	(4)	(5)
<b>Required Elements</b>	<b>Forward Split</b>	<b>Split Press to Pike Stand, Jump to Handstand Straight Arm Forward Roll</b>	<b>Stretch Dive Roll</b>
<b>Technical Description</b> 	Fall to prone position with one leg raised. From prone, circle leg forward to forward split, hold 2 sec.	Press from split with straight arms to pike stand. From pike stand keeping hands on floor, squat and jump with straight arms and legs through straddle to momentary handstand, straight arm forward roll.	Optional transition to face down side of floor (from corner D to corner B). Run punch stretch dive roll.
 <b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)	<ul style="list-style-type: none"> <li>• Legs minimum 90° apart in fall to prone (0.1, 0.3, 0.5)</li> <li>• 180° Splits (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms in press to pike stand (0.1, 0.3, 0.5)</li> <li>• Straight arms in jump to handstand (0.1, 0.3, 0.5)</li> <li>• Straights legs in jump to handstand (0.1, 0.3, 0.5)</li> <li>• Straight body handstand (0.1, 0.3, 0.5)</li> <li>• Straight arm forward roll (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Vertical take-off for dive roll; minimum amplitude of shoulder height (0.1, 0.3)</li> <li>• Distinct stretch position (0.1, 0.3, 0.5)</li> <li>• Smooth roll to stand (0.1, 0.3, 0.5)</li> </ul>


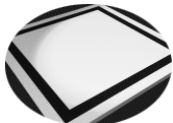
## Floor – Level 4, continued

	(6)	(7)	(7) BONUS
Required Elements	Scale	Round Off Rebound	* Round Off Flic Flac Rebound *
<b>Technical Description</b> 	Step forward to lunge, stand onto forward leg and raise back leg into scale, hold 2 sec. (Back leg horizontal or higher.) Optional transition to face diagonal (corner B to corner C).	Run, hurdle round off rebound to stand.	Run, hurdle round off, flic flac, rebound to stand.
 <b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)	<ul style="list-style-type: none"> <li>• Raised leg horizontal or higher (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Acceleration in round off (0.1, 0.3, 0.5)</li> <li>• Direction of round off (0.1, 0.3, 0.5)</li> <li>• Amplitude of rebound (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>	<ul style="list-style-type: none"> <li>• Acceleration though series (0.1, 0.3, 0.5)</li> <li>• Stretched body shapes through flic (0.1, 0.3, 0.5)</li> <li>• Amplitude of rebound (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>


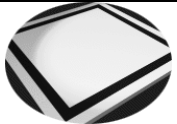
## Floor – Level 5

Two Bonuses available, each worth 0.5


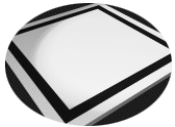
Floor pattern may be reversed

	(1)	(1) BONUS	(2)
<b>Required Elements</b>	<b>Handspring Step Out Handspring Rebound</b>	<b>* Handspring Flyspring Rebound *</b>	<b>Jump ½ Turn, Straight Arm Backward Roll to Front Support</b>
<b>Technical Description</b> 	(Starting near corner A, facing corner D.) Raise arms to vertical, lower to side, run, handspring step out immediate handspring rebound and land.	Raise arms to vertical, lower to side, run, handspring immediate flyspring rebound and land.	Jump 1/2 turn. Squat or pike sit into straight arm, straight leg backward roll through dish position to front support.
 <b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)	<ul style="list-style-type: none"> <li>• Acceleration though series (0.1, 0.3, 0.5)</li> <li>• Stretched body shapes through handspring step out (0.1, 0.3, 0.5)</li> <li>• Stretched body shapes through handspring (0.1, 0.3, 0.5)</li> <li>• Amplitude of rebound (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>	<ul style="list-style-type: none"> <li>• Acceleration though series (0.1, 0.3, 0.5)</li> <li>• Stretched body shapes through handspring (0.1, 0.3, 0.5)</li> <li>• Stretched body shapes through flyspring (0.1, 0.3, 0.5)</li> <li>• Amplitude of rebound (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>	<ul style="list-style-type: none"> <li>• Precise jump ½ turn (incomplete twist = 0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing after jump (see landing deductions)</li> <li>• Straight arms in backward roll (0.1, 0.3, 0.5)</li> <li>• Straight legs in backward roll (0.1, 0.3, 0.5)</li> <li>• Backward roll through dish to front support position (0.1, 0.3, 0.5)</li> </ul>

## Floor – Level 5, continued

	(3)	(4)	(5)
<b>Required Elements</b>	<b>Forward or Side Split</b>	<b>From Split, Press to Handstand</b>	<b>Stretch Dive Roll</b>
<b>Technical Description</b> 	From front support, circle leg forward to forward or side split, hold 2 sec.	Press from split with straight arms to momentary handstand, step down.	Optional transition to face down side of floor (from corner D to corner B). Run punch stretch dive roll.
 <b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)	<ul style="list-style-type: none"> <li>• 180° Splits (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms in press (0.1, 0.3, 0.5)</li> <li>• Straight body handstand (0.1, 0.3, 0.5)</li> <li>• Controlled step down from HS (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Vertical take-off for dive roll; minimum amplitude of shoulder height (0.1, 0.3)</li> <li>• Distinct stretch position (0.1, 0.3, 0.5)</li> <li>• Smooth roll to stand (0.1, 0.3, 0.5)</li> </ul>


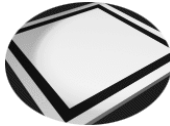
## Floor – Level 5, continued

	(6)	(7)	(7) BONUS
<b>Required Elements</b>	<b>Scale</b>	<b>Round Off Flic Flac Rebound</b>	<b>* Round Off Flic Flac Salto Bkwd Tucked *</b>
<b>Technical Description</b> 	Step forward to lunge, stand onto forward leg and raise back leg into scale, hold 2 sec. (Back leg horizontal or higher.) Optional transition to face diagonal (corner B to corner C).	Run, hurdle round off, flic flac, rebound to stand.	Run, hurdle round off, flic flac, salto backward tucked to stand.
 <b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)	<ul style="list-style-type: none"> <li>• Raised leg horizontal or higher (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Acceleration though series (0.1, 0.3, 0.5)</li> <li>• Stretched body shapes through flic (0.1, 0.3, 0.5)</li> <li>• Amplitude of rebound (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>	<ul style="list-style-type: none"> <li>• Acceleration though series (0.1, 0.3, 0.5)</li> <li>• Stretched body shapes through flic (0.1, 0.3, 0.5)</li> <li>• Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3)</li> <li>• Distinct tuck position in salto; minimum 90° bend at hips and knees (0.1, 0.3, 0.5)</li> <li>• Extension of body prior to landing (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>


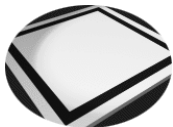
## Floor – Level 6

Two Bonuses available, each worth 0.5


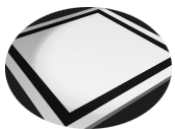
Floor pattern may be reversed

	(1)	(1) BONUS	(2)
<b>Required Elements</b>	<b>Handspring Flyerspring Rebound</b>	<b>* Handspring Salto Forward Tucked *</b>	<b>Jump ½ Turn Straight Arm Backward Roll to Handstand, Lower Down</b>
<b>Technical Description</b> 	(Starting near corner A, facing corner D.) Raise arms to vertical, lower to side, run, handspring immediate flyerspring rebound and land.	Raise arms to vertical lower to side, run, handspring to immediate salto forward tucked to stand.	Jump 1/2 turn. Squat or pike sit into straight arm, straight leg backward roll through handstand, then optional lower. (May lower directly into forward or side split.)
 <b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)	<ul style="list-style-type: none"> <li>• Acceleration though series (0.1, 0.3, 0.5)</li> <li>• Stretched body shapes through handspring (0.1, 0.3, 0.5)</li> <li>• Stretched body shapes through flyerspring (0.1, 0.3, 0.5)</li> <li>• Amplitude of rebound (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>	<ul style="list-style-type: none"> <li>• Acceleration though series (0.1, 0.3, 0.5)</li> <li>• Stretched body shapes through handspring (0.1, 0.3, 0.5)</li> <li>• Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3)</li> <li>• Distinct tuck position in salto; minimum 90° bend at hips and knees (0.1, 0.3, 0.5)</li> <li>• Extension of body prior to landing (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>	<ul style="list-style-type: none"> <li>• Precise jump ½ turn (incomplete twist = 0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing after jump (see landing deductions)</li> <li>• Straight arms in backward roll to HS (0.1, 0.3, 0.5)</li> <li>• Straight legs in backward roll to HS (0.1, 0.3, 0.5)</li> <li>• Backward roll through HS (0.1, 0.3, 0.5)</li> <li>• Straight body handstand (0.1, 0.3, 0.5)</li> <li>• Controlled lower from HS (0.1, 0.3, 0.5)</li> </ul>

## Floor – Level 6, continued

	(3)	(4)	(5)
<b>Required Elements</b>	<b>Forward or Side Split</b>	<b>Split Press to Handstand Hold Pike Down</b>	<b>Salto Forward Tucked</b>
<b>Technical Description</b> 	Forward or side split, hold 2 sec.	Press from splits with straight arms to handstand, hold 2 sec., pike down, and stand.	Optional transition to face down side of floor (from corner D to corner B). Run punch salto forward tucked.
 <b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)	<ul style="list-style-type: none"> <li>• 180° Splits (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms in press (0.1, 0.3, 0.5)</li> <li>• Straight body handstand (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> <li>• Controlled lower from HS (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3)</li> <li>• Distinct tuck position in salto; minimum 90° bend at hips and knees (0.1, 0.3, 0.5)</li> <li>• Extension of body prior to landing (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

## Floor – Level 6, continued

	(6)	(7)	(7) BONUS
<b>Required Elements</b>	<b>Scale</b>	<b>Round Off Flic Flac Salto Backward Tucked</b>	<b>* Round Off Flic Flac Salto Backward Stretched *</b>
<b>Technical Description</b> 	Step forward to lunge, stand onto forward leg and raise back leg into scale, hold 2 sec. (Back leg horizontal or higher.) Optional transition to face diagonal (corner B to corner C).	Run, hurdle round off, flic flac, salto backward tucked to stand.	Run, hurdle round off, flic flac, salto backward stretched (layout) to stand. <i>Note: No bonus awarded if more than 45° pike in hips. Credit as tuck, with appropriate "Distinct tuck position" deductions.</i>
 <b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)	<ul style="list-style-type: none"> <li>• Raised leg horizontal or higher (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Acceleration though series (0.1, 0.3, 0.5)</li> <li>• Stretched body shapes through flic (0.1, 0.3, 0.5)</li> <li>• Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3)</li> <li>• Distinct tuck position in salto; minimum 90° bend at hips and knees (0.1, 0.3, 0.5)</li> <li>• Extension of body prior to landing (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>	<ul style="list-style-type: none"> <li>• Acceleration though series (0.1, 0.3, 0.5)</li> <li>• Stretched body shapes through flic (0.1, 0.3, 0.5)</li> <li>• Distinct stretch position in salto (0.1, 0.3, 0.5)</li> <li>• Vertical take-off for salto; minimum amplitude of salto head height (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

## Pommel Horse – Major Skill Progression Chart

NOTE – This chart is for reference only. Please refer to individual level routines for specific skill descriptions and requirements.

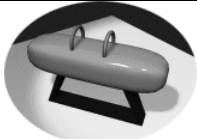
Level 2 - Pommels	Level 3 – Pommels	Level 4 – Pommels	Level 5 – Pommels	Level 6 - Pommels	Developing For Level 7 - Pommels					
5 ½ circles on floor	⇒	5 circles on mushroom	⇒	10 circles on mushroom	⇒	1 Circles <i>(2 Circles)</i>	⇒	2 Circles <i>(4 Circles)</i>	⇒	Czech Side Travel
						1 Loops <i>(2 Loops)</i>	⇒	2 Loops <i>(4 Loops)</i>	⇒	Loops
						False Scissors Stride Swings	⇒	R Scissor L Scissor	⇒	B (value) Scissor
						Flank Dismount	⇒	Flank Dismount	⇒	½ Wende Swing Dismount

## Pommel Horse – Level 1

To be performed on Pommel Horse

No bonus available

Order of left and right legs can be reversed


	(1)	(2)	(3)	(4)	(5)
<b>Required Elements</b>	<b>Front Support on Pommel Handles</b>	<b>Stride Support Left Leg</b>	<b>Front Support</b>	<b>Stride Support Right Leg</b>	<b>90° Flank Dismount</b>
<b>Technical Description</b>	Place hands on handles, jump to momentary front support.	Tuck left leg through to momentary stride support.	Tuck left leg back to front momentary support.	Tuck right leg through to momentary stride support.	Swing left leg over left handle, releasing left hand to perform 90° turn to dismount (flank dismount).
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>Extended body during jump (0.1, 0.3, 0.5)</li> <li>Straight arms (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Maintaining tucking leg clear of pommel horse (Touching = 0.3) (Hitting = 0.5) (Fall On = 1.0)</li> <li>Straight arms (0.1, 0.3, 0.5)</li> <li>Finish in straight body (vertical chest) stride support (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Maintaining tucking leg clear of pommel horse (Touching = 0.3) (Hitting = 0.5) (Fall On = 1.0)</li> <li>Straight arms (0.1, 0.3, 0.5)</li> <li>Finish in straight body support (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Maintaining tucking leg clear of pommel horse (Touching = 0.3) (Hitting = 0.5) (Fall On = 1.0)</li> <li>Straight arms (0.1, 0.3, 0.5)</li> <li>Finish in straight body (vertical chest) stride support (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Straight arms (0.1, 0.3, 0.5)</li> <li>Straight leg (0.1, 0.3, 0.5)</li> <li>Longitudinal landing direction (accurate 90° turn) (0.1, 0.3, 0.5)</li> <li>Release pommel with hand to finish (0.5)</li> </ul>

## Pommel Horse – Level 2

To be performed on vinyl mat

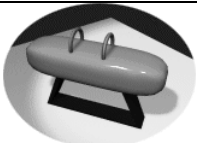
No bonus available

Circle direction can be reversed in its entirety

	(1)	(2)
<b>Required Elements</b>	<b>5x Half Circles on Floor to Rear Support</b>	<b>Stand and Finish</b>
<b>Technical Description</b>	<p>From stand, squat to front support position. Step left leg to left, then in a circular motion, swing left leg to the right and join legs together, both legs continue sliding in half circle to rear support position. (No deduction for initiating half circle with both legs together with a small hop in place of step.)</p> <p>From rear support, lift one arm and turn sideways on other arm, with a straight body, to finish in front support.</p> <p>Repeat to complete 5 half circles.</p> <p><u>Note:</u> socks may be worn so feet can slide on mat (no deduction for feet brushing floor).</p>	From front support, push to squat and stand.
 <p style="text-align: center;"><b>Points of Emphasis and Corresponding Deductions if Not Performed</b></p> <p style="text-align: center;">(Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Extended hips (0.1, 0.3, 0.5)</li> <li>• Straight line from shoulders to toes (0.1, 0.3, 0.5)</li> <li>• Each half circle finishes in strong (straight) rear support (0.1, 0.3, 0.5)</li> <li>• Incomplete half circle. (0.1, 0.3, 0.5)</li> <li>• Smooth transition from rear support to front support (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

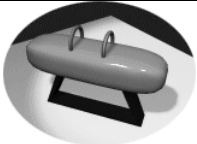
## Pommel Horse – Level 3

To be performed on Mushroom  
One bonus available, worth 0.5

	(1)	(1) BONUS	(2)
Required Elements	<b>5 Circles, Stops Allowed Between Circles</b>	<b>* 5 Consecutive Circles *</b>	<b>Dismount to Stand</b>
Technical Description	<p>From stand, jump to five double leg circles. Stop allowed in between circles.</p> <p><u>NOTE</u> 0.5 deduction each time gymnast stops between circles without showing support of the 2nd hand. deduction for a fall without control each time, i.e. falling off part way through circle or fall onto or off the apparatus. 0.5 deduction for each extra circle. 1.0 deduction for each missing circle.</p>	<p>From stand, jump to five consecutive double leg circles.</p>	<p>After fifth circle, dismount at back of circle to stand.</p>
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Extended hips (0.1, 0.3, 0.5)</li> <li>• Square shoulders and hips (0.1, 0.3, 0.5)</li> <li>• Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Extended hips (0.1, 0.3, 0.5)</li> <li>• Square shoulders and hips (0.1, 0.3, 0.5)</li> <li>• Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

## Pommel Horse – Level 4

To be performed on Mushroom  
One bonus available, worth 0.5

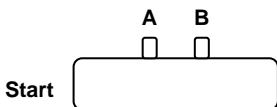
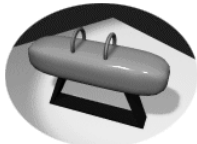
	(1)	(1) BONUS	(2)
Required Elements	<b>10 Circles, One Stop Allowed Between Circles</b>	<b>* 10 Consecutive Circles *</b>	<b>Dismount To Stand</b>
Technical Description	<p>From stand, jump to ten double leg circles. One stop allowed in between circles.</p> <p><b>NOTE</b> 0.5 deduction if the one allowed stop between circles does not show support of the second hand. deduction for any other fall (including additional stops or any instance of falling off part way through circles). 0.5 deduction for each extra circle. 1.0 deduction for each missing circle.</p>	<p>From stand, jump to ten consecutive double leg circles.</p>	<p>After tenth circle, dismount at back of circle to stand.</p>
<div style="text-align: center;">  <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p> </div>	<ul style="list-style-type: none"> <li>• Extended hips (0.1, 0.3, 0.5)</li> <li>• Square shoulders and hips (0.1, 0.3, 0.5)</li> <li>• Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Extended hips (0.1, 0.3, 0.5)</li> <li>• Square shoulders and hips (0.1, 0.3, 0.5)</li> <li>• Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

## Pommel Horse – Level 5


To be performed on the Pommel Horse

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

Two bonuses available, each worth 0.5

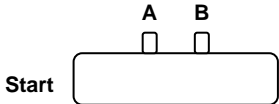

	(1)	(1) BONUS	(2)	(3)
<b>Required Elements</b>	<b>Forward Loop, ¼ Turn to Front Support Sideways</b>	<b>* Two Forward Loops, ¼ Turn to Front Support Sideways *</b>	<b>Right Leg Cut to Saddle With ½ Turn</b>	<b>Right and Left Leg Cuts Forward and Backward</b>
<b>Technical Description</b>  <div style="text-align: center;">  </div>	Facing the end of the horse, jump to one double leg circle in cross support (= forward loop) and ¼ turn to front support sideways with left hand on the leather and right hand on pommel A.	Facing the end of the horse, jump to two double leg circles in cross support (= forward loops) and ¼ turn to front support sideways with left hand on the leather and right hand on pommel A.	Swing right leg up over pommel B and turn 180° bringing left hand up to the pommel B (in stride support facing opposite direction).	Right leg cuts forward over pommel A, left leg cuts backward over pommel B, and right leg cuts backward over pommel A.
 <b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual.	<ul style="list-style-type: none"> <li>Extended hips (0.1, 0.3, 0.5)</li> <li>Square shoulders and hips (0.1, 0.3, 0.5)</li> <li>Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Extended hips (0.1, 0.3, 0.5)</li> <li>Square shoulders and hips (0.1, 0.3, 0.5)</li> <li>Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Straight arms (0.1, 0.3, 0.5)</li> <li>Maintaining body clear of pommel horse (Touching = 0.3) (Hitting = 0.5) (Fall On = 1.0)</li> <li>Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Foot on the cutting leg at shoulder height at the peak of each swing (0.1, 0.3, 0.5)</li> <li>Open hips throughout (0.1, 0.3, 0.5)</li> <li>Minimum 45° straddle throughout (0.3)</li> <li>Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>

## POMMEL HORSE – Level 5, continued

	(4)	(5)	(6)	(6) BONUS
Required Elements	<b>Left Leg False Scissor and Stride Swing</b>	<b>Right Leg False Scissor and Stride Swing</b>	<b>Feint, Swing to 1 Circle, Flank Dismount</b>	<b>* Feint, Swing to 2 Circles, Flank Dismount *</b>
Technical Description	Left leg cuts over Pommel B. Both legs swing up to right in stride support, and left leg cuts back over Pommel A (false scissor). Left leg cuts over Pommel B. Both legs swing up to right in stride support then swing back to the left (stride swing), and left leg cuts back over Pommel B.	Right leg cuts over Pommel A. Both legs swing up to left in stride support, and right leg cuts back over Pommel B (false scissor). Right leg cuts over Pommel A. Both legs swing up to left in stride support then swing back to the right (stride swing), and right leg cuts back over Pommel A.	Keeping hands on pommels, swing left leg over end of pommel horse and ¼ turn to feint position. (Pick-up circle allowed.) Swing left leg back to join right leg at front support to one double leg circle. Continue with another ¼ circle into dismount over pommel horse (flank dismount), pushing off pommel with hand to stand.	Keeping hands on pommels, swing left leg over end of pommel horse and ¼ turn to feint position. (Pick-up circle allowed.) Swing left leg back to join right leg at front support to two double leg circles. Continue with another ¼ circle into dismount over pommel horse (flank dismount), pushing off pommel with hand to stand.
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual.)</p>	<ul style="list-style-type: none"> <li>• <u>Minimum height of scissor</u>: Hip of top leg above supporting elbow at peak of swing</li> <li>• <u>Minimum height of stride</u>: back foot at shoulder height at the peak of swing (0.1, 0.3, 0.5)</li> <li>• Open hips throughout (0.1, 0.3, 0.5)</li> <li>• Minimum 45° straddle throughout (0.3)</li> <li>• Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Minimum height of scissor</u>: Hip of top leg above supporting elbow at peak of swing</li> <li>• <u>Minimum height of stride</u>: back foot at shoulder height at the peak of swing (0.1, 0.3, 0.5)</li> <li>• Open hips throughout (0.1, 0.3, 0.5)</li> <li>• Minimum 45° straddle throughout (0.3)</li> <li>• Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Extended hips (0.1, 0.3, 0.5)</li> <li>• Square shoulders and hips (0.1, 0.3, 0.5)</li> <li>• Longitudinal landing direction (precise turn in flank dismount) (0.1, 0.3, 0.5)</li> <li>• Release pommel with hand to finish (0.5)</li> <li>• Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Extended hips (0.1, 0.3, 0.5)</li> <li>• Square shoulders and hips (0.1, 0.3, 0.5)</li> <li>• Longitudinal landing direction (precise turn in flank dismount) (0.1, 0.3)</li> <li>• Release pommel with hand to finish (0.5)</li> <li>• Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>

## Pommel Horse – Level 6

To be performed on the Pommel Horse  
 Routine may be reversed in its entirety (for clockwise circles)  
 Two bonuses available, each worth 0.5

	(1)	(1) BONUS	(2)	(3)
<b>Required Elements</b>	<b>Two Forward Loops, ¼ Turn to Front Support Sideways</b>	<b>* Four Forward Loops, ¼ Turn to Front Support Sideways *</b>	<b>Right Leg Cut to Saddle With ½ Turn</b>	<b>Right and Left Leg Cuts Forward and Backward</b>
<b>Technical Description</b>  <div style="text-align: center;">  </div>	Facing the end of the horse, jump to two double leg circles in cross support (= two forward loops) and ¼ turn to front support sideways with left hand on the leather and right hand on pommel A.	Facing the end of the horse, jump to four double leg circles in cross support (= four forward loops) and ¼ turn to front support sideways with left hand on the leather and right hand on pommel A.	Swing right leg up over pommel B and turn 180° bringing left hand up to the pommel B (in stride support facing opposite direction).	Right leg cuts forward over pommel A, left leg cuts backward over pommel B, and right leg cuts backward over pommel A.
 <b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual.	<ul style="list-style-type: none"> <li>Extended hips (0.1, 0.3, 0.5)</li> <li>Square shoulders and hips (0.1, 0.3, 0.5)</li> <li>Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Extended hips (0.1, 0.3, 0.5)</li> <li>Square shoulders and hips (0.1, 0.3, 0.5)</li> <li>Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Straight arms (0.1, 0.3, 0.5)</li> <li>Maintaining body clear of pommel horse (Touching = 0.3) (Hitting = 0.5) (Fall On = 1.0)</li> <li>Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Foot on the cutting leg at shoulder height at the peak of each swing (0.1, 0.3, 0.5)</li> <li>Open hips throughout (0.1, 0.3, 0.5)</li> <li>Minimum 45° straddle throughout (0.3)</li> <li>Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>

## POMMEL HORSE – Level 6, continued

	(4)	(5)	(6)	(6) BONUS
Required Elements	<b>Scissor to the Right</b>	<b>Scissor to the Left, Left Leg False Scissor</b>	<b>Feint, Swing to 2 Circles, Flank Dismount</b>	<b>* Feint, Swing to 4 Circles, Flank Dismount *</b>
Technical Description	Left leg cut over pommel B, both legs continue to swing up to right and scissor over pommel A.	Swing back to the left, and scissor over pommel B. Swing to right in stride support, and left leg cuts back over pommel A (false scissor).	Keeping hands on pommels, swing left leg over end of pommel horse and ¼ turn to feint position. (Pick-up circle allowed.) Swing left leg back to join right leg at front support to two double leg circles. Continue with another ¼ circle into dismount over pommel horse (flank dismount), pushing off pommel with hand to stand.	Keeping hands on pommels, swing left leg over end of pommel horse and ¼ turn to feint position. (Pick-up circle allowed.) Swing left leg back to join right leg at front support to four double leg circles. Continue with another ¼ circle into dismount over pommel horse (flank dismount), pushing off pommel with hand to stand.
Points of Emphasis and Corresponding Deductions if Not Performed (Refer also to common deductions in Scoring section of this manual.)	<ul style="list-style-type: none"> <li>Hip of top leg above supporting elbow at peak of swing (0.1, 0.3, 0.5)</li> <li>Open hips throughout (0.1, 0.3, 0.5)</li> <li>Minimum 45° straddle throughout (0.3)</li> <li>Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Hip of top leg above supporting elbow at peak of swing (0.1, 0.3, 0.5)</li> <li>Open hips throughout (0.1, 0.3, 0.5)</li> <li>Minimum 45° straddle throughout (0.3)</li> <li>Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Extended hips (0.1, 0.3, 0.5)</li> <li>Square shoulders and hips (0.1, 0.3, 0.5)</li> <li>Longitudinal landing direction (precise turn in flank dismount) (0.1, 0.3, 0.5)</li> <li>Release pommel with hand to finish (0.5)</li> <li>Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Extended hips (0.1, 0.3, 0.5)</li> <li>Square shoulders and hips (0.1, 0.3, 0.5)</li> <li>Longitudinal landing direction (precise turn in flank dismount) (0.1, 0.3)</li> <li>Release pommel with hand to finish (0.5)</li> <li>Smooth rhythm (0.1, 0.3, 0.5)</li> </ul>

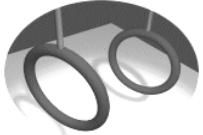
## Rings – Major Skill Progression Chart

NOTE – This chart is for reference only. Please refer to individual level routines for specific skill descriptions and requirements.

Level 2 – Rings	Level 3 – Rings	Level 4 – Rings	Level 5 – Rings	Level 6 – Rings	Developing For Level 7 – Rings						
2 long hand swings to 45° below horiz.	⇒	2 long hang swings to 30° below horiz.	⇒	2 long hang swings to horiz.	⇒	muscle up assisted ( <i>muscle up</i> )	⇒	muscle up to L ( <i>back uprise to L</i> )	⇒	back uprise to straddle L	
		⇒	<i>(momentary straddle lever)</i>	⇒	<i>(straddle lever hold)</i>	⇒	straddle lever hold	⇒	back lever or muscle up back lever		
				⇒	press shoulder stand	⇒	press shoulder stand ( <i>press handstand</i> )	⇒	press handstand		
2 long hand swings to 45° below horiz.	⇒	2 long hang swings to 30° below horiz.	⇒	swing to inlocate	⇒	cast to inlocate dislocate	⇒	cast to inlocate 1 or 2 dislocates	⇒	inlocates & dislocates	
		⇒	dismount on back swing ( <i>tuck salto dismount</i> )	⇒	tuck salto dismount	⇒	tuck salto dismount	⇒	layout salto dismount	⇒	double salto or layout full twist dismount


## Rings – Level 1

No Bonus available

	(1)	(2)	(3)	(4)
<b>Required Elements</b>	<b>Tuck Hang Hold, Momentary L Hang</b>	<b>Long Hang Swing</b>	<b>Long Hang Swing</b>	<b>Dismount</b>
<b>Technical Description</b>	From straight arm hang, lift knees to tuck position (hold 2 sec). Straighten legs to momentary hang in L position.	Long hang swing (backward, forward) Both sides of swing must reach min. 30° from lower vertical (60° below horizontal).	Long hang swing (backward, forward) Both sides of swing must reach min. 30° from lower vertical (60° below horizontal).	Swing backward, dismount to stand. Swing must reach min. 30° from lower vertical (60° below horizontal).
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Distinct tuck position with knees to chest (0.1, 0.3, 0.5)</li> <li>• Two second hold for tuck position (not held = 0.3)</li> <li>• Distinct L position with legs at horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Body minimum 60° below horiz. in each swing (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Body minimum 60° below horiz. in each swing (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Body minimum 60° below horiz. (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>


## Rings – Level 2

No Bonus available

	(1)	(2)	(3)	(4)	(5)
<b>Required Elements</b>	<b>Chin Up, Inverted Hang Hold</b>	<b>Piked Inverted Hang Hold, L Hang Hold</b>	<b>Long Hang Swing</b>	<b>Long Hang Swing</b>	<b>Dismount</b>
<b>Technical Description</b>	From <u>straight arm</u> hang, pull upward until head is between rings (chin up). Lift legs through tuck or pike position to stretched inverted hang (hold 2 sec).	Lower legs to piked inverted hang (hold 2 sec). Lower to a straight arm hang in L position (hold 2 sec).	Long hang swing (backward, forward) Both sides of swing must reach min. 45° from lower vertical.	Long hang swing (backward, forward) Both sides of swing must reach min. 45° from lower vertical.	Swing backward, dismount to stand. Swing must reach min. 45° from lower vertical.
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Straight arm hang (0.1, 0.3, 0.5)</li> <li>• Head min. height between the rings (0.1, 0.3, 0.5)</li> <li>• Straight, inverted vertical body (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Distinct pike position with head on knees (0.1, 0.3, 0.5)</li> <li>• Two second hold for inverted hang (not held = 0.3)</li> <li>• Distinct L position with legs at horizontal (0.1, 0.3, 0.5)</li> <li>• Two second hold for L position (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Body minimum 45° below horiz. in each swing (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Body minimum 45° below horiz. in each swing (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Body minimum 45° below horiz. (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

## Rings – Level 3

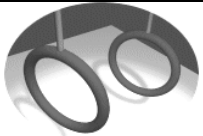
One Bonus available, worth 0.5

	(1)	(2)	(3)	(4)	(4) BONUS
<b>Required Elements</b>	<b>Inverted Hang Hold</b>	<b>Dorsal Hang</b>	<b>Cast to 2 Long Hang Swings</b>	<b>Dismount</b>	<b>* Salto Backward Tucked Dismount *</b>
<b>Technical Description</b>	From <u>straight arm</u> hang, pull with bent arms. Lift legs through pike position to stretched inverted hang (hold 2 sec). <i>Note: no deduction if performed with straight arms.</i>	Lower legs through piked inverted hang and continue backward to a dorsal hang (hold 2 sec). Pull back to piked inverted hang.	From piked inverted hang, cast to two long hang swings (backward, forward, backward, forward). Swings must reach min. 60° from lower vertical (30° below horizontal).	Swing backward (= third backward swing) dismount to stand. Swing must reach min. 60° from lower vertical (30° below horizontal).	On third swing forward, salto backward tucked dismount to stand. Hips must reach ring height in salto.
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Straight arm hang (0.1, 0.3, 0.5)</li> <li>• Straight, vertical body (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Controlled lower to dorsal hang (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Body minimum 30° below horizontal in each swing (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Body minimum 30° below horizontal (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>	<ul style="list-style-type: none"> <li>• Minimum amplitude of salto: hips bottom of ring height (0.1, 0.3)</li> <li>• Distinct tuck position in salto; minimum 90° bend at hips &amp; knees (0.1, 0.3, 0.5)</li> <li>• Extension of body prior to landing (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>


## Rings – Level 4

One Bonus available, worth 0.5

Choose from either "(2)" or "(4)" (no penalty for performing both bonuses)


	(1)	(2)	(2) BONUS	(3)
<b>Required Elements</b>	<b>Inverted Hang Hold</b>	<b>Dorsal Hang Hold</b>	<b>* Momentary Straddle Back Lever, Dorsal Hang Hold *</b>	<b>Cast to 2 Basic Long Swings</b>
<b>Technical Description</b>	<p>From <u>straight arm</u> hang, pull with bent arms. Lift legs through pike position to stretched inverted hang (hold 2 sec).</p> <p><i>Note: no deduction if performed with straight arms.</i></p>	<p>Lower legs through piked inverted hang and continue backward to a dorsal hang (hold 2 sec). Pull back to piked inverted hang.</p>	<p><u>Either</u> lower with straight body and straddled legs directly to momentary straddle back lever position, <u>or</u> lower to pike inverted hang and open into momentary straddle back lever. Continue backward to a dorsal hang (hold 2 sec). Pull back to piked inverted hang.</p>	<p>From piked inverted hang, cast to two long hang swings (backward, forward, backward, forward). Body line (from shoulders to hips) must reach minimum horizontal in swings</p>
 <p style="text-align: center;"><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Straight arm hang (0.1, 0.3, 0.5)</li> <li>• Straight, vertical body (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Controlled lower to dorsal hang (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight, horizontal body in momentary straddle lever (0.1, 0.3, 0.5)</li> <li>• Controlled lower to dorsal hang (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Hips ring height in cast (0.1, 0.3, 0.5)</li> <li>• Body minimum of horizontal in each swing (0.1, 0.3, 0.5)</li> </ul>

## RINGS – Level 4, continued


	(4)	(4) BONUS	(5)	(6)
<b>Required Elements</b>	<b>Stretched Inlocate</b>	<b>* Stretched Inlocate with Continuous Heel Lead and No Hesitation *</b>	<b>1½ Basic Long Swings</b>	<b>Salto Backward Tucked Dismount</b>
<b>Technical Description</b>	On third backward swing, inlocate with stretched body. <i>Note: deductions will apply for piking (not leading with heels) and for hesitations during inlocate.</i>	On third backward swing, inlocate with stretched body, with continuous heel lead and no hesitation.	One and a half long hang swings (backward, forward, backward). Swings must reach min. horizontal. <i>Note: Begin counting swings with backward swing out of inlocate.</i>	Swing forward into salto backward tucked dismount to stand. Hips must reach ring height in salto.
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Straight body throughout inlocate (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight body throughout inlocate (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Body minimum of horizontal in each swing (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Minimum amplitude of salto: hips bottom of ring height (0.1, 0.3)</li> <li>• Distinct tuck position in salto; minimum 90° bend at hips and knees (0.1, 0.3, 0.5)</li> <li>• Extension of body prior to landing (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

## Rings – Level 5

Two Bonuses available, worth 0.5 each


	(1)	(1) BONUS	(2)	(3)
<b>Required Elements</b>	<b>Muscle Up to Support With Assistance</b>	<b>* Muscle Up to Support *</b>	<b>L Sit Hold</b>	<b>Press to Shoulder Stand Hold</b>
<b>Technical Description</b>	From <u>straight arm</u> hang, muscle up to support with the assistance of a coach (show support position clearly).	From <u>straight arm</u> hang, muscle up to support without the assistance of a coach (show support position clearly).	Raise legs to L sit (hold 2 sec).	Press with bent arms through pike to shoulder stand (hold 2 sec).
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Straight arm hang (0.1, 0.3, 0.5)</li> <li>• Continuous motion with even pull on both arms (0.1, 0.3, 0.5)</li> <li>• Straight body muscle up (0.1, 0.3, 0.5)</li> <li>• Arms straight in support position (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arm hang (0.1, 0.3, 0.5)</li> <li>• Continuous motion with even pull on both arms (0.1, 0.3, 0.5)</li> <li>• Straight body muscle up (0.1, 0.3, 0.5)</li> <li>• Arms straight before raising legs to L sit (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Two second hold (not held = 0.3)</li> <li>• Rings turned out during L (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Smooth rhythm in press (0.1, 0.3, 0.5)</li> <li>• Arms clear of straps during shoulder stand (support on straps = 0.1, 0.3, 0.5)</li> <li>• Straight, vertical body (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>

## RINGS – Level 5, continued


	(4)	(4) BONUS	(5)	(6)	(7)
Required Elements	Dorsal Hang	* Straddle Back Lever Hold, Dorsal Hang *	Stretched Inlocate	1½ Long Hang Swings, Stretched Dislocate	Salto Backward Tucked Dismount
Technical Description	From shoulder stand slow controlled roll backward through piked inverted hang into dorsal hang. Pull back to piked inverted hang.	From shoulder stand, slow controlled roll backward to straddle back lever, hold 2 sec. (Must be held 2 sec for bonus.) <i>Two options for lever:</i> <i>(a) From straight body inverted hang, straddle legs and lower to directly to straddle back lever position</i> <i>(b) From pike inverted hang, open into straddle back lever.</i> Continue backward to a dorsal hang. Pull back to piked inverted hang.	From piked inverted hang, cast to stretched inlocate.	One and a half long hang swings (backward, forward, backward). Swing forward into stretched dislocate.	Swing forward out of dislocate into salto backward tucked dismount to stand. Hips must reach ring height in salto.
 <b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)	<ul style="list-style-type: none"> <li>Controlled roll backwards (0.1, 0.3, 0.5)</li> <li>Controlled lower to dorsal hang (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Controlled roll backwards (0.1, 0.3, 0.5)</li> <li>Straight, horizontal body in straddle lever (0.1, 0.3, 0.5)</li> <li>Two second hold (not held = no bonus)</li> <li>Controlled lower to dorsal hang (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Hips ring height in cast (0.1, 0.3, 0.5)</li> <li>Straight body throughout inlocate (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Hips minimum of bottom of ring height in each swing (0.1, 0.3, 0.5)</li> <li>Shoulders minimum of bottom of ring height in each dislocate (0.1, 0.3, 0.5)</li> <li>Smooth continuous rhythm in dislocates (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Minimum amplitude of salto: hips bottom of ring height (0.1, 0.3)</li> <li>Distinct tuck position in salto; minimum 90° bend at hips and knees (0.1, 0.3, 0.5)</li> <li>Extension of body prior to landing (0.1, 0.3)</li> <li>Controlled, stuck landing (see landing deductions)</li> </ul>

## Rings – Level 6

Two Bonuses available, worth 0.5 each

	(1)	(1) BONUS	(2)	(2) BONUS
Required Elements	<b>Muscle Up To Support L Sit Hold</b>	<b>* Back Uprise to Support L Sit Hold *</b>	<b>Press to Shoulder Stand Hold</b>	<b>* Press to Handstand Hold *</b>
Technical Description	From straight arm hang, muscle up to support (show support position clearly). Raise legs to L sit (hold 2 sec).	Pull with bent arms, and lift piked or straight body to inverted hang. Cast to back uprise to support with straight arms. Raise legs to L sit (hold 2 sec).	Press with bent arms through pike to shoulder stand (hold 2 sec).	Any press to handstand (hold 2 sec). Once handstand position is reached, gymnast may use feet on inside of cables for support. No bonus if cables used in press action. The gymnast may lower back to shoulder stand by pressing the feet on the inside of the cables or may back roll from handstand.
 <b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)	<ul style="list-style-type: none"> <li>• Straight arm hang (0.1, 0.3, 0.5)</li> <li>• Continuous motion with even pull on both arms (0.1, 0.3)</li> <li>• Straight body muscle up (0.1, 0.3, 0.5)</li> <li>• Arms straight before raising legs to L sit (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> <li>• Rings turn out during L (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Hips ring height in cast (0.1, 0.3, 0.5)</li> <li>• Hips ring height in back uprise (0.1, 0.3, 0.5)</li> <li>• Straight arm uprise (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> <li>• Rings turned out during L (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Smooth rhythm in press (0.1, 0.3, 0.5)</li> <li>• Arms clear of straps during shoulder stand (support on straps = 0.1, 0.3, 0.5)</li> <li>• Straight, vertical body (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Smooth rhythm in press (0.1, 0.3, 0.5)</li> <li>• Feet clear of straps during press. (if straps = no bonus.)</li> <li>• Arms clear of straps during press and handstand (support on straps = 0.1, 0.3, 0.5)</li> <li>• Straight, vertical body (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>

## RINGS – Level 6, continued

	(3)	(4)	(5)	(6)
Required Elements	<b>Straddle Back Lever Hold, Dorsal Hang</b>	<b>Stretched Inlocate</b>	<b>1 or 2 Stretched Dislocates</b>	<b>Salto Backward Stretched Dismount</b>
Technical Description	<p>From shoulder stand, slow controlled roll backward to straddle back lever, hold 2 sec.</p> <p><i>Two options for lowering to lever:</i></p> <p>(a) <i>From straight body inverted hang, straddle legs and lower directly to straddle back lever</i></p> <p>(b) <i>From pike inverted hang, open into straddle back lever.</i></p> <p>Continue backward to dorsal hang. Pull back to piked inverted hang.</p>	<p>From piked inverted hang, cast to stretched inlocate.</p>	<p>Out of inlocate, swing backward, then swing forward into one or two dislocates.</p>	<p>Swing forward out of dislocate into salto backward stretched dismount to stand. Hips must reach ring height in salto.</p>
 <b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)	<ul style="list-style-type: none"> <li>Controlled roll backwards (0.1, 0.3, 0.5)</li> <li>Straight, horizontal body in straddle lever (0.1, 0.3, 0.5)</li> <li>Two second hold (not held = 0.3)</li> <li>Controlled lower to dorsal hang (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Hips ring height in cast (0.1, 0.3, 0.5)</li> <li>Shoulders minimum of bottom of ring height in inlocate (0.1, 0.3, 0.5)</li> <li>Straight body throughout inlocate (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Shoulders minimum of bottom of ring height in backward swing (0.1, 0.3, 0.5)</li> <li>Shoulders minimum of bottom of ring height in each dislocate (0.1, 0.3, 0.5)</li> <li>Smooth continuous rhythm in dislocates (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Minimum amplitude of salto: hips bottom of ring height (0.1, 0.3)</li> <li>Distinct stretch position in salto (0.1, 0.3, 0.5)</li> <li>Controlled, stuck landing (see landing deductions)</li> </ul>

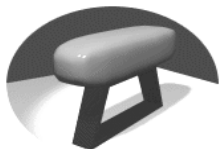
## Vault – Major Skill Progression Chart

NOTE – This chart is for reference only. Please refer to individual level routines for specific skill descriptions and requirements.

Level 2 – Rings	Level 3 – Rings	Level 4 – Rings	Level 5 – Rings	Level 6 – Rings	Developing For Level 7 – Rings
Dive Roll	→ Front Tuck	→ Front Layout	→ Handspring	→ Handspring	→ Handspring front tuck or Tsukahara

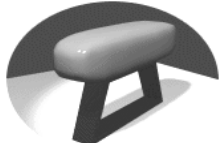
## Vault – Level 1

No Bonus available

Required Element	Straight Jump		
<b>Technical Description</b>	<p><u>Vault:</u> Maximum 10 meter run, hurdle onto beat board, straight jump to land up on 60 cm matting.</p> <p><u>Arms:</u></p> <ul style="list-style-type: none"> <li>• Under arm swing approach</li> <li>• Arms lift above head (to vertical) during straight jump</li> <li>• Arms between horizontal and 45° above horizontal on landing.</li> </ul> <p><u>Height:</u> Feet hip height during straight jump.</p>		
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b></p> <p>(Refer also to common deductions in Scoring section of this manual)</p>	Approach Phase	Skill Phase	Landing
	<ul style="list-style-type: none"> <li>• Under arm action on board (0.1, 0.3, 0.5)</li> <li>• Chest upright on board for vertical take-off (no piking) (0.1, 0.3, 0.5)</li> <li>• Two foot take-off from board (0.3)</li> <li>• Extended legs from board (0.1, 0.3, 0.5)</li> <li>• Arms moving upward on take-off. (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Distinct stretch position (0.1, 0.3, 0.5)</li> <li>• Feet hip height (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Extension of body prior to landing (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>


## Vault – Level 2

No Bonus available

Required Element	Stretched Dive Roll		
<b>Technical Description</b>	<p><u>Vault:</u> Run, hurdle onto beat board, stretched dive roll over 90 cm (stacking) boxes to finish on inclined soft landing mat (min. of 30 cm).</p> <p><u>Arms:</u></p> <ul style="list-style-type: none"> <li>• Under arm swing approach</li> <li>• Arms lift during take-off</li> </ul> <p><u>Height:</u> Dive roll must reach above head height.</p>		
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b></p> <p>(Refer also to common deductions in Scoring section of this manual)</p>	Approach Phase	Skill Phase	Landing
	<ul style="list-style-type: none"> <li>• Under arm action on board (0.1, 0.3, 0.5)</li> <li>• Chest upright on board for vertical take-off (no piking) (0.1, 0.3, 0.5)</li> <li>• Extended legs from board (0.1, 0.3, 0.5)</li> <li>• Arms moving upward on take-off. (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Distinct stretch position (0.1, 0.3, 0.5)</li> <li>• Above head height (At head height = 0.1) (Below shoulder height = 0.3) (Below chest height = 0.5) (Below hip height = 1.0)</li> </ul>	<ul style="list-style-type: none"> <li>• Smooth roll to stand (0.1, 0.3, 0.5)</li> <li>• Controlled landing (see landing deductions)</li> </ul>

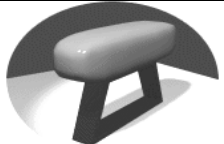
## Vault – Level 3

No Bonus available

Required Element	Salto Forward Tucked		
<b>Technical Description</b>	<p><u>Vault:</u> Run, hurdle onto beat board, salto forward tucked to land on soft landing mat (minimum of 30 cm) with 1 meter distance marking.</p> <p><u>Arms:</u></p> <ul style="list-style-type: none"> <li>• Under arm swing approach</li> <li>• Arms lift during take-off</li> </ul> <p><u>Height:</u> Salto must reach above head height.</p> <p><u>Distance:</u> Salto must travel minimum 1 meter.</p> <p><u>Landing:</u> Salto must show preparation (opening) prior to landing.</p>		
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b></p> <p>(Refer also to common deductions in Scoring section of this manual)</p>	Approach Phase	Skill Phase	Landing
	<ul style="list-style-type: none"> <li>• Under arm action on board (0.1, 0.3, 0.5)</li> <li>• Chest upright on board (no piking) (0.1, 0.3, 0.5)</li> <li>• Extended legs from board (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Distinct tuck position in salto; minimum 90° bend at hips &amp; knees (0.1, 0.3, 0.5)</li> <li>• Slow/inefficient rotation (0.1, 0.3, 0.5)</li> <li>• Above head height (At head height = 0.1) (Below shoulder height = 0.3) (Below chest height = 0.5) (Below hip height = 1.0)</li> </ul>	<ul style="list-style-type: none"> <li>• Minimum distance 1 meter from table (Less than 1 meter = 0.5)</li> <li>• Extension of body prior to landing (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

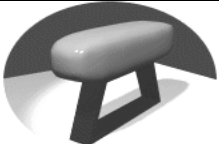
## Vault – Level 4

No Bonus available

Required Element	Salto Forward Stretched		
<b>Technical Description</b>	<p><u>Vault:</u> Run, hurdle onto beat board, salto forward stretched to land on soft landing mat (minimum of 30 cm) with 1 meter distance marking.</p> <p><u>Arms:</u></p> <ul style="list-style-type: none"> <li>• Under arm swing approach</li> <li>• Arms lift during take-off</li> </ul> <p><u>Height:</u> Salto must reach above head height.</p> <p><u>Distance:</u> Salto must travel minimum 1 meter.</p> <p><u>Body Position:</u> May show slight dish during take-off, but must remained stretched (tight arch) for second half of salto.</p>		
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b></p> <p>(Refer also to common deductions in Scoring section of this manual)</p>	Approach Phase	Skill Phase	Landing
	<ul style="list-style-type: none"> <li>• Under arm action on board (0.1, 0.3, 0.5)</li> <li>• Chest upright on board (no piking) (0.1, 0.3, 0.5)</li> <li>• Extended legs from board (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Distinct stretch position (0.1, 0.3, 0.5)</li> <li>• Slow/inefficient rotation (0.1, 0.3, 0.5)</li> <li>• Above head height (At head height = 0.1) (Below shoulder height = 0.3) (Below chest height = 0.5) (Below hip height = 1.0)</li> </ul>	<ul style="list-style-type: none"> <li>• Minimum distance 1 meter from table (Less than 1 meter = 0.5)</li> <li>• Maintain stretch body through landing (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

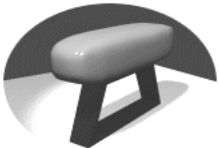
## Vault – Level 5

No Bonus available

Required Element	Handspring over Table			
<b>Technical Description</b>	<p><u>Vault:</u> Run, hurdle onto beat board, handspring vault over table to land on 30 cm landing mat with 1 meter distance marking.</p> <p><u>Arms:</u></p> <ul style="list-style-type: none"> <li>• Under arm swing approach</li> <li>• Straight arms throughout vault.</li> </ul> <p><u>Height:</u> Handspring must show conspicuous rise (visible lift) off table.</p> <p><u>Distance:</u> Handspring must travel minimum 1 meter from table.</p> <p>NOTE: Gymnasts may use either straight body, or tight (small) dish/arch technique.</p>			
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b></p> <p>(Refer also to common deductions in Scoring section of this manual)</p>	Pre-Flight Phase	Support Phase	Post-Flight Phase	Landing
	<ul style="list-style-type: none"> <li>• Under arm action on board (0.1, 0.3, 0.5)</li> <li>• Chest upright on board (no piking) (0.1, 0.3, 0.5)</li> <li>• Extended legs from board (0.1, 0.3, 0.5)</li> <li>• Distinct stretch position (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms (0.1, 0.3, 0.5)</li> <li>• Straight legs (0.1, 0.3, 0.5)</li> <li>• Open shoulder angle (0.1, 0.3, 0.5)</li> <li>• Distinct stretch position (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Conspicuous rise (0.1, 0.3, 0.5)</li> <li>• Distinct stretch position (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Minimum distance 1 meter from table (Less than 1 meter = 0.5)</li> <li>• Maintain stretch body through landing (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

## Vault – Level 6

One Bonus available, worth 0.5

Required Element	Handspring over Table			
<b>Technical Description</b>	<p><u>Vault:</u> Run, hurdle onto beat board, handspring vault over table to land on 30 cm landing mat with 1 meter and 2 meter distance markings.</p> <p><u>Arms:</u></p> <ul style="list-style-type: none"> <li>• Under arm action approach</li> <li>• Straight arms throughout vault.</li> </ul> <p><u>Height:</u> Handspring must show conspicuous rise (visible lift) off table.</p> <p><u>Distance:</u> Handspring must travel minimum 1 meter from table. <b>BONUS:</b> Handspring must travel minimum 2 meters from table.</p> <p>NOTE: <i>Gymnasts may use either</i> straight body, or tight (small) dish/arch technique.</p>			
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b></p> <p>(Refer also to common deductions in Scoring section of this manual)</p>	Pre-Flight Phase	Support Phase	Post-Flight Phase	Landing
	<ul style="list-style-type: none"> <li>• Under arm action on board (0.1, 0.3, 0.5)</li> <li>• Chest upright on board (no piking) (0.1, 0.3, 0.5)</li> <li>• Extended legs from board (0.1, 0.3, 0.5)</li> <li>• Distinct stretch position (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms (0.1, 0.3, 0.5)</li> <li>• Straight legs (0.1, 0.3, 0.5)</li> <li>• Open shoulder angle (0.1, 0.3, 0.5)</li> <li>• Distinct stretch position (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Conspicuous rise (0.1, 0.3, 0.5)</li> <li>• Distinct stretch position (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Minimum distance 1 meter (Less than 1 meter = 0.5)</li> <li>• Maintain stretch body through landing (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul> <div style="background-color: #cccccc; padding: 5px;"> <ul style="list-style-type: none"> <li>• <b>BONUS</b></li> <li>• Distinct stretch position (0.1, 0.3, 0.5)</li> <li>• Maintain stretch body through landing (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul> </div>

## Parallel Bars – Major Skill Progression Chart

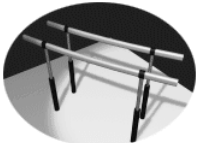
NOTE – This chart is for reference only. Please refer to individual level routines for specific skill descriptions and requirements.

Level 2 – P Bars	Level 3 – P Bars	Level 4 – P Bars	Level 5 – P Bars	Level 6 - P Bars	Developing For Level 7 - P Bars					
<p>at end of bars swing feet to bar ht</p> <p>swing to horiz</p> <p>swing to 45° above horiz dismount</p>	➡	<p>middle of bars swing to horiz</p> <p>swing to 15° above horiz swing to 45° above horiz dismount</p>	➡	<p>middle of bars swing to horiz</p> <p>swing to 30° above horiz swing to 60° above horiz dismount</p>	➡	<p>middle of bars swing to 45° above horiz swing to 45° above horiz swing to 60° above horiz dismount - swing to momentary HS dismount</p>	➡	<p>middle of bars swing to momentary HS swing to HS hold - swing to HS ½ turn dismount</p>	➡	<p>swing HS ½ turn</p>
	➡	<p>long swings</p>	➡	<p>long swings basket kip</p>	➡	<p>kip swing horiz. kip swing to HS</p>	➡	<p>kip swing to HS</p>		
	➡	<p>back uprise to upper arm</p>	➡	<p>back uprise back uprise to upper arm</p>	➡	<p>back uprise</p>	➡	<p>back uprise straddle cut</p>		
			➡	<p>basket kip to straddle sit</p>	➡	<p>basket kip</p>	➡	<p>cast to upper arm</p>	➡	<p>basket to hang</p>
					➡	<p>tuck dismount</p>	➡	<p>layout dismount</p>		
<p>at end of bars swing feet to bar ht</p> <p>swing to horiz</p> <p>swing to 45° above horiz dismount</p>	➡	<p>middle of bars swing to horiz</p> <p>swing to 15° above horiz swing to 45° above horiz dismount</p>	➡	<p>middle of bars swing to horiz</p> <p>swing to 30° above horiz swing to 60° above horiz dismount</p>	➡	<p>middle of bars swing to 45° above horiz swing to 45° above horiz swing to 60° above horiz dismount - swing to momentary HS dismount</p>	➡	<p>middle of bars swing to momentary HS swing to HS hold - swing to HS ½ turn dismount</p>	➡	<p>swing HS ½ turn</p>

## Parallel Bars – Level 1

No Bonus available

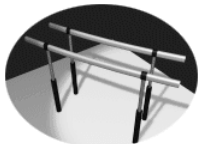
Mats may be built up to height appropriate for gymnast

	(1)	(2)	(3)
<b>Required Elements</b>	<b>Swing (Fwd – Bkwd)</b>	<b>Swing (Fwd – Bkwd) to 45° Below</b>	<b>Swing (Fwd – Bkwd) to Feet at Bar Height Dismount</b>
<b>Technical Description</b>	Place hands on ends of rail, jump through support position to swing forward and backward. Jump through support position may be with coach's assistance.	Swing forward and backward. Body must reach min. 45° on forward and backward swing.	Swing forward, swing backward, and dismount. Body must reach min. 45° on forward swing. Feet must reach min. bar height on backward swing before releasing.
 <p style="text-align: center;"><b>Points of Emphasis and Corresponding Deductions if Not Performed</b></p> <p>(Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Straight arms through support (0.1, 0.3, 0.5)</li> <li>• Straight body swing (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight body swing (0.1, 0.3, 0.5)</li> <li>• Swing to minimum 45° below horizontal in front (0.1, 0.3, 0.5)</li> <li>• Swing to minimum 45° below horizontal in back (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight body swing (0.1, 0.3, 0.5)</li> <li>• Swing to minimum 45° below horizontal in front (0.1, 0.3, 0.5)</li> <li>• Swing feet to minimum bar height in back (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

## Parallel Bars – Level 2

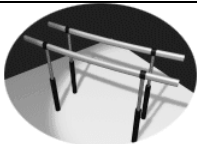
No Bonus available

Mats may be built up to height appropriate for gymnast

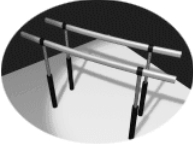
	(1)	(2)	(3)	(4)
<b>Required Elements</b>	<b>L hold</b>	<b>Half Swing (Bkwd) to Feet at Bar Height</b>	<b>Swing (Fwd – Bkwd) to Horizontal</b>	<b>Swing (Fwd – Bkwd) to 45° Above and Dismount</b>
<b>Technical Description</b>	Place hands on ends of rail, jump to momentary support position with straight body. Jump to momentary support position may be with coach's assistance. Lift legs to L (hold 2 sec).	From L hold, lift legs to min. 30° above horizontal, push forward and swing backward. Feet must reach min. bar height on backward swing.	Swing forward and backward. Feet must reach min. bar height on forward swing. Body must reach min. horizontal on backward swing.	Swing forward, backward and dismount to stand. Feet must reach min. bar height on forward swing. Body must reach 45° above horizontal before releasing.
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Straight body support (0.1, 0.3, 0.5)</li> <li>• Straight arms (0.1, 0.3, 0.5)</li> <li>• Controlled lift to L (0.1, 0.3, 0.5)</li> <li>• Legs at horizontal in L (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Legs lift to minimum 30° above horizontal from L hold (0.1, 0.3, 0.5)</li> <li>• Straight body swing (0.1, 0.3, 0.5)</li> <li>• Swing to feet minimum bar height in back (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight body swing (0.1, 0.3, 0.5)</li> <li>• Swing feet to minimum bar height in front (0.1, 0.3, 0.5)</li> <li>• Swing to horizontal in back (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight body swing (0.1, 0.3, 0.5)</li> <li>• Swing feet to minimum bar height in front (0.1, 0.3, 0.5)</li> <li>• Swing to minimum 45° above horizontal in back (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

## Parallel Bars – Level 3

One Bonus available, worth 0.5

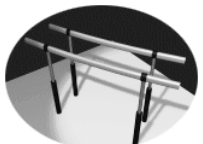
	(1)	(2)	(3)	(4)	(4) BONUS
<b>Required Elements</b>	<b>Two Long Swings (Fwd – Bkwd Fwd – Bkwd)</b>	<b>Uprise to Upper Arm</b>	<b>Upper Arm “Kip” To Straddle Sit</b>	<b>L Hold</b>	<b>* 45° V Hold *</b>
<b>Technical Description</b>	From short run, jump to two long hang swings: forward, backward, forward, backward.	At end of second backward swing, uprise to upper arm support.	In upper arm support, swing forward to inverted pike. Upper arm “kip” to straddle sit on the parallel bars. Kip must pass through straight arm support before sitting.	Lift to L (hold 2 sec).	Lift to 45° V (hold 2 secs). <i>Note: Bonus will be awarded if held for at least one second, but time deduction will apply.</i>
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Feet minimum bar height in front swings (0.1, 0.3, 0.5)</li> <li>• Hips minimum bar height in back swings (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Hips minimum bar height in back uprise (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Distinct pike position (0.1, 0.3, 0.5)</li> <li>• Hips minimum bar height in pike position (0.1, 0.3, 0.5)</li> <li>• Upper arm “kip” passes through straight arm support before straddle sit. (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Controlled lift to L (0.1, 0.3, 0.5)</li> <li>• Legs at horizontal in L (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Controlled lift to V (0.1, 0.3, 0.5)</li> <li>• Legs at minimum 45° above horizontal (&lt;45° = no bonus)</li> <li>• Two second hold (not held = 0.3)</li> </ul>

## Parallel Bars – Level 3, continued

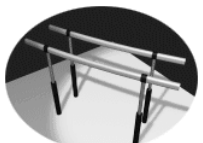
	(5)	(6)	(7)
<b>Required Elements</b>	<b>Half Swing (Bkwd) to Horizontal</b>	<b>Swing (Fwd – Bkwd) to 15° Above</b>	<b>Swing (Fwd – Bkwd) to 45° Above and Dismount</b>
<b>Technical Description</b>	From L hold, lift legs to min. 30° above horizontal, push forward and swing backward to horizontal.	Swing forward and backward. Feet must reach bar height on forward swing. Body must reach min. 15° above horizontal on backward swing.	Swing forward, backward and dismount over the bar to stand. Feet must reach bar height on forward swing. Body must reach min. 45° above horizontal on backswing
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Legs lift to minimum 30° above horizontal from L hold (0.1, 0.3, 0.5)</li> <li>• Straight body swing (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal in back (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight body swing (0.1, 0.3, 0.5)</li> <li>• Swing feet to minimum bar height in front (0.1, 0.3, 0.5)</li> <li>• Swing to minimum 15° above horizontal in back (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight body swing (0.1, 0.3, 0.5)</li> <li>• Swing feet to minimum bar height in front (0.1, 0.3, 0.5)</li> <li>• Swing to minimum 45° in back (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

## Parallel Bars – Level 4

One Bonus available, worth 0.5

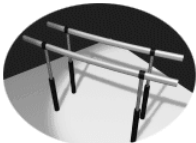
	(1)	(2)	(3)	(3) BONUS
<b>Required Elements</b>	<b>Two Long Swings (Fwd – Bkwd Fwd – Bkwd)</b>	<b>Uprise to Upper Arm</b>	<b>Cast Back Uprise, L Hold</b>	<b>* Cast Back Uprise, Basket Kip to Straddle Sit, L Hold *</b>
<b>Technical Description</b>	From short run, jump to two long hang swings: forward, backward, forward, backward.	At end of second backward swing, uprise to upper arm support.	In upper arm support, swing forward to inverted pike. Cast back uprise to support. Swing forward to L (hold 2 sec)	In upper arm support, swing forward to inverted pike. Cast back uprise to support. Swing forward, basket kip to straddle sit. Lift to L (hold 2 sec)
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Feet minimum bar height in front swings (0.1, 0.3, 0.5)</li> <li>• Hips minimum bar height in back swings (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Hips minimum bar height in back uprise (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Distinct pike position (0.1, 0.3, 0.5)</li> <li>• Hips minimum bar height in pike position (0.1, 0.3, 0.5)</li> <li>• Hips minimum bar height in back uprise (0.1, 0.3, 0.5)</li> <li>• Straight arm basket kip to Straddle sit. (0.1, 0.3, 0.5)</li> <li>• Controlled lift to L (0.1, 0.3, 0.5)</li> <li>• Legs at horizontal in L (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Distinct pike position (0.1, 0.3, 0.5)</li> <li>• Hips minimum bar height in pike position (0.1, 0.3, 0.5)</li> <li>• Hips minimum bar height in back uprise (0.1, 0.3, 0.5)</li> <li>• Straight arm basket kip to Straddle sit. (0.1, 0.3, 0.5)</li> <li>• Controlled lift to L (0.1, 0.3, 0.5)</li> <li>• Legs at horizontal in L (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>

## Parallel Bars – Level 4, continued

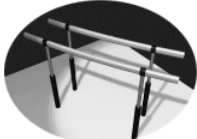
	(4)	(5)	(6)	(7)
Required Elements	<b>Half Arm Balance Hold</b>	<b>Swing (Fwd – Bkwd) to Horizontal</b>	<b>Swing (Fwd – Bkwd) to 30° Above</b>	<b>Swing (Fwd – Bkwd) to 60° Above and Dismount</b>
Technical Description	From L hold, press to straight body half arm balance within 15° of vertical (hold 2 sec). Do not put shoulders on bar in half arm balance hold.	From half arm balance, push to support and swing forward and backward. Body must reach min. horizontal on forward swing. Body must reach min. horizontal on backward swing.	Swing forward and backward. Body must reach min. horizontal on forward swing. Body must reach min. 30° above horizontal on backward swing.	Swing forward, backward and dismount over the bar to stand. Body must reach min. horizontal on forward swing. Body must reach min. 60° above horizontal.
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Straight body in half arm balance (0.1, 0.3, 0.5)</li> <li>• Half arm balance within 15° of vertical (&lt;15° = no ded.) (16-30° = 0.1) (31-45° = 0.3) (&gt;45° = 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Arms straight prior to horizontal when moving from half arm balance into swing (0.1, 0.3, 0.5)</li> <li>• Straight body swing (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal in front (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal in back (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight body swing (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal in front (0.1, 0.3, 0.5)</li> <li>• Swing to minimum 30° above horizontal in back (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight body swing (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal in front (0.1, 0.3, 0.5)</li> <li>• Swing to minimum 60° above horizontal in back (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

## Parallel Bars – Level 5

Two Bonuses available, each worth 0.5

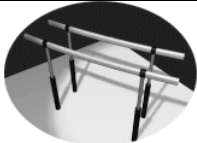
	(1)	(2)	(3)	(3) BONUS
<b>Required Elements</b>	<b>Two Long Swings (Fwd – Bkwd Fwd – Bkwd)</b>	<b>Glide Kip to Support</b>	<b>Layaway, Cast Back Uprise, L Hold</b>	<b>* Layaway, Cast Back Uprise, Basket Kip, L Hold *</b>
<b>Technical Description</b>	From short run, jump to two long hang swings: forward, backward, forward, backward.	Glide swing forward, kip to support. Swing backward to min. horizontal.	Layaway to upper arm and swing forward to inverted pike. Cast back uprise to support, swing forward to L (hold 2 sec)	Layaway to upper arm and swing forward to inverted pike. Cast back uprise to support, swing forward and basket kip to L (hold 2 sec).
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Feet minimum bar height in front swings (0.1, 0.3, 0.5)</li> <li>• Hips minimum bar height in back swings (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms throughout (0.1, 0.3, 0.5)</li> <li>• Straight body swing (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Body extended in layaway (0.1, 0.3, 0.5)</li> <li>• Distinct pike position (0.1, 0.3, 0.5)</li> <li>• Hips minimum bar height in pike position (0.1, 0.3, 0.5)</li> <li>• Feet minimum bar height in back uprise (0.1, 0.3, 0.5)</li> <li>• Controlled swing to L (0.1, 0.3, 0.5)</li> <li>• Legs at horizontal in L (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Body extended in layaway (0.1, 0.3, 0.5)</li> <li>• Distinct pike position (0.1, 0.3, 0.5)</li> <li>• Hips minimum bar height in pike position (0.1, 0.3, 0.5)</li> <li>• Feet minimum bar height in back uprise (0.1, 0.3, 0.5)</li> <li>• Straight arm basket kip to L (0.1, 0.3, 0.5)</li> <li>• Legs at horiz. in L (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>

## Parallel Bars – Level 5, continued

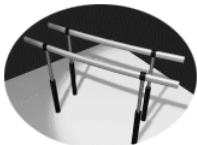
	(4)	(5)	(6)	(7)	(7) BONUS
Required Elements	Half Arm Balance Hold	Swing (Fwd – Bkwd) to 45° Above	Swing (Fwd – Bkwd) to 45° Above	Swing (Fwd – Bkwd) to 60° Above and Dismount	* Swing (Fwd – Bkwd) to Handstand Dismount *
Technical Description	From L hold, press to straight body half arm balance within 15° of vertical (hold 2 sec). Do not put shoulders on bar in half arm balance hold.	From half arm balance, push to support and swing forward and backward. Body must reach min. horizontal on forward swing. Body must reach min. 45° above horizontal on backward swing.	Swing forward and backward. Body must reach min. horizontal on forward swing. Body must reach min. 45° above horizontal on backward swing.	Swing forward, backward and dismount over the bar to stand. Body must reach min. horizontal on forward swing. Body must reach min. 60° above horizontal in backward swing.	Swing forward and backward to momentary handstand and dismount over the bar to stand. Body must reach min. horizontal on forward swing.
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Straight body in half arm balance (0.1, 0.3, 0.5)</li> <li>• Half arm balance within 15° of vertical (&lt;15° = no ded.) (16-30° = 0.1) (31-45° = 0.3) (&gt;45° = 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Arms straight prior to horizontal when moving from half arm balance into swing (0.1, 0.3, 0.5)</li> <li>• Straight body swing (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal in front (0.1, 0.3, 0.5)</li> <li>• Swing to minimum 45° in back (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight body swing (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal in front (0.1, 0.3, 0.5)</li> <li>• Swing to minimum 60° in back (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>	<ul style="list-style-type: none"> <li>• Swing to minimum horizontal in front (0.1, 0.3, 0.5)</li> <li>• Swing to handstand (1-15° = 0.1) (&gt;15° = no bonus)</li> <li>• Straight body handstand (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>	

## Parallel Bars – Level 6

Two Bonuses available, each worth 0.5

	(1)	(2)	(2) BONUS	(3)	(4)
<b>Required Elements</b>	<b>Two Long Swings (Fwd – Bkwd Fwd – Bkwd)</b>	<b>Glide Kip Swing to Horizontal</b>	<b>* Glide Kip Swing to Handstand *</b>	<b>Cast To Upper Arm (Fin Up)</b>	<b>Back Uprise, Swing to L Hold or V Hold</b>
<b>Technical Description</b>	From short run, jump to two long hang swings: forward, backward, forward, backward.	Glide swing forward, kip to support and swing backward to min. horizontal.	Glide swing forward, kip to support and swing backward to handstand.	Swing forward and cast to upper arm support (fin up) in or near inverted pike	From upper arm support, cast or swing back uprise to support, swing forward to L or V (hold 2 sec).
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Feet minimum bar height in front swings (0.1, 0.3, 0.5)</li> <li>• Hips minimum bar height in back swings (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms throughout (0.1, 0.3, 0.5)</li> <li>• Straight body swing (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms throughout (0.1, 0.3, 0.5)</li> <li>• Straight body swing (0.1, 0.3, 0.5)</li> <li>• Swing to handstand (1-15° = 0.1) (&gt;15° = no bonus)</li> <li>• Straight body handstand (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Pass in or near inverted pike through bottom of cast (0.1, 0.3, 0.5)</li> <li>• Hips bar height when arriving in upper arm support (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Feet bar height in back uprise (0.1, 0.3, 0.5)</li> <li>• Controlled swing to L or V hold (0.1, 0.3, 0.5)</li> <li>• Legs at horizontal in L, or vertical in V (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>

## Parallel Bars – Level 6, continued

	(4)	(5)	(6)	(7)	(7) BONUS
Required Elements	<b>Press to Handstand Hold</b>	<b>Swing (Fwd-Bkwd) to Momentary Handstand</b>	<b>Swing (Fwd-Bkwd) to Handstand Hold</b>	<b>Swing (Fwd-Bkwd) to Handstand ½ Turn Dismount</b>	<b>* Salto Bkwd Tucked or Stretched Dismount *</b>
Technical Description	From L or V, straddle press to handstand (hold 2 sec).	Swing forward and backward to momentary handstand. Body must reach min. horizontal on forward swing.	Swing forward and backward to handstand (hold 2 sec). Body must reach min. horizontal on forward swing.	Swing forward and backward through handstand, with one arm ½ turn dismount over bar ½ turn occurs during upward swing. Body must reach min. horizontal on forward swing.	From handstand hold, swing forward to salto backward tucked or stretched dismount. Salto should rise, not travel forward or backward relative to handstand position (i.e., land next to where handstand was)
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Straight arms in press (0.1, 0.3, 0.5)</li> <li>• Straight body handstand (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Swing to minimum horizontal in front (0.1, 0.3, 0.5)</li> <li>• Swing to handstand (16° - 30 = 0.1) (31 - 45° = 0.3) (&lt;45 = 0.5) Straight body handstand (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Swing to minimum horizontal in front (0.1, 0.3, 0.5)</li> <li>• Swing to handstand (16° - 30 = 0.1) (31 - 45° = 0.3) (&lt;45 = 0.5)</li> <li>• Straight body handstand (0.1, 0.3, 0.5)</li> <li>• Two second hold (not held = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Swing to minimum horizontal in front (0.1, 0.3, 0.5)</li> <li>• Turn initiated on upward swing (0.1, 0.3, 0.5)</li> <li>• Swing through handstand ½ turn (&lt;15° = no ded.) (16-30° = 0.1) (31-45° = 0.3) (&gt;45° = 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>	<ul style="list-style-type: none"> <li>• Distinct position in salto (0.1, 0.3, 0.5)</li> <li>• Salto rises upward (doesn't travel forward or backward) (0.1, 0.3, 0.5)</li> <li>• Extension of body prior to landing (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

## High Bar – Major Skill Progression Chart

NOTE – This chart is for reference only. Please refer to individual level routines for specific skill descriptions and requirements.

Level 2 – H Bar	Level 3 – H Bar	Level 4 – H Bar	Level 5 – H Bar	Level 6 – H Bar	Developing For Level 7 – H Bar
				cast HS $\frac{3}{4}$ giant	⇒ front giant
tap swings 30° below horiz.	⇒ tap swings 30° below horiz.	⇒ tap swings swing $\frac{1}{2}$ turn horiz.	⇒ tap swings swing $\frac{1}{2}$ turn horiz.	⇒ swing $\frac{1}{2}$ turn to 45° <i>back giants</i>	⇒ blind turn
underswing	⇒ back hip circle underswing	⇒ back hip circle underswing	⇒ back hip circle underswing	⇒ back hip circle	⇒ clear hip hs
cast hips off bar	⇒ cast 45° below horiz.	⇒ kip cast horiz. with or <i>without assist</i>	⇒ kip cast horiz.	⇒ kip cast 45°	⇒ kip cast HS
		⇒ tap swings	⇒ <i>salto backward tucked or stretched</i>	⇒ salto backward tucked or stretched	⇒ layout dismount <i>double salto</i>

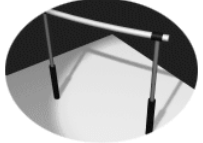
## Tap Swing Definition

All tap swings must show: (1) dish in back, (2) opening of chest and hips (tight arch) while swinging forward through bottom, (3) dish in front, and (4) straight or dish shape while swinging backward.

## High Bar – Level 1

No Bonus available

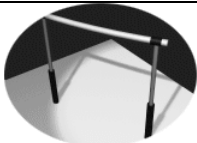
Mats may be built up to height appropriate for gymnast

	(1)	(2)	(3)	(4)
<b>Required Elements</b>	<b>Chin-Up Pullover</b>	<b>Forward Roll to L Hang</b>	<b>2 Tension Swings (Arch – Dish – Arch – Dish)</b>	<b>Tension Swing Dismount</b>
<b>Technical Description</b>	From hang, chin-up and pullover to front support position. Chin-up and pullover may be with coach's assistance.	From front support position, roll forward to momentary L hang.	From L hang, press legs backward to two tension swings (tight arch – dish – tight arch – dish)	Perform a third tension swing (tight arch – dish) and dismount to stand.
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Smooth rhythm (0.1, 0.3, 0.5)</li> <li>• Show front support (not shown = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Smooth rhythm (0.1, 0.3, 0.5)</li> <li>• Distinct L position with legs at horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Proper tension swing shapes (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Proper tension swing shapes (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

## High Bar – Level 2

No Bonus available

Mats may be built up to height appropriate for gymnast

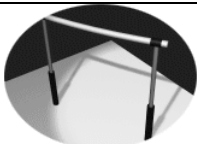
	(1)	(2)	(3)	(4)	(5)
<b>Required Elements</b>	<b>2 Tension Swings</b>	<b>Pullover</b>	<b>Cast to Underswing</b>	<b>2 Tap Swings (Bkwd – Fwd – Bkwd – Fwd)</b>	<b>Half Swing (Bkwd) Dismount</b>
<b>Technical Description</b>	From hang, lift legs slightly then press legs backward to two tension swings (tight arch – dish – tight arch – dish)	Immediately pullover to front support position. Pullover may be with coach's assistance.	Cast hips off bar, and (half) circle backward into underswing. Hips must reach bar height in underswing.	From underswing, perform two tap swings: backward, forward, backward, and forward. Hips (in dish shape) must reach 30° below horizontal on both sides.	Swing backward and release in back to stand. Hips (in dish shape) must reach 45° below horizontal before dismount.
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Legs lift minimum horizontal (0.1, 0.3, 0.5)</li> <li>• Proper tension swing shapes (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Smooth rhythm (0.1, 0.3, 0.5)</li> <li>• Show front support (not shown = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms throughout (0.1, 0.3, 0.5)</li> <li>• Straight body cast (0.1, 0.3, 0.5)</li> <li>• Hips bar height in underswing (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5)</li> <li>• Swing to minimum 30° below horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5)</li> <li>• Swing to minimum 45° below horizontal (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

† Please refer to tap swing definition at beginning of High Bar section

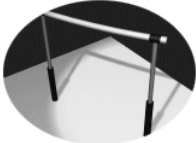
## High Bar – Level 3

One Bonus available, worth 0.5

Mats may be built up to height appropriate for gymnast

	(1)	(2)	(3)	(3) BONUS	(4)
<b>Required Elements</b>	<b>2 Tension Swings</b>	<b>Pullover</b>	<b>Cast</b>	<b>* Cast to Horizontal *</b>	<b>Back Hip Circle Underswing</b>
<b>Technical Description</b>	From hang, lift legs above horizontal, then press legs backward to two tension swings (tight arch – dish – tight arch – dish)	Immediately pullover to front support position.	Cast to 45° below horizontal.	Cast to horizontal.	Back hip circle to immediate underswing (no hesitation between hip circle and underswing). Hips must reach bar height in underswing.
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Legs lift minimum horizontal (0.1, 0.3, 0.5)</li> <li>• Proper tension swing shapes (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Smooth rhythm (0.1, 0.3, 0.5)</li> <li>• Show front support (not shown = 0.3)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight body cast (0.1, 0.3, 0.5)</li> <li>• Cast min. 45° below horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight body cast (0.1, 0.3, 0.5)</li> <li>• Cast min. horizontal (&lt;horiz = no bonus)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms throughout (0.1, 0.3, 0.5)</li> <li>• Straight-dish body back hip circle (0.1, 0.3, 0.5)</li> <li>• Connected back hip circle–underswing (stop = 0.5)</li> <li>• Hips bar height in underswing (0.1, 0.3, 0.5)</li> </ul>

## High Bar – Level 3, continued

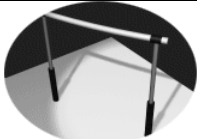
	(5)	(6)	(7)	(8)
Required Elements	<b>Tap Swing (Bkwd – Fwd)</b>	<b>Tap Swing (Bkwd – Fwd)</b>	<b>Tap Swing (Bkwd – Fwd)</b>	<b>Half Swing (Bkwd) Dismount</b>
Technical Description	Tap swings: backward, forward. Hips (in dish shape) must reach 30° below horizontal on both sides.	Tap swings: backward, forward. Hips (in dish shape) must reach 30° below horizontal on both sides.	Tap swings: backward, forward. Hips (in dish shape) must reach 30° below horizontal on both sides.	Swing backward and release in back to stand. Hips (in dish shape) must reach 30° below horizontal before dismount.
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5)</li> <li>• Swing to minimum 30° below horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5)</li> <li>• Swing to minimum 30° below horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5)</li> <li>• Swing to minimum 30° below horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5)</li> <li>• Swing to minimum 30° below horizontal (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

<sup>†</sup> Please refer to tap swing definition at beginning of High Bar section

## High Bar – Level 4

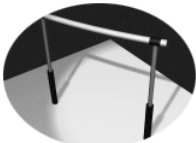
One Bonus available, worth 0.5

Mats may be built up to height appropriate for gymnast

	(1)	(2)	(3)	(4)	(4) BONUS
Required Elements	Underswing (Power Cast)	Tap Swing (Bkwd – Fwd)	Half Swing (Bkwd)	Kip with Assistance	* Kip *
Technical Description	From hang, lift legs above horizontal, then press legs backward to tight arch. From tight arch, immediately pull through underswing (power cast).	Tap swings: backward, forward. Hips (in dish shape) must reach horizontal on both sides.	Swing backward. Hips (in dish shape) must reach horizontal.	Swing or glide forward, kip with coach's assistance.  Gymnasts may use a piking action to control the swing into kip.	Swing or glide forward, kip.  Gymnasts may use a piking action to control the swing into kip.
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Legs lift minimum horizontal (0.1, 0.3, 0.5)</li> <li>• Hips bar height in underswing (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms (0.1, 0.3, 0.5)</li> <li>• Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms (0.1, 0.3, 0.5)</li> <li>• Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• → Straight arms throughout (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• → Straight arms throughout (0.1, 0.3, 0.5)</li> </ul>

<sup>†</sup> Please refer to tap swing definition at beginning of High Bar section

## High Bar – Level 4, continued

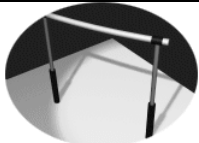
	(5)	(6)	(7)	(8)
<b>Required Elements</b>	<b>Cast to Horizontal</b>	<b>Back Hip Circle Underswing</b>	<b>2 Tap Swings (Bkwd – Fwd – Bkwd – Fwd)</b>	<b>Tap Swing (Bkwd – Fwd) ½ Turn Dismount</b>
<b>Technical Description</b>	Cast to horizontal.	Back hip circle to immediate underswing (no hesitation between hip circle and underswing). Hips must reach bar height in underswing.	From underswing, perform two tap swings: backward, forward, backward, and forward. Hips (in dish shape) must reach horizontal on both sides.	Tap swing backward, forward with ½ turn to mixed grip, showing pressure on the bar, immediate push off to dismount to stand. Hips (in dish shape) must reach horizontal on both sides.
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Connected kip-cast (stop = 0.5) (extra beat = 0.3)</li> <li>• Straight body cast (0.1, 0.3, 0.5)</li> <li>• Cast min. horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms throughout (0.1, 0.3, 0.5)</li> <li>• Straight-dish body back hip circle (0.1, 0.3, 0.5)</li> <li>• Connected back hip circle-underswing (stop = 0.5)</li> <li>• Hips bar height in underswing (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal (0.1, 0.3, 0.5)</li> <li>• Firm pressure on bar after ½ turn (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

<sup>†</sup> Please refer to tap swing definition at beginning of High Bar section

## High Bar – Level 5

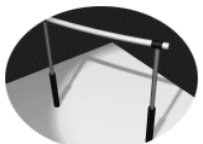
Two Bonuses available, worth 0.5 each

Mats may be built up to height appropriate for gymnast

	(1)	(2)	(3)	(4)
Required Elements	<b>Underswing (Power Cast)</b>	<b>Tap Swing (Bkwd – Fwd)</b>	<b>Half Swing (Bkwd)</b>	<b>Kip</b>
Technical Description	From hang, lift legs above horizontal, then press legs backward to tight arch. From tight arch, immediately pull through underswing (power cast).	Tap swings: backward, forward. Hips (in dish shape) must reach horizontal on both sides.	Swing backward. Hips (in dish shape) must reach horizontal.	Swing or glide forward, kip.  Gymnasts may use a piking action to control the swing into kip.
 <b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)	<ul style="list-style-type: none"> <li>• Legs lift minimum horizontal (0.1, 0.3, 0.5)</li> <li>• Hips bar height in underswing (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms (0.1, 0.3, 0.5)</li> <li>• Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms (0.1, 0.3, 0.5)</li> <li>• Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms throughout (0.1, 0.3, 0.5)</li> </ul>

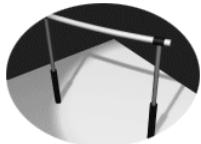
<sup>†</sup> Please refer to tap swing definition at beginning of High Bar section

## High Bar – Level 5, continued

	(5)	(6)	(6) BONUS	(7)
Required Elements	Cast to Horizontal	Drop Kip Cast Horizontal	* Drop Kip Cast Above Horizontal *	Back Hip Circle Underswing
Technical Description	Cast to horizontal.	Immediate drop kip to cast to horizontal.	Immediate drop kip to cast above horizontal. NB Hips and heels should be above shoulder height in the cast to receive bonus	Back hip circle to immediate underswing (no hesitation between hip circle and underswing). Hips must reach bar height in underswing.
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Connected kip-cast (stop = 0.5) (extra beat = 0.3)</li> <li>• Straight body cast (0.1, 0.3, 0.5)</li> <li>• Cast min. horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms throughout (0.1, 0.3, 0.5)</li> <li>• Connected kip-cast (stop = 0.5) (extra beat = 0.3)</li> <li>• Straight body cast (0.1, 0.3, 0.5)</li> <li>• Cast min. horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms throughout (0.1, 0.3, 0.5)</li> <li>• Connected kip-cast (stop = 0.5) (extra beat = 0.3)</li> <li>• Straight body cast (0.1, 0.3, 0.5)</li> <li>• Cast min. above horizontal ( ≤horiz = no bonus)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms throughout (0.1, 0.3, 0.5)</li> <li>• Straight-dish body back hip circle (0.1, 0.3, 0.5)</li> <li>• Connected back hip circle-underswing (stop = 0.5)</li> <li>• Hips bar height in underswing (0.1, 0.3, 0.5)</li> </ul>

† Please refer to tap swing definition at beginning of High Bar section

## High Bar – Level 5, continued

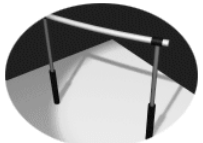
	(8)	(9)	(9) BONUS
<b>Required Elements</b>	<b>2 Tap Swings (Bkwd – Fwd – Bkwd – Fwd)</b>	<b>Tap Swing (Bkwd – Fwd) ½ Turn Dismount</b>	<b>* Tap Swing (Bkwd – Fwd) Salto Backward Tucked or Stretched *</b>
<b>Technical Description</b>	From underswing, perform two tap swings: backward, forward, backward, and forward. Hips (in dish shape) must reach horizontal on both sides.	Tap swing backward, forward with ½ turn to mixed grip, showing pressure on the bar, immediate push off to dismount to stand. Hips (in dish shape) must reach horizontal on both sides.	Tap swing backward and forward into salto backward tucked or stretched. Hips (in dish shape) must reach horizontal on both sides.
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal (0.1, 0.3, 0.5)</li> <li>• Firm pressure on bar after ½ turn (0.1, 0.3, 0.5)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>	<ul style="list-style-type: none"> <li>• Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5)</li> <li>• Swing to minimum horizontal (0.1, 0.3, 0.5)</li> <li>• Distinct position in salto (0.1, 0.3, 0.5)</li> <li>• Minimum amplitude of salto: hips bar height (0.1, 0.3)</li> <li>• Extension of body prior to landing (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

<sup>†</sup> Please refer to tap swing definition at beginning of High Bar section

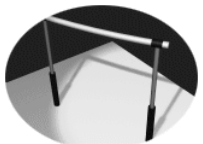
## High Bar – Level 6

Two Bonuses available, worth 0.5 each

Mats may be built up to height appropriate for gymnast

	(1)	(1) BONUS	(2)	(3)
Required Elements	<b>Underswing (Power Cast)</b>	<b>* Pullover, Cast HS ¾ Front Giant *</b>	<b>Kip Cast Horizontal</b>	<b>Back Hip Circle Drop Kip</b>
Technical Description	From hang, lift legs above horizontal, then press legs backward to tight arch. From tight arch, immediately pull through underswing (power cast), and swing backwards	From hang in undergrip, pullover to front support position. Cast handstand, and ¾ front giant to min. 45° above horizontal. Step or hop change to overgrip.	Swing or glide forward, kip cast min. horizontal.  Gymnasts may use a piking action to control the swing into kip.	Back hip circle to immediate drop kip (no hesitation between hip circle and drop kip).
 <b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)	<ul style="list-style-type: none"> <li>Legs lift minimum horizontal (0.1, 0.3, 0.5)</li> <li>Hips bar height in underswing (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Cast through handstand (&lt;15° = no ded.) (16-30° = 0.1) (31-45° = 0.3) (&gt;45° = 0.5)</li> <li>Open shoulders (0.1, 0.3, 0.5)</li> <li>¾ giant to minimum 45° in back (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Straight arms throughout (0.1, 0.3, 0.5)</li> <li>Connected kip-cast (stop = 0.5) (extra beat = 0.3)</li> <li>Straight body cast (0.1, 0.3, 0.5)</li> <li>Cast to minimum horizontal (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>Straight arms throughout (0.1, 0.3, 0.5)</li> <li>Straight-dish body back hip circle (0.1, 0.3, 0.5)</li> <li>Connected back hip circle-drop kip (stop = 0.5)</li> </ul>

## High Bar – Level 6, continued

	(4)	(5)	(5) BONUS	(6)
<b>Required Elements</b>	<b>Cast 45° Above Horizontal</b>	<b>Two Tap Swing ½ Turns</b>	<b>* 2 Giants *</b>	<b>Salto Backward Tucked or Stretched *</b>
<b>Technical Description</b>	From drop kip, immediate cast min. 45° above horizontal.	From cast, swing forward with ½ turn to immediate grip change, swing forward with ½ turn to immediate grip change. ½ turns completed at min. 45° above horizontal.	From cast, two giants.	Swing forward into salto backward tucked or stretched. Gymnasts may add an extra full swing before flyaway
 <p><b>Points of Emphasis and Corresponding Deductions if Not Performed</b> (Refer also to common deductions in Scoring section of this manual)</p>	<ul style="list-style-type: none"> <li>• Straight arms throughout (0.1, 0.3, 0.5)</li> <li>• Connected kip-cast (stop = 0.5) (extra beat = 0.3)</li> <li>• Straight body cast (0.1, 0.3, 0.5)</li> <li>• Cast to min. 45° (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms (0.1, 0.3, 0.5)</li> <li>• Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5)</li> <li>• Swing to minimum 45° (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Straight arms (0.1, 0.3, 0.5)</li> <li>• Proper tap technique<sup>†</sup> (0.1, 0.3, 0.5)</li> </ul>	<ul style="list-style-type: none"> <li>• Distinct position in salto (0.1, 0.3, 0.5)</li> <li>• Minimum amplitude of salto: hips bar height (0.1, 0.3)</li> <li>• Extension of body prior to landing (0.1, 0.3)</li> <li>• Controlled, stuck landing (see landing deductions)</li> </ul>

<sup>†</sup> Please refer to tap swing definition at beginning of High Bar section

# **MAG Levels 7-F.I.G National Program Manual**

## **2011-2012**



*Making movement matter*

## 8 OPTIONAL EXERCISES LEVEL 7-F.I.G

### Level 7 Open

#### Exercise Evaluation

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

#### Element Value

The difficulty value of the elements

A	B	C	D	E	F	G
0.1	0.2	0.3	0.4	0.5	0.6	0.7

#### Bonus

Connection bonus based on special rules for each apparatus

0.5 additional Salto bonus will not be awarded on vault if a fall occurs on landing due to under rotation.

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

### **Dismount**

Additional Skills 'A' dismounts (L7 & 8) receive 0.3 for Dismount requirement.

FIG 'A' value dismount = + 0.5

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

FIG 'C' value dismounts (excluding developmental Elements) performed without a large error will receive an additional + 0.1 bonus at Levels 7 and 8.

### **Elements**

7 Elements in a routine to be made up of 6 elements PLUS the dismount

Less than 4 elements will incur a 2.0 short routine deduction. Each element will be recognised only once in a routine.

### **Please Note**

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

Maximum 4 skills from any one Element Group

### Special Requirements

Must be performed within the 7 counting elements

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

### Exceptions:

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

## Level 8

### Exercise Evaluation

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

### Element Value

The difficulty value of the elements

A	B	C	D	E	F	G
0.1	0.2	0.3	0.4	0.5	0.6	0.7

### Bonus

Connection bonus based on special rules for each apparatus

0.5 additional Salto bonus will not be awarded on vault if a fall occurs on landing due to under rotation.

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

## **Dismount**

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

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

FIG 'C' value dismounts (excluding developmental Elements) performed without a large error will receive an additional + 0.1 bonus at Levels 7 and 8.

## **Elements**

8 Elements in a routine to be made up of 7 elements PLUS the dismount

Less than 5 elements will incur a 2.0 short routine deduction.

Each element will be recognised only once in a routine.

## **Please Note**

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

Maximum 4 skills from any one Element Group

### Special Requirements

Must be performed within the 8 counting elements

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

### Exceptions

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

## Level 9

### Exercise Evaluation

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

### Element Value

The difficulty value of the elements

A	B	C	D	E	F	G
0.1	0.2	0.3	0.4	0.5	0.6	0.7

### Bonus

Connection bonus based on special rules for each apparatus

0.5 additional Salto bonus will not be awarded on vault if a fall occurs on landing due to under rotation.

Developmental Elements given the value of the element as shown in the List.

## **Dismount**

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

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

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

## **Elements**

9 Elements in a routine to be made up of 8 elements PLUS the dismount

Less than 5 elements will incur a 2.0 short routine deduction  
Each element will be recognised only once in a routine.

## **Please Note**

Range of deductions is 0.1, 0.3, 0.5 & 1.0 for fall.  
Maximum 4 skills from any one Element Group

### Special Requirements

Must be performed within the 9 counting elements

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

## F.I.G. / Under 18

### Exercise Evaluation

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

### Element Value

The difficulty value of the 10 elements (the best 9 plus the dismount)

A	B	C	D	E	F	G
0.1	0.2	0.3	0.4	0.5	0.6	0.7

### Special Requirements

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

## Dismount

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

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

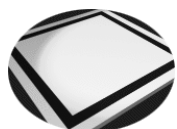
NB Short routine deductions are the same for FIG and Under 18. Refer 2009 Code of Points.

## Bonus

Bonus applies for connection of high value elements and are based on special rules for each apparatus as per 2009 -2012 FIG Code of Points.

For other important information regarding this level, please refer to the 2009 -2012 FIG Code of Points.

## 9 OPTIONAL REQUIREMENTS – GENERAL NOTES LEVEL 7-9



Floor Exercise



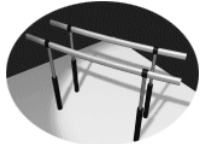
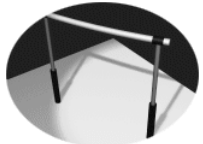
Minimum of 3 passes required for Levels 7 – 9:

- A pass must contain at least one recognised skill (min 'A' value) and involve locomotion along a diagonal or side axis of the floor.
- Deductions for 2 passes only = 0.5, 1 pass only = 1.0.
- These deductions are to be taken by the A Jury (i.e. deducted from Start Value).
- At all levels a forward roll executed directly after landing a salto skill will be treated as part of no value = 0.3 deduction.
- Tucked back salto (= piked back salto), stretched back salto and tempo salto (whip back) are separate skills at all levels.
- At Levels 7-8, handspring and flyspring will be recognised as different skills.
- At Levels 7-8, cartwheel and round-off will be recognised as separate 'A' value
- Strength press to handstand must be held for a minimum of 1 second to be recognised for difficulty or special requirements. It must be held for 2 seconds for no presentation deduction



Pommels

- Double leg circles and flairs will be recognised as different skills in Element Group II.
- A false scissor will be considered as a skill of 'A' value. For levels 7-8 only
- A single leg cut to handstand and reverse Stockli to flanke will be considered as 'A' value dismounts.
- Double leg circles in side support on the handles and double leg circles in side support on an outer zone will be recognised as different skills in Element Group II.
- All variations of double leg circles in side support on either outer zone will be treated as the same skill, i.e. whether on leather or on 1 handle and leather.
- Outward facing and inward facing loops continue to be recognised as different skills for levels 7 - 8 only

 <p>Rings</p>	<ul style="list-style-type: none"> <li>• A vertical pull through to support (muscle up) will be recognised as an 'A' value skill in Element Group IV.</li> <li>• A beat dislocate from inverted hang will be recognised as an 'A' value skill in addition to a stretched (swinging) dislocate in Element Group I.</li> <li>• One half intermediate swing will be permitted without deduction level 7-8.</li> </ul>
 <p>Vault</p>	<p>0.5 additional Salto <b>bonus will not be awarded on vault if a fall occurs due to under rotation.</b> Normally this will be applied when the gymnast falls back towards the vaulting table. Normal landing deductions will still apply.</p>
 <p>Parallel Bars</p>	<p>Recognisable Moys will receive value as per Code of Points irrespective of the start position. However, Moys commenced from more than 150° from handstand out of a swing backward will receive a 0.3 deduction for a layaway. At Levels 7 and 8 only, one half intermediate swing will be permitted without deduction. At Levels 7 – 9 a handstand lower to shoulder stand will not be deducted as a layaway (exception to FIG ruling).</p>
 <p>High Bar</p>	<p>At Levels 7 and 8 only, one half intermediate swing will be permitted without deduction in the case of a mount and also within the body of the routine. At all Levels, Giant swing forward with full turn to mixed elgrip will be recognised as a 'B' value skill in Element Group I. At Levels 7 – 9, a piked endo ('B') and a straddled endo ('B') will be treated as different skills. Similarly, piked stalder ('B') and a straddled stalder ('B') will be treated as different skills.</p>
<p>General</p>	<p>Each skill will only be recognised once within a routine. Repeated skills will not be recognised nor receive bonus. FIG 'C' value dismounts (excluding developmental skills) performed without a large error will receive 0.1 bonus at Levels 7 – 9.</p>

## 10 ADDITIONAL SKILLS – LEVEL 7-8

Apparatus	Skill	Value	Group
Floor Exercise	Flyspring	A	2
	Roll backward with straight arms to handstand	A	1
	Cartwheel	A	1
	Round off	A	1
Pommels	False scissor	A	1
	DLC in side support on outer zone	A	2
	Reverse Stockli and wendeswing dismount	A	4
	Single leg cut through HS	A	1
	1800 wendeswing on the end	A	4
Rings	Beat dislocate from piked hang	A	1
	Press to handstand with bent arms, bent body, straddled	A	4
	Vertical pull up with bent arms to support	A	4
Parallel Bars	Stutzkehre forward to horizontal support	A	1
	Salto backward to horizontal support	A	1
	Back uprise to horizontal support	A	2
	Moy to upper arm	A	3
	Drop kip from support	A	4
	Straddled press with straight arms / bent body	A	1

	Salto forward from support to upper arm	A	1
	Felge from stand or support to horizontal support	A	4
	Salto dismount forward or backward tucked	A	5
Horizontal Bar	Back uprise to horizontal	A	1
	Giant swing backward with ½ turn to mixed elgrip	A	1
	Free hip circle to horizontal	A	3
	Hip circle forwards	A	3
	Forward seat circle	A	3
	Upstart rearways or backward seat circle	A	3
	Swing ½ turn at least 450	A	1
	From forward or backward giant, straddle feet onto bar sole circle to release at least 450 above horizontal	A	3
	Salto forward piked	A	5
	Salto backward piked	A	5

## 11 DEVELOPMENT SKILLS LIST

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

Apparatus	Skill	Symbol	Level 7	Level 8	Level 9
Floor Exercise	2 x DLC		B	B	
	Back salto stretched with 1/1		C	C	
	Back salto stretched with 2/1		D	D	
	Flair to handstand		C	C	
	Double Back Somersault		D	D	
Pommels	Bailie (½ Czechkehr loop, ½ Czechkehr)		C	C	
	Cross support circles rearways x 2		B	B	
	Cross support travel (1,2,4,5)		D	D	
Rings	Double back salto stretched		D	D	D
	Backward or forward giant to handstand (2 sec) with arms bent up to 450		C	C	
	Cross (2 sec)		C	C	
	Double back salto tucked		C		
Parallel Bars	Giant swing backward to support at 450		B	B	
	Salto backward to support at 450		B	B	
	Glide kip to straddle cut backward to support or hang		B	B	
	Stutzkehre forward to support at 450		B	B	

	Felge from stand or support to support at 450 above horizontal		B	B	
Horizontal Bar	Stoop in dislocate to handstand		D	D	
	Double Back Salto Stretched		D	D	D
	Any 'C' value release		D	D	D
	Double back salto tucked dismount		C	C	