



COMPETITION HANDBOOK

2019



UPDATED MAY 2019

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Forward:

UK Gymnastics Competition Handbook 2019 with a full copy of the rules and procedures; changes from 2018 are highlighted in red.

During 2019 we will be organising competitions using both UKG and IAIGC-UK rules. Clubs can choose which pathway to follow or, split their club and use both sets. Gymnasts wishing to qualify, and compete, in the annual IAIGC World Championships, in the USA, must do so using the IAIGC rules. IAIGC rules can be downloaded from the USAIGC website.

Gymnasts may compete in both UKG and IAIGC-UK comps but, must adhere, strictly, to their competition levels. Guidelines for UKG Levels can be found in the Competition Handbook. As a guideline for IAIGC-UK; UKG Level 10 & 9 will be IAIGC-UK Copper, Level 8 Copper/Bronze, Level 7 Bronze/Bronze Diamond, Levels 6, 5 & 4 Silver, Levels 3+ Gold/Platinum/Premier. Once a gymnast has competed, their Level is set, for both UKG and IAIGC-UK, and they cannot drop down Levels. The entry fees, for all gymnastics competitions, will be £7.50 per apparatus from 2019.

Entries for UKG comps should be emailed to Will O'Neill: william_oneill2@yahoo.co.uk

Entries for IAIGC-UK comps should be emailed to Brian Duley: brian.duley@ukgymnastics.com

As always, we expect a high level of honesty amongst coaches, and clubs, to place their gymnasts in the correct level. This issue continues to generate more discussion than anything else; please be honest. Clubs should enter their gymnasts in the level most appropriate to their ability.

Where competitions are held in other venues, it will be the prerogative of the hosting club to decide what levels will be invited and what apparatus will be used.

Confirmed competition dates are:

Saturday 24 th March 2019	UKG Level 8 Competition Kingston Gymnastics Centre, Milton Keynes, MK10 0BA Entries Close: Sunday 24 th February 2019
Sunday 19 th May 2019	UKG Level 7+ Competition Kingston Gymnastics Centre, Milton Keynes, MK10 0BA Entries close: Sunday 21 st April 2019
Sunday 16 th June 2019	UKG Level 10 & 9 Competition Kingston Gymnastics Centre, Milton Keynes, MK10 0BA Entries close: Sunday 19 th May 2019
Sunday 23 rd June 2019	2019 UKG Festival of Gymnastics
Sunday 22 nd September 2019	UKG Competition Levels TBC Kingston Gymnastics Centre, Milton Keynes, MK10 0BA Entries close: Sunday 25 th August 2019
Sunday 27 th October 2019	UKG Competition Levels TBC Kingston Gymnastics Centre, Milton Keynes, MK10 0BA Entries close: Sunday 29 th September 2019
Sunday 1 st December 2019	UKG Competition Levels TBC Kingston Gymnastics Centre, Milton Keynes, MK10 0BA Entries close: Sunday 3 rd November 2019

2019 Updates

UK Gymnastics run competitions throughout the year and events are held all over the United Kingdom. Female gymnasts compete on Floor, Vault, Uneven Bars & Beam. Male gymnasts compete Floor, Vault, High Bar and P Bars. Our competitions are open to all UKG registered clubs. Competitions are based on Individual Apparatus and medals given for the top three scores on each piece.

Competition Entry

The entry fees, for all gymnastics competitions, will be £7.50 per apparatus from 2019.

Entries should be emailed to: william_oneill2@yahoo.co.uk

Please use Excel with the following headings:

NAME / CLUB / LEVEL / M/F / DATE OF BIRTH/ then indicate which apparatus **FLOOR, VAULT, BARS/H BAR, BEAM/P BARS.**

Gymnast Intention Sheets

Intention sheets are compulsory for all UKG competitions.

1. UK Gymnastics intention can be downloaded from the UKG website.
2. The closing date for entries will be strictly **4 weeks prior to competition**. All entries will close at midnight on the Sunday four weeks before the competition. No entries will be accepted after this time. The competition organiser retains the right to close entries early in the event the competition becomes over-subscribed. A limit of approximately 200 gymnasts will be placed on each day of competition.
3. Gymnasts must be a minimum of **5 years of age** prior to the competition; they must be members of UKG. They must also be able to produce proof if requested by the Competition Organiser.

Judges, if you see a gymnast attempting a skill that they are not physically, nor mentally prepared for, you have the right and responsibility to not let that gymnast compete that skill by informing their coach.

Gymnastics Competition Levels

- LEVEL 10** This competition is aimed at beginners training once per week for no more than 1½ hours. It is especially designed for the new, young, recreational gymnasts of Primary School age. It is not suitable for older gymnasts aged 12 and above, and those who train more than once per week.
- LEVEL 9** This is the competition for Novice gymnasts training up to 2 hours per week. It is also suitable for young teens, up to age 14, starting out as competitive gymnasts.
- LEVEL 8 to 1** These competitions are for gymnasts training over 2 hours or, more than once per week. Clubs should enter their gymnasts in the level most appropriate to their ability. Training hours should also be taken into account and the opportunity to challenge them. Please enter your gymnasts at their highest level of ability to ensure a fair competition for all. Clubs abusing this and consistently entering gymnasts at a lower level will have their participation in the competitions reviewed.

All competitions will be aged based on age in year of competition. The age groupings will be at the discretion of the Competition Organiser, to create meaningful competitions.

In all UKG National competitions, gymnasts who achieve the set standard are required to move to the next Level in the following competition year. As more gymnasts are doing all pieces, this will now be based on the total All Arounds scores, on all four pieces, irrespective of the individual apparatus scores. This will include Levels 10 & 9 from 2017. Gymnasts who do not compete on all pieces and cannot, therefore, achieve the AA score, may also be required to move up after two years at the same level. As always, coaches can also make the decision to move a gymnast even though they may not have achieved the set standard.

SET STANDARD FOR UKG COMPS	AA TOTAL
Level 10	42.00
Level 9	44.00
Level 8	46.00
Level 7	47.50
Level 6	48.75
Level 5	50.00
Level 4	51.00
Level 3	53.00
Level 2	55.00
Level 1	57.00

Different rules apply to IAIGC-UK competitions. For more information go to www.usaigc.com

UKG Gymnastics Competitions

Eligibility for these gymnastics' competitions are as follows:

- **The gymnast must be a listed member of a UKG registered club.**
- A gymnast may enter at any level in their first year of competition within the guidelines shown above.
- Thereafter they must enter at that same level or go to a higher level. They may not move down without prior consent and full knowledge of the UKG Competition Organiser.
- UK Gymnastics expects a high level of discretion and good judgement from all clubs and their coaches to ensure that a gymnast is entered in a level which reflects their history and ability.
- Gymnasts who achieve the individual competition standard score must move up a level at the next competition.
- UK Gymnastics Competition organiser reserves the right to refuse an entry from a Gymnast who is clearly over-qualified for any event in any discipline within its control.
- Clothing – Female gymnasts must wear leotards, with or without sleeves. They may also wear gymnastics shorts but, not leggings. Male gymnasts must wear shorts and leotards. Please note that they must be gymnastics shorts and not football type shorts. Any other form of dress will incur a dress code penalty and a deduction of 1.00 from their score.
- In accordance with current policy, no jewellery may be worn. Any jewellery will incur a dress-code violation and deduction of 1.00 from the score; it may also result in the gymnast being disqualified.
- No entries will be accepted after the competition closing date.
- It is requested that all clubs entering will supply at least two judges or other helpers.
- Coaches must ensure that they are qualified to coach the moves being shown by their gymnasts. Contravention of this rule will lead to disqualification of the gymnast and suspension, from the competition, of the coach.

All IAIGC-UK Competitions are governed by the IAIGC rules.

General Rules

The following is a list of general rules of behaviour that should be adhered to at all UK Gymnastics competitions. These together with good and courteous behaviour to all judges, coaches, gymnasts and officials should ensure a friendly and fun competition for all concerned.

1. All Clubs, Coaches and Gymnasts must be members of UK Gymnastics or have alternative, adequate and suitable insurance cover. Note that British Gymnastics refuses to cover any BG member for insurance purposes when involved in a UKG event.
2. Coaches must hold an appropriate coaching qualification of, at least, Level 2 plus UKG membership. Coaches must ensure that they are qualified to coach the moves being shown by their gymnasts. Contravention of this rule will lead to disqualification of the gymnast and suspension, from the competition, of the coach.
3. Gymnasts must be a minimum of **5 years of age** prior to the competition; they must be members of UKG. They must also be able to produce proof if requested by the Competition Organiser.
4. Long hair must be tied back, and all jewellery removed, including **stud** earrings, and all other body piercings. Any contravention will incur a dress code penalty of 1.00.
5. Coaches should wear suitable clothing for coaching, i.e. Tracksuit, Jogging Trousers, Shorts, Polo or T-shirt with sleeves, Sweatshirt. No jewellery should be worn.
6. Gymnasts should wear appropriate clothing i.e. leotards for girls (tight fitting gymnastics shorts can also be worn over the leotard) and for boys' leotards and shorts. No T-shirts, football type shorts, leggings or socks may be worn whilst competing. Any contravention will incur a dress code penalty of 1.00.
7. All mobile phones must be switched off whilst in the arena.
8. Coaches must ensure that their language and behaviour is, always, appropriate to the sport, considering the ages of most gymnasts.
9. Coaches are responsible for the behaviour of their gymnasts. Please ensure that they are correctly dressed, register at the correct time, do not leave the competition arena without permission being sought and given from the Head Judge on the apparatus or the Competition Director.
10. Clubs have responsibility for ensuring the good and courteous behaviour of their supporters at competitions. Please ensure that, spectators do not make so much noise that other gymnasts are disturbed.
11. Photography is permitted, but the flash must be turned off. Video cameras must be kept in the spectator area (unless previous arrangements have been made with the Competition Organiser, and do not interfere with another spectators' enjoyment).
12. Spectators must treat other club's gymnasiums as they would wish their own to be treated - particularly regarding food and drink rules.

13. The competition organiser will have the right to group ages together to create a more competitive competition.
14. In the event of any competition being over-subscribed, the committee reserve the right to limit each club's entry.
15. Intention sheets are compulsory. All intention sheets must be handed to the judges table prior to the gymnast commencing their routine. Failure to do so will result in a deduction of 1.00 point.

Note for Coaches

All gymnasts must be accompanied by an appropriately qualified coach. **The coach must be qualified for the moves being shown by the gymnast.** Contravention of this rule will lead to the disqualification of the gymnast and the coach being removed from the competition floor. Level 1 Coaches may be present, on the competition floor, for pastoral reasons only. They cannot be the only coach present when gymnasts are performing; a minimum of Level 2 must accompany gymnasts competing.

Intention sheets are compulsory and must be handed to the judges table prior to the gymnast commencing their routine. ***They should be on the correct sheet and be written clearly.***

Coaches will not be allowed onto the floor area, or matting, during the execution of any routine to spot or support a gymnast except on Uneven Bars, High Bar or Beam (see below). Any attempt to do so will incur a penalty of 3.00.

Coaches will be allowed to spot gymnasts for dismounts or any release and re-catch element on Uneven Bars or High Bar.

On beam a coach can stand in to spot a gymnast in Levels 10 & 9 also when performing any **acro** move or "C+" **dismounts** in higher levels.

Any touches will incur a penalty of 3.00 and also if they obstruct the view of the judges.

Guidelines for Judges

The judges have a very important function; **to apply the rules, not to interpret them.** If clarification is required, they should refer to the competition organiser. We do not wish to destroy any gymnasts so a score of 5.00 will be the minimum applied.

It is suggested that all panels collaborate in judging the first 2 or 3 gymnasts, at the start of each competition level, to try to ensure a similarity of judging.

Intention sheets are compulsory and must be handed to the judges table prior to the gymnast commencing their routine. These sheets are intended to be an aid to judging and should show the moves the gymnast **intends** to perform. Any deviation should be noted but, **no deductions** should be made for not following the sheet exactly. Judge what you see.

Where gymnasts show **more than the required minimum of moves**, on any piece of apparatus, only their top scoring moves should be counted for their difficulty score.

If a gymnast **attempts a move**, they should be given credit in difficulty but, execution penalties will be applied. Certain moves on beam and uneven bars require the feet to touch the apparatus to be

counted; cartwheels on beam or straddle undershoot on uneven bars for example. Judge's discretion must be applied here as to whether the move was a proper attempt. A fall after this will be deducted but, the move will count for difficulty and any SGR.

The **overall deductions** should be 0.10 for small errors 0.20 to 0.30 for medium errors and 0.40 for large errors. All **falls** will be deducted 0.50 on all apparatus.

A deduction of 1.00 for any **missing moves**, less than requirement, on any piece of apparatus will be applied.

Gymnasts performing moves above the level of those permitted by their competition level will have 1.00 deducted from their apparatus score.

If a gymnast is allowed a **second attempt** at their routine, a deduction of 2.00 will apply.

Gymnasts receiving instructions, or guidance, about what to do in their routines will be deducted 1.00.

All falls will be deducted 0.50 on all apparatus.

Note on Floor Rules

In Level 9 there must be no saltos or flighted "B" moves anywhere in whole routine.

In Level 8 there must be no saltos or flighted "C" moves anywhere in whole routine.

A **dance series** must contain at least two elements which must be directly connected without pause, adjustment stop or step; made up from jumps, leaps and spins on one foot only.

A **dance passage** must be continuous without pauses, stops, hesitation, break or lunge preparation directly or in-directly connected by steps, chasseé, small leaps or turns; made up from jumps, leaps and spins on one foot only.

An **acro series** must contain at least two elements which must be directly connected without pause, adjustment stop or step.

A 'whip' is an accelerator and can only be used in the middle of a tumble run and not as the dismount.

Music will only be used from Level 8 upwards and should be a minimum of 45 secs with a maximum of 90 secs. No music for Level 10 & 9.

Any move can be used to **gain an SGR** and need not be counted in the difficulty score

Cartwheels and round offs are sideways moves and cannot be counted in forward acro series.

If a **gymnast attempts a move**, they should be given credit in difficulty and **to count towards an SGR** but, execution penalties will be applied.

At Levels 10 & 9 a maximum **execution** score of 10.00 will be applied.

At Level 8 an **execution** score of 9.00 will be applied with a further score of 1.00 for **composition**
0.25 - use of floor area, variety of patterns and levels, 0.25 - variations of elements and difficulty
0.25 - variety of linking skills, 0.25 - musical interpretation (girls) rhythm and tempo (boys)

At all other Levels an execution score of 8.00 will apply with a further score of 2.00 for **composition**,

0.50 - use of floor area, variety of patterns and levels, 0.50 - variation of elements and difficulty
0.50 - variety of linking skills, 0.50 - musical interpretation (girls) rhythm and tempo (boys)

Note on Vault Rules

Gymnasts may have two attempts at the same vault or may have one attempt at each of two different vaults. The best mark will count.

Gymnasts may use either vault set between 100 cms & 130 cms.

The flatback set up for Levels 10 & 9 will be as near 50 to 80 cms as possible depending on apparatus available. For Level 8 it will be as near 100 to 110 cms as possible depending on apparatus available.

Any physical assistance, by the coach, will be penalised. Each **touch** will incur a penalty of 3.00 points.

Judges will be looking for good technique and body form in the flight on, the action on the vault, repulsion from vault, the flight off, and the landing. Execution will be applied in each of these 5 areas.

Any steps on landing will be deducted 0.1 for each small step. Larger steps and jumps will be deducted accordingly. Balance correcting movements will be deducted according to severity.

A fall, or a touch with hands, on landing, will be deducted 0.5.

Failure to touch vault with hands will void the vault.

Note on Beam Rules

The mount can be freestyle and not count for difficulty. Mounts that do count for difficulty are shown on the following pages.

A **dance series** must contain at least two elements which must be directly connected without pause, adjustment stop or step; made up from jumps, leaps and spins on one foot only.

There will be a **three-fall limit** on deductions at 0.50 each. If a gymnast falls and then falls again when remounting no additional deduction will be taken.

Any move can be used to **gain an SGR** and need not be counted in the difficulty score

If less than the **required number of moves** is shown a deduction of 1.00 will apply for each missing move.

If a gymnast **attempts a move**, they should be given credit in difficulty and **counted for an SGR** but, execution penalties will be applied. Certain moves on beam require the feet to touch the apparatus to be counted; cartwheels for example. Judge's discretion must be applied here as to whether the move was a proper attempt. A fall after this will be deducted but, the move will count for difficulty and any SGR.

When applying **degree** of leaps please refer to chart attached.

The routine should flow without long hesitation or stops and last between 45 and 90 seconds. Clock will stop for falls until re-mounting.

Note on Uneven Bars Rules

Any move can be used to gain an SGR and need not be counted in the difficulty score

Elements can be **repeated** on LB and/or HB to gain difficulty score.

If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.

If a gymnast attempts a move, they **should** be given credit in difficulty but, execution penalties will be applied. Certain moves on uneven bars require the feet to touch the apparatus to be counted; straddle undershoots for example. Judge's discretion must be applied here as to whether the move was a proper attempt. A fall after this will be deducted but, the move will count for difficulty and any SGR.

When applying **degree** of casts please refer to chart attached.

The Asymmetrical bars will be set at FIG standard, high bar height 250cm and low bar set at 170 cm. The bars should not be adjusted unless to accommodate for taller gymnasts in which case if the bottom bar is moved up the top bar must also be moved up.

Note on High Bar & P Bar Rules

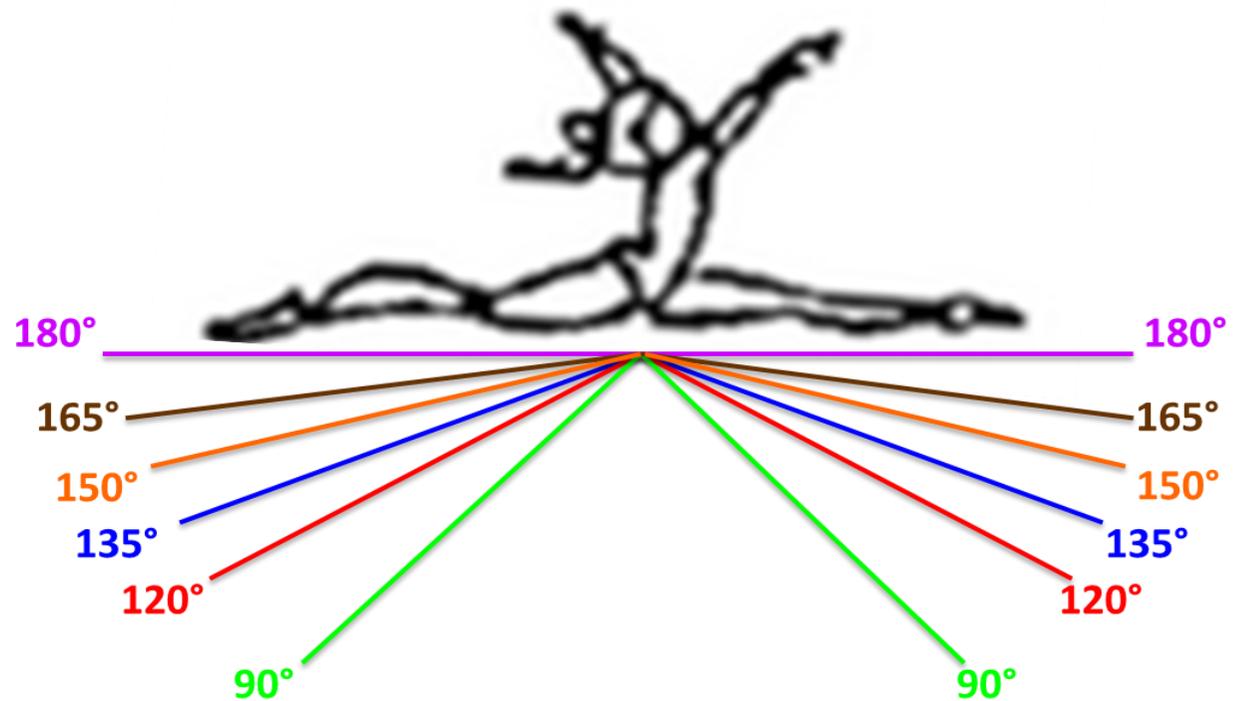
Any move can be used to gain an SGR and need not be counted in the difficulty score

If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.

If a gymnast attempts a move, they should be given credit in difficulty but, execution penalties will be applied. Certain moves on high bar require the feet to touch the apparatus to be counted; straddle undershoots for example. Judge's discretion must be applied here as to whether the move was a proper attempt. A fall after this will be deducted but, the move will count for difficulty and any SGR.

Level	Degree of Split Required	Deductions
Level 8	90°	0.10 - 80° 0.30 - 70° 0.50 - 60° and Below
Level 7	120°	0.10 - 110° 0.30 - 100° 0.50 - 90° and Below
Level 6	135°	0.10 - 120° 0.30 - 110° 0.50 - 100° and Below
Level 5	150°	0.10 - 140° 0.30 - 130° 0.50 - 120° and Below
Level 4	150°	0.10 - 140° 0.30 - 130° 0.50 - 120° and Below
Level 3	165°	0.10 - 170° 0.30 - 160° 0.50 - 150° and Below
Level 2	165°	0.10 - 170° 0.30 - 160° 0.50 - 150° and Below
Level 1	180°	0.10 - 170° 0.30 - 160° 0.50 - 150° and Below

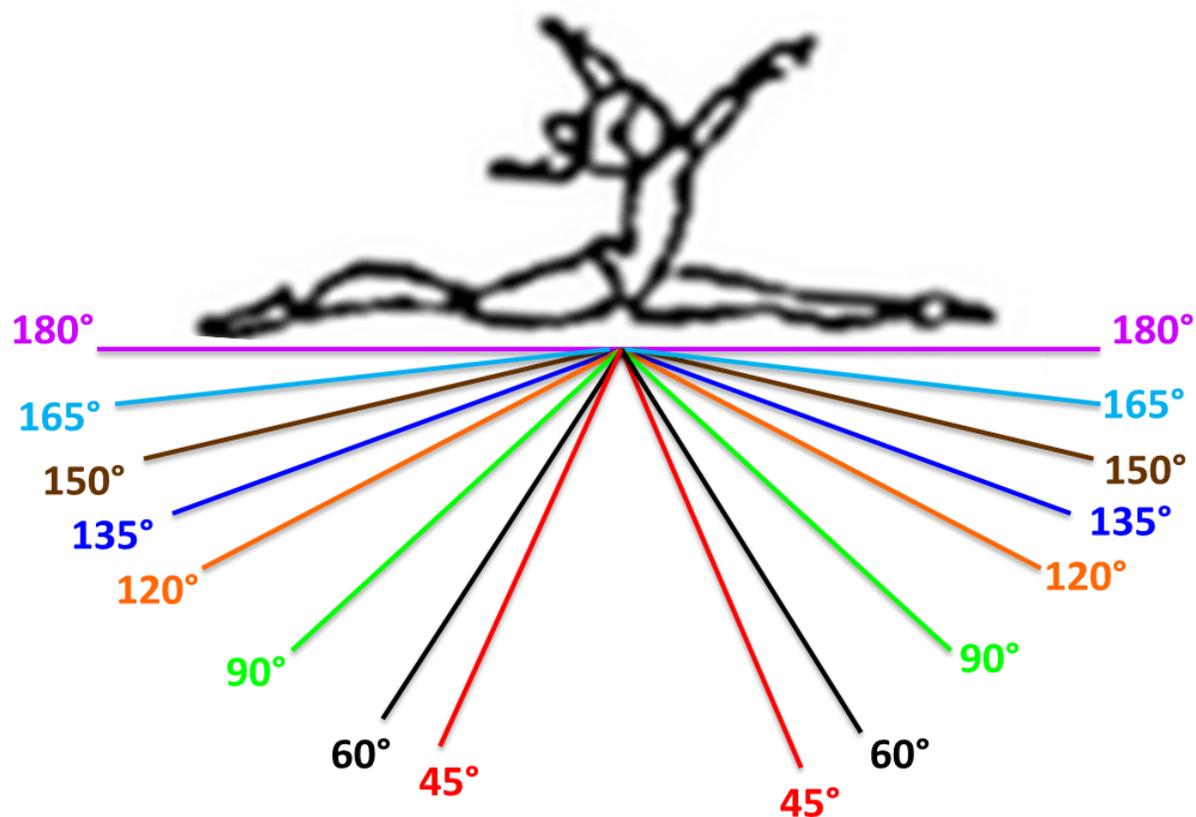
Floor Degrees of Split in Leaps



NB: SGR of 0.50 will be given if Split element is performed regardless of the degree. The degree, however will incur deductions as shown in the deductions column of the table.

Level	Degree of Split Required	Deductions
Level 9	45°	0.10 - 40° 0.30 - 30° 0.50 - 20° and Below
Level 8	60°	0.10 - 50° 0.30 - 40° 0.50 - 30° and Below
Level 7	90°	0.10 - 80° 0.30 - 70° 0.50 - 60° and Below
Level 6	120°	0.10 - 110° 0.30 - 100° 0.50 - 90° and Below
Level 5	120°	0.10 - 110° 0.30 - 100° 0.50 - 90° and Below
Level 4	135°	0.10 - 120° 0.30 - 110° 0.50 - 100° and Below
Level 3	150°	0.10 - 160° 0.30 - 150° 0.50 - 135° and Below
Level 2	165°	0.10 - 160° 0.30 - 150° 0.50 - 135° and Below
Level 1	180°	0.10 - 160° 0.30 - 150° 0.50 - 135° and Below

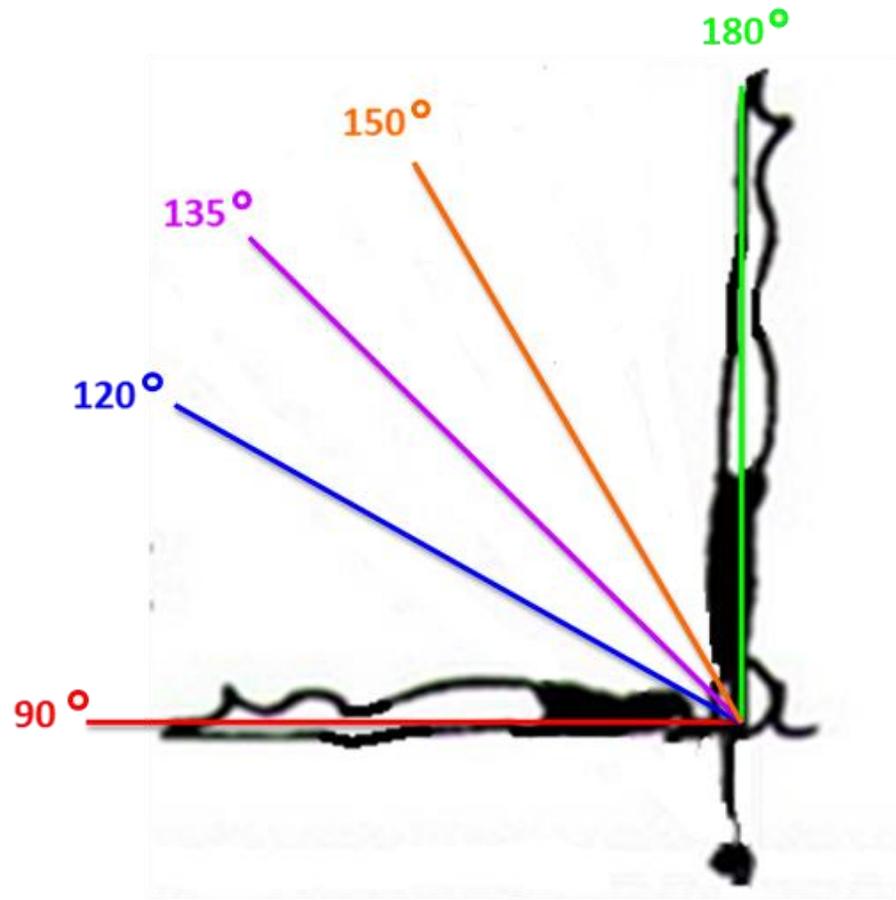
Beam Degrees of Split in Leaps and Jumps



NB: SGR of 0.50 will be given if Split element is performed regardless of the degree. The degree, however will incur deductions as shown in the deductions column of the table.

Level	Degree of Cast or Clear Hip Circle Required	Deductions
Level 8 Cast	At least 90° (Horizontal)	0.10 - 80° 0.30 - 70° 0.50 - 60° and Below
Level 7 Cast	At least 90° (Horizontal)	0.10 - 110° 0.30 - 100° 0.50 - 90° and Below
Level 6 Cast	120° (30° Above Horizontal)	0.10 - 120° 0.30 - 110° 0.50 - 100° and Below
Level 5 Cast	135° (45° Above Horizontal)	0.10 - 140° 0.30 - 130° 0.50 - 120° and Below
Level 4 Circle Element	150° (60° Above Horizontal)	0.10 - 140° 0.30 - 130° 0.50 - 120° and Below
Level 4 Cast	Handstand 180°	0.10 - 170° 0.30 - 160° 0.50 - 150° and Below

Bars Degrees of Casts and Clear Hip Circles



NB: SGR of 0.50 will be given if cast is performed above horizontal regardless of the degree.
The degree, however will incur deductions as shown in the deductions column of the table.

Note on Vault Rules

- Gymnasts may have two attempts at the same vault or may have one attempt at each of two different vaults. The best mark will count.
- Gymnasts may use either vault set between 100 cms & 130 cms.
- The flatback set up for Levels 10 & 9 will be as near 50 to 80 cms as possible depending on apparatus available. For Level 8 it will be as near 100 to 110 cms as possible depending on apparatus available.
- Any physical assistance, by the coach, will be penalised. Each touch will incur a penalty of 3.00 points.
- Judges will be looking for good technique and body form in the flight on, the action on the vault, repulsion from vault, the flight off, and the landing. Execution will be applied in each of these 5 areas.
- Any steps on landing will be deducted 0.1 for each small step. Larger steps and jumps will be deducted accordingly. Balance correcting movements will be deducted according to severity.
- A fall, or a touch with hands, on landing, will be deducted 0.5.
- Failure to touch vault with hands will void the vault.

Competition Rules for Floor

Girls

Difficulty- best 10 difficulty scores as specified below (elements need not be different; same moves can be used)										
	10	9	8	7	6	5	4	3	2	1
DIFFICULTY	A moves only	A & B moves only a maximum of 6 B moves	A, B & C moves only a maximum of 2 C moves	A, B & C moves only a maximum of 6 C moves	A, B, C & D moves only a maximum of 2 D moves	A, B, C & D moves only a maximum of 6 D moves	A, B, C, D & E moves only a maximum of 2 E moves	A, B, C, D & E moves only a maximum of 6 E moves	A, B, C, D, E & F moves only a maximum of 2 F moves	A, B, C, D, E & F moves
A moves= 0.10										
B moves= 0.20										
C moves= 0.30										
D moves= 0.40										
E moves= 0.50										
F moves= 0.60										
Best 10 moves to count – if less than 10 moves a deduction of 1.00 will be made for each missing move										
SGR's 0.50 each	Acro move	Acro move (no saltos or flighted "B" moves anywhere in routine)	Acro series (no saltos or flighted "C" moves anywhere in routine)	Min two element acro series, at least one with flight	Min three element acro series, at least one with flight	Min three element flighted acro series with salto	Min three element flighted acro series with salto	Min three element flighted acro series with two saltos	Flighted acro series with two saltos (same or different)	Flighted acro series with two saltos (same or different)
	Jump or leap	Jump or leap	Leap with min 90° split	Dance series or passage including leap with 120° split	Dance series or passage including leap with 135° split	Dance series or passage including leap with 150° split	Dance series or passage including leap with 150° split	Dance series or passage including leap with 165° split	Dance series or passage including leap with 165° split	Dance series or passage including leap with 180° split
	Balance	Balance	Mixed series	Forward acro series of two elements	Forward flighted acro element	Forward flighted acro series of two elements	Forward flighted acro series with salto	Forward flighted acro series with salto	Forward flighted acro series with straight salto	Forward flighted acro series with straight salto
	Minimum "A" Spin	Minimum "B" Spin	Minimum "B" Spin	Minimum "B" Spin	Minimum "B" Spin	Minimum "B" Spin	Minimum "C" Spin	Minimum "C" Spin	Minimum "C" Spin	Minimum "D" Spin
Notes:	Any use of floor NO MUSIC		Execution 9.00 Composition 1.00	Full use of floor area - 8.00 for execution, 1.00 for composition (0.5- use of floor area, variety of patterns and levels, 0.5- variation of elements and difficulty, 0.5- variety of linking skills, 0.5- musical interpretation)						

Note to Judges: Any move can be used to gain a SGR and need not be counted in the difficulty score

A dance series must contain at least two elements which must be directly connected without pause, adjustment stop or step.

A dance passage must be continuous without pauses, stops, hesitation, or lunge preparation directly or in directly connected by steps, chassé, small leaps or turns.

An acro series must contain at least two elements which can be made up from one difficulty move such as double cartwheel, RO/flic/flic, handspring/front salto.

Cartwheels and rounds offs are sideways elements and cannot be counted in forward acro series.

If a gymnast is allowed a second attempt at their routine, a deduction of 2.00 will apply. **If a gymnast receives guidance/instructions a 1.00 penalty will apply.**

If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.

Boys

Difficulty- best 10 difficulty scores as specified below (elements need not be different; same moves can be used)

	10	9	8	7	6	5	4	3	2	1
DIFFICULTY	A moves only	A & B moves only a maximum of 6 B moves	A, B & C moves only a maximum of 2 C moves	A, B & C moves only a maximum of 6 C moves	A, B, C & D moves only a maximum of 2 D moves	A, B, C & D moves only a maximum of 6 D moves	A, B, C, D & E moves only a maximum of 2 E moves	A, B, C, D & E moves only a maximum of 6 E moves	A, B, C, D, E & F moves only a maximum of 2 F moves	A, B, C, D, E & F moves
A move= 0.10										
B moves= 0.20										
C moves= 0.30										
D moves= 0.40										
E moves= 0.50										
F moves= 0.60										
Best 10 moves to count – if less than 10 moves a deduction of 1.00 will be made for each missing move										
SGR's 0.50 each	Acro move	Acro move (no saltos or flighted "B" moves anywhere in routine)	Acro series (no saltos or flighted "C" moves anywhere in routine)	Min two element acro series, at least one with flight	Min three element acro series, at least one with flight	Min three element flighted acro series with salto	Min three element flighted acro series with salto	Min three element flighted acro series with two saltos	Flighted acro series with min two saltos (same or different)	Flighted acro series with min two saltos (same or different)
	Straight jump with ½ turn	Any B jump	Any B jump with turn	Any C jump	Any C jump with turn	Any D jump with turn	Any D jump with turn	Any E jump	Any E jump	Any E jump
	Balance	Balance	Mixed series	Forward acro series of two elements	Forward flighted acro element	Forward flighted acro series of two elements	Forward flighted acro series with salto	Forward flighted acro series with salto	Forward flighted acro series with straight salto	Forward flighted acro series with straight salto
	Dead man drop	Swedish fall with raised leg	Swedish fall with raised leg	Pike/straddle lever hold	Wide arm handstand	Wide arm handstand	Elephant lift to handstand	Straddle lever to handstand	Straddle lever to handstand & straddle down	Straddle lever to handstand ½ turn & straddle down
Notes:	Any use of floor		Execution 9.00 Composition 1.00	Full use of floor area - 8.00 for execution, 2.00 for composition (0.5- use of floor area, variety of patterns and levels, 0.5- variation of elements and difficulty, 0.5- variety of linking skills, 0.5- rhythm, tempo)						

Note to Judges:

Any move can be used to gain a SGR and need not be counted in the difficulty score

An acro series must contain at least two elements which can be made up from one difficulty move such as double cartwheel, RO/flic/flic, handspring/front salto.

Cartwheels and rounds offs are sideways elements and cannot be counted in forward acro series.

Levels 10 & 9 will be judged on execution only, max 10.00. All other level will have execution max 8.00 and composition max 2.00.

If a gymnast is allowed a second attempt at their routine, a deduction of 2.00 will apply. **If a gymnast receives guidance/instructions a 1.00 penalty will apply.**

If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.

Level 10 – no flighted "B" moves allowed anywhere in routine. Level 9 - no flighted "C" moves allowed anywhere in routine. A 0.50 deduction will be made.

All Floor Moves by Level

“A” Moves	“B” Moves	“C” Moves	“D” Moves	“E” Moves	“F” Moves
ACROBATIC MOVES					
Backward roll to front support (held) Backward roll tucked or straddled to stand Cartwheel side to side Cartwheel with ¼ turn in or out Cartwheel with 1 hand Forward roll tucked or straddled to stand Handstand forward roll tucked to stand Round off	Back flic to 1 or 2 feet Back salto - tucked or piked Backward roll to handstand Backward roll to pike stand Backward roll with straight arms to front support (held) Backward walkover. Flighted cartwheel (must show flight) Flighted forward roll (must show flight) Forward roll piked to stand Forward walkover Front salto tucked Handspring to 1 or 2 feet Handstand forward roll piked to stand Round off, flic Tic Toc Tinsica Valdez Tuck/straddle up to handstand forward roll out. NB: No saltos or flighted “B” moves allowed in Level 9	Back salto – straight also with ½ twist Back salto layout Backward roll to handstand with straight arms Backward walkover to handstand ½ turn forward walkover out Backward walkover with 1 arm Barani Flyspring Forward or Backward walkover changing legs in splits position Forward walkover with 1 arm Free cartwheel Free round off Front salto piked Handspring, tucked salto, connected Hecht roll Korbut flic Side salto Whip (this can only be used in the middle of a tumble run and not as the dismount) NB: No saltos or flighted “C” moves allowed in Level 8	Arabian salto Back salto - straight with 1/1 twist Backward roll to handstand ½ turn Backward walkover full turn forward walkover Free walkover Front salto straight Front salto layout Gainer flic Gainer tuck/pike back salto Handspring piked front salto, connected Valdez ½ turn forward walkover Front salto ½ twist	Arabian salto ½ twist Back salto – straight with 1 ½ twist Backward roll to handstand full turn Flic with ½ turn. Front salto 1½ into roll out. (male gymnasts only) Gainer salto ½ twist Handspring straight front salto, connected Valdez to handstand full turn forward walkover out. Whip ½ twist (this can only be used in the middle of a tumble run and not as the dismount) Front salto full twist	Back salto with double twist Backward roll to handstand with double turn. Double back salto Flic full turn Front salto 1 ½ twist
BALANCES (B), ROLLS and STRENGTH					
Arabesque (leg below horizontal) (B) Bridge Dead man drop. Frog balance. (B) Press Up. Handstand (held) (B) Japana. (back flat) Log roll 360°. Shoulder stand with arm support (B) (level 10 & 9 only) Shoulder stand (B) (straight arms down) Splits - forward or box. Star balance or side scale- leg below horizontal (B) Teddy bear roll- 360°. V-sit with hand support (B)	Arabesque (B) (leg above horizontal) Handstand ½ pirouette (B) Headstand held, push to front support (B) Pike fold. Pike/Straddle lever hold (B) Shoulder stand (B) (straight arms behind head) Star balance or side scale- leg above horizontal (B) Swedish fall with one leg raised. Tuck/straddle up to handstand. Tucked top planche (B) V sit without hand support (B) Y balance (B)	Arabesque held in scale. (on toes) Elephant lift to handstand. Pike up to handstand. Handstand full pirouette. Needle scale. Pike/Straddle lever with ½ turn. Russian lever feet together or straddled. Straight leg headstand, push to handstand. Straight top planché with bent arms Tuck up to handstand ½ turn Wide arm handstand more than shoulder width apart. Y balance held in scale. (on toes)	Chest rock to handstand Elephant lift to handstand with full turn Handstand 1½ pirouette. Pike lever with full turn. Straddle lever to handstand. Straight top planché with straight arms	Handstand double pirouette. Straddle up to handstand & straddle down.	Handstand triple pirouette. Straddle up to handstand, ½ or full turn & straddle down.

"A" Moves	"B" Moves	"C" Moves	"D" Moves	"E" Moves	"F" Moves
JUMPS					
Stag jump. Star jump. Straight jump with ½ turn. Tuck jump. W jump.	Pike jump (feet above hip height) Ring jump with foot above hips Shoushonova tucked. Sissone. Split jump. Stag ring jump. Straddle jump. (min feet to hip height; below this it will be marked as a star jump) Straight jump full turn. Tuck jump ½ turn. W jump ½ turn.	Pike jump ½ turn. Ring jump with foot to head. Sheep jump. Shoushonova Straddle. Shoushonova Tuck ½ turn. Straight jump 1½ turn. Tuck jump full turn. Split jump ½ turn. W jump full turn.	Pike jump full turn. Shoushonova Pike. Shoushonova Straddle ½ turn. Shoushonova Tuck full turn. Split jump full turn. Straddle jump ½ turn. Straight jump double turn. Tuck 1½ turn W jump 1 ½ turn.	Shoushonova Pike ½ turn. Shoushonova Straddle full turn. Straddle jump full turn. Straight jump 2½ turn. Tuck jump double turn.	Straddle jump 1½ turn. W jump double turn. Shoushonova Pike jump full turn.
LEAPS AND HOPS					
Cat leap also with ½ turn Stag leap.	Cat leap full turn Fouette hop. Scissor kick. (Legs both must hit min horizontal). Side leap Split leap W hop	Butterfly forward and/or backwards. Cat leap 1½ turn. Fouetté hop to arabesque. Split change leap. Stride leap forward with change of legs to w position.	Cat leap double turn. Ring leap. Split change ½ turn. Split change to side. Tourjetté.	Split change full turn. Split change to ring. Tourjetté ½ turn. Tourjetté to ring.	
SPINS & TURNS (all spins must be completed on one foot)					
½ spin on one foot.	½ spin on one foot with free leg extended at horizontal. Full spin on one foot. Full spin with leg behind body. Illusion half turn. (With or without hand support) ½ Spin in crouch.	1½ spin on one foot. Full spin in crouch. Full spin on one foot with free leg at horizontal. Illusion full spin with hand support. Spindle half spin.	1½ spin on one-foot free leg extended at horizontal. Crouch spin 1½. Double spin on one foot. Illusion full turn. (No hand support) Spindle spin full.	1½ spindle spin. 2½ spin on one foot. Double illusion. Double spin free leg extended at horizontal. Double turn in crouch.	2½ spin with leg horizontal. Spindle spin double. Triple spin on one foot.

Competition Rules for Beam

	10	9	8	7	6	5	4	3	2	1
DIFFICULTY A moves= 0.10 B moves= 0.20 C moves= 0.30 D moves= 0.40 E moves= 0.50 F moves= 0.60	A moves only	A & B moves only, a maximum of 2 B moves	A & B moves only	A, B & C moves only a maximum of 4 C moves	A, B & C moves only	A, B, C & D moves only a maximum of 4 D moves	A, B, C & D moves only	A, B, C, D & E moves only a maximum of 4 E moves	A, B, C, D, E & F moves a maximum of 2 F moves	A, B, C, D, E & F moves
	Best 6 moves to count		Best 8 moves to count							
SGR's 0.50 each	Jump	Jump	Non-flight acro	Non-flight acro	Acro element that passes through vertical	Flighted acro element	Acro series at least one with flight	Acro series with 2 flight elements	Acro series with 2 flight elements	Acro series with 2 flight elements
	Leap	Isolated jump or leap with min 45° split	Isolated jump or leap with min 60° split	Isolated jump or leap with min 90° split	Minimum "B" spin on one foot	Minimum "B" spin on one foot	Minimum "C" spin on one foot			
	Balance	Balance	Dance series of min 2 elements	Dance series of min 2 elements	Dance series of at least 2 elements one must be a leap/jump with min 120° split	Dance series of at least 2 elements one must be a leap/jump with min 120° split	Dance series of at least 2 elements one must be a leap/jump with min 135° split	Dance series of at least 2 elements one must be a leap/jump with min 150° split	Dance series of at least 2 elements one must be a leap/jump with min 165° split	Dance series of at least 2 elements one must be a leap/jump with min 180° split
	Any "A" Spin	Minimum "A" Spin	Any B dismount no saltos	Acrobatic Dismount	Acrobatic Dismount	Acrobatic Dismount	Minimum Acrobatic C Dismount	Minimum Acrobatic D Dismount	Minimum Acrobatic D Dismount	Minimum Acrobatic E Dismount

Note to Judges: Any move can be used to gain a SGR and need not be counted in the difficulty score
 A dance series must contain at least two elements which must be directly connected without pause, adjustment stop or step; made up from jumps, leaps and spins on one foot only.
 If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.
 There will be a three-fall limit with deductions at 0.50 each. If a gymnast falls and then falls again when remounting **no** additional deduction will be taken.
 The routine should flow without long hesitation or stops.

All Beam Moves by Level

“A” Moves	“B” Moves	“C” Moves	“D” Moves	“E” Moves	“F” Moves
MOUNTS					
Jump to front support & swing one leg over. Jump to straddle sit on beam. Squat on. Straddle on.	Circle up to front support. Forward roll on to straddle sit. Jump to box splits. (Japan) Jump to straddle or pike lever hold. (With legs at horizontal) Squat through to rear support.	Forward roll on to feet. Free jump on to one or two feet. Squat through to russian level. (piked or straddled)	Cartwheel on end. Handspring on end. Jump ½ turn to feet. (side of beam) Leap to splits. Tuck or straddle up to handstand.	Jump full turn to feet. (side of beam) Jump to planché hold. Jump to splits. Straddle up to handstand ½ turn. Tuck or straddle up to handstand lengthways. Tuck front salto on end.	Back to beam jump backwards to catch handstand with arms bent wrapped around beam. Pike front somi on end. Round off on board flic onto beam.
BALANCES (must be held for minimum of 2 seconds)					
Any one knee balance. Any one leg balance. Arabesque. (leg below horizontal) Posé balance. Tucked v-sit with hand support. (Level 10 and 9 only) Piked v-sit with hand support.	Arabesque. (leg at or above horizontal) Bridge. Handstand. Piked v-sit without hand support. Straddle Lever (Legs above horizontal) Shoulder stand. Splits/box splits without hand support. Y balance.	¼ turn to cross handstand. Handstand held in splits. Needle scale. Russian lever legs tucked. Russian lever. (piked or straddled) Straddle lever with ½ turn. Y balance held in scale. (on toes)	¼ turn to cross handstand return to straddle lever. Arabesque held in scale. (leg above horizontal on toes) Needle scale on toes. Planché tucked.	Straddle lever to handstand, in cross position, and return to straddle lever. Planché straight	
JUMPS					
Stag jump. Star jump. Tuck jump. Straight jump ½ turn. Straight jump with beat change with legs.	Pike jump. Sissone. Split jump. Straight jump ¾ turn. Tuck jump ½ turn. W jump.	Pike jump ½ turn. Split/stag jump ¼ turn. Straddle jump. Straight jump full turn. Tuck jump ¾ turn. W jump ½ turn.	Ring jump. Ring stag jump. Sheep jump. Split/stag jump ½ turn. Straddle jump ½ turn. Straight jump 1 ½ turn. Tuck jump full turn. W jump ¾ turn.	Pike jump ¾ turn. Straddle jump ¾ turn. Tuck jump 1½ turn. W jump full turn.	Pike jump full turn. Straddle jump full turn.

"A" Moves	"B" Moves	"C" Moves	"D" Moves	"E" Moves	"F" Moves
LEAPS					
Cat leap. Stag leap.	Cat leap ½ turn. Scissor. Split leap.	Cat leap full turn. Fouetté hop ½ turn. Ring leap. Side leap. Split change to w position.	Cat leap 1½. Split change leap. Split leap to ring. Stag leap to ring. Tourjetté.	Butterfly. Split change ½ turn. Split change to ring. Split change to side.	Split change to side ½ turn.
SPINS & TURNS (all spins must be completed on one foot)					
½ spin. ½ turn on knee. Squat ½ turn, both feet on beam. (Levels 10 & 9 only)	½ spin leg behind knee horizontal. ½ spin leg in front at horizontal. ½ spin leg in front in attitude. Full spin. Full turn on knee. Squat ½ spin.	½ illusion turn. ½ spindle spin. 1½ spin. Full spin, leg behind knee horizontal. Full spin, leg in front at horizontal. Full spin, leg in front in attitude. Squat full spin.	1½ spin, leg behind knee horizontal. 1½ spin, leg in front at horizontal. 1½ spin, leg in front in attitude. Double spin. Full illusion turn. Full spindle spin. Squat 1½ spin.	1½ spindle spin. 2½ spin. Double spin, leg behind knee horizontal. Double spin, leg in front at horizontal. Double spin, leg in front in attitude. Squat double spin.	2½ spin, leg in front in attitude. Double spindle spin. Triple spin.
WAVES (must be held for minimum of 2 seconds)					
Body wave forward, backwards or sideways to stand on both legs (held)	Body wave forward, backwards or sideways to stand on one leg (held)	Body wave forward, backwards or sideways to scale (held)			

"A" Moves	"B" Moves	"C" Moves	"D" Moves	"E" Moves	"F" Moves
ACROBATIC ELEMENTS					
Backward roll to knees (Level 10 & 9 only). Forward roll to feet. Forward roll to sit (Level 10 & 9 only). Handstand. (not held for longer than 2 seconds) Shoulder roll backwards.	Backward walkover. Cartwheel. Forward walkover Handstand forward roll. Handstand. (held for 2 seconds) Free forward roll. Backward roll to feet.	Back flic to 1 or 2 feet. Backward roll to handstand. Backward walkover to handstand chest roll down. Backward walkover to handstand tuck down to crouch. Backward walkover with 1 arm. Dive cartwheel Dive forward roll Handspring to 1 or 2 feet. Handstand ½ pirouette. One handed cartwheel. Round off. Tic toc. Valdez.	Back flic to chest roll. Back flic with 1 arm. Backward roll to handstand ½ pirouette. Backward walkover to handstand ½ pirouette forward walkover out. Forward walkover with 1 arm. Free cartwheel. Gainer flic. Handspring with leg change in air. Handstand full pirouette. Kick to handstand ½ pirouette forward walkover out. Tuck back salto. Tuck front salto. Valdez to handstand ½ turn forward walkover out.	Backward roll to handstand full pirouette. Backward walkover beam sideways. Flic ½ turn. Forward walkover beam sideways. Free walkover. Gainer flic 1 arm. Gainer tuck back salto. Layout salto. Pike back salto. Pike front salto. Side salto. Tuck back salto to chest roll. Valdez to handstand full turn forward walkover out.	Arabian salto. Flic beam sideways. Flic full turn. Front somi ½ turn. Gainer flic ½ turn. Gainer pike back salto. Pike back somi to chest roll.
DISMOUNTS					
Star jump. Tuck jump. Straight jump with ½ turn.	Handspring. Pike jump feet above hip height. Round off. Straddle jump feet above hip height. Straight jump full turn. Tuck jump ½ turn.	Barani. Free cartwheel Free walkover. Gainer tuck front or back salto off side of beam. Pike back salto. Pike front salto. Tuck back salto. Tuck front salto.	Back somi ½ turn. Free walkover ½ turn. Front somi ½ turn. Gainer pike salto off side of beam. Gainer tuck/ pike salto off end of beam. Straight back salto. Straight front salto. Tuck Arabian salto.	Back salto full twist. Free walkover full turn. Front salto full twist. Gainer straight salto off side and end of beam. Pike Arabian salto.	Back salto 1½ twist. Double back. Double front. Free walkover 1½ turn. Front salto 1½ twist. Gainer salto with ½ or full twist off side or end of beam. Straight Arabian salto.

Competition rules for Uneven Bars

	10	9	8	7	6	5	4	3	2	1
DIFFICULTY A moves= 0.10 B moves= 0.20 C moves= 0.30 D moves= 0.40 E moves= 0.50 F moves= 0.60	A & B moves only a maximum of 2 B moves	A & B moves only	A, B & C moves only a maximum of 2 C moves	A, B & C moves only a maximum of 4 C moves	A, B & C moves only	A, B, C & D moves only a maximum of 2 D moves	A, B, C & D moves only	A, B, C, D & E moves a maximum of 2 E moves	A, B, C, D, E & F moves a maximum of 2 F moves	A, B, C, D, E & F moves
SGR's 0.50 each	Best 4 moves to count - LB only		Best 5 moves to count	Best 5 moves to count	Best 6 moves to count			Best 7 moves to count		
	NONE	Upward circle to front support	Upward circle to front support	One bar change	Float upstart/kip	Float upstart/kip from LB to HB	Float upstart/kip from LB to HB	Minimum 2 bar changes	Minimum 2 bar changes	Minimum 2 bar changes
			Cast to at least horizontal	Cast to at least horizontal	Cast 30° above horizontal	Cast 45° above horizontal	Cast to handstand	1 flight element	2 flight elements	2 flight elements
		Any undershoot dismount	Circling element	Circling element	Clear hip circle	Clear hip circle	Circling element finishing 60° above horizontal	Backward or Forward giant	Any 1 LA turn excluding mount or dismount	1 LA turn above HB excluding mount or dismount
		Minimum B dismount	Minimum C dismount	Minimum C dismount	Minimum C dismount	Minimum C dismount	Minimum D dismount	Minimum D dismount	Minimum E dismount	Minimum E dismount

Note to Judges:

Any move can be used to gain a SGR and need not be counted in the difficulty score

Elements can be repeated on LB and/or HB to gain difficulty score.

If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.

All Bars Moves by Level

“A” Moves	“B” Moves	“C” Moves	“D” Moves	“E” Moves	“F” Moves
MOUNTS					
Jump to front support.	Upward circle to front support.	Float upstart/kip. Tucked hecht mount.	Jump ½ turn with float upstart. Jump to HB with float upstart. Straddled hecht mount.	Hecht mount legs straight. Jump full turn with float upstart. Jump to handstand on LB.	Jump to handstand ½ turn.
LOW BAR					
Backward hip circle. Cast above 45 degrees’. Jump from LB to HB into support. (if bars cannot be moved close enough, the gymnast will be allowed to move to HB by coach without deduction) Squat or straddle onto LB.	Forward hip circle. Pike onto LB. Cast to horizontal	Cast above horizontal Clear hip circle Float upstart/kip Forward sole circle. Seat circle backwards. Seat circle forwards. Sole circle. Undershoot from LB to catch HB into swing	Cast to handstand, straddled or piked. Clear hip to handstand. Release and re-grip element on LB Undershoot on LB to catch HB	Cast to handstand ½ turn. Clear hip to handstand ½ turn. Endo circle. Stalda circle. Toe on toe off to handstand.	Cast to handstand full turn. Clear hip to handstand full turn. Endo to handstand. Stalda to handstand.
HIGH BAR					
Backward hip circle. Cast to horizontal.	Cast above horizontal Cast above horizontal Circle up from LB to HB. Forward hip circle. Upward circle up to front support. (a maximum of two swings can be used)	Cast to ¾ giant swing. Clear hip circle Float upstart/kip. Sole circle. Swing to front uprise on HB	Back straddle from HB to LB. Backward giant. Cast to handstand. Clear hip to handstand. Forward giant. Release and re-grip element on HB Undershoot ½ turn from HB over LB and catch.	Backward giant ½ turn. Cast to handstand ½ turn. Clear hip to handstand ½ turn. Endo circle. Schleudern HB to LB. Stalda circle. Swing undershoot ½ turn from HB over LB to catch. Toe on toe off to handstand.	Backward giant full turn. Cast to handstand full turn. Clear hip to handstand full turn. Endo to handstand. Gienger HB to HB. Jaeger HB to HB. Pac salto from HB to LB. Stalda to handstand. Tkachev HB to HB. Undershoot ½ turn to handstand on LB
DISMOUNTS					
Cast push off LB. Forward circle down from HB. Jump to HB 2 swings. Squat on and jump off LB. Straddle undershoot from LB.	Clear hip to push off LB Free undershoot from LB or HB. Pike undershoot from LB Straddle or pike undershoot from HB. Clear undershoot from HB	Clear undershoot with ½ turn from HB. Straddle or pike undershoot with ½ turn from HB. Tucked/piked back somersault.	Free undershoot with full turn from HB Front somersault tucked. (front away) Somersault with ½ twist Straddle or pike undershoot with full turn. Straight back somersault.	Front somersault straight. Front somersault with ½ twist. Full twisting back somersault.	Back somersault with 1½ twist. Double back somersault. Double front somersault. Front somersault with full twist.

Competition Rules for High Bar

	10	9	8	7	6	5	4	3	2	1
DIFFICULTY A moves= 0.10 B moves= 0.20 C moves= 0.30 D moves= 0.40 E moves= 0.50 F moves= 0.60	A moves only	A moves only	A & B moves only	A, B & C moves only a maximum of 2 C moves	A, B & C moves only	A, B, C & D moves only a maximum of 2 D moves	A, B, C & D moves only	A, B, C, D & E moves only a maximum of 2 E moves	A, B, C, D, E & F moves only a maximum of 2 F moves	A, B, C, D, E & F moves only
SGR's 0.50 each	Best 4 moves to count	Best 5 moves to count	Best 6 moves to count	Best 6 moves to count	Best 7 moves to count	Best 8 moves to count	Best 8 moves to count	Best 8 moves to count	Best 9 moves to count	Best 9 moves to count
	None	None	Straddle/ Pike shape held at 90°	Swing or Chin up to upward circle on HB	Swing to circle up to front support	Cast to ¾ swing and back uprise to front support	Jump to swing and float upstart/kip	Cast or straddle to handstand	Backward giant	Forward giant
			Swing to Dismount Backwards	Min B dismount	Any C dismount	Min C dismount	Any D dismount	Min D dismount	Min E dismount	Min E dismount

Note to Judges:

Any move can be used to gain a SGR and need not be counted in the difficulty score
 If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.

All High Bar Moves by Level

“A” Moves	“B” Moves	“C” Moves	“D” Moves	“E” Moves	“F” Moves
Jump to straight hang (coach can lift for Level 9 & 10, only the hang shape will be judged)	Jump to straight hang in reverse grip	Jump to swing and float upstart	Jump ½ turn to swing and float upstart	Jump full turn with float upstart.	Forward giant
Tucked shape	Jump with ½ turn to straight hang	Half turn to reverse grip	Short upstart	Cast to handstand ½ turn.	Cast to handstand full turn.
Star shape	Piked shape above 90°	Piked leg lift to bar & return to hang	Cast or straddle to handstand	Clear hip to handstand ½ turn.	Clear hip to handstand full turn.
Chin up	Straddle leg lift to bar & return to hang	Inverted hang in pike	Clear hip to handstand.	Stalda circle.	Stalda to handstand.
Straddle shape above 90°	Inverted hang in straddle	Swing to upward circle. (max 3 swings)	Uprise to rear support	Endo circle.	Endo to handstand.
180° turn in hang	Swing with ½ turn	Cast to ¾ swing and back to front support	Forward seat circle	Toe on toe off to handstand.	Backward giant full turn.
Upward circle up to front support (a maximum of two swings can be used)		Clear hip to immediate float upstart/kip	Backward giant	Backward giant ½ turn.	Front somersault with full twist. dismount
Cast towards horizontal.	Chin up and pull over to front support	Cast above horizontal.	Straight back somersault with ½ twist dismount	Full twisting back somersault dismount.	Straight back somersault with 1½ twist dismount.
Backward hip circle	Cast above horizontal to immediate backhip circle.	Swing to front uprise	Straddle or pike undershoot with full turn dismount.	Straight front somersault dismount.	Double back somersault. dismount
Forward circle down dismount	Forward hip circle.	Seat circle forwards.	Free undershoot with full turn dismount.	Front somersault with ½ twist dismount	Double front somersault dismount
Two swings to dismount backwards	Straddle/Pike undershoot dismount	Seat circle backwards.	Straight back somersault dismount	Straight back somersault with full twist dismount	
	Free undershoot dismount	Forward/Backward sole circle.		Front somersault tucked. (front away) dismount	
		Straddle or pike undershoot with ½ turn dismount			
		Free undershoot with ½ turn dismount			
		Tucked/piked back somersault. dismount			

Competition Rules for P Bars

	10	9	8	7	6	5	4	3	2	1
DIFFICULTY A moves= 0.10 B moves= 0.20 C moves= 0.30 D moves= 0.40 E moves= 0.50 F moves= 0.60	A moves only	A moves only	A & B moves only	A, B & C moves only a maximum of 2 C moves	A, B & C moves only	A, B, C & D moves only a maximum of 2 D moves	A, B, C & D moves only	A, B, C, D & E moves only a maximum of 2 E moves	A, B, C, D, E & F moves only a maximum of 2 F moves	A, B, C, D, E & F moves only
SGR's 0.50 each	Best 4 moves to count	Best 5 moves to count	Best 6 moves to count	Best 6 moves to count	Best 7 moves to count	Best 8 moves to count	Best 8 moves to count	Best 8 moves to count	Best 9 moves to count	Best 9 moves to count
	None	None	Lift to free straddle hold on bars	Lift to pike hold above bars	Two swings to 135°	Float upstart; kip up	Float upstart; kip up	Drop upstart between bars	Straddle cut forward to pike hold	Straddle cut backwards to re-grasp
			Two dips to 90°	360° turn	Swing or press to handstand	Press to handstand	Swing or press to handstand with ½ turn	Swing or press to handstand with ½ turn	Swing or press to handstand with full turn	Swing or press to handstand with full turn
			Swing to backward dismount over bars	Swing to backward dismount over bars	Face or Flank vault dismount	Salto dismount	Any "D" dismount	Dismount "D" or above	Salto dismount	Dismount "E" or above

Note to Judges:

Any move can be used to gain a SGR and need not be counted in the difficulty score

If less than the required number of moves is shown a deduction of 1.00 will apply for each missing move.

All Parallel Bars Moves by Level

"A" Moves	"B" Moves	"C" Moves	"D" Moves	"E" Moves	"F" Moves
Jump to front support	Lift to free straddle hold on bars	Float upstart	Drop upstart between bars	Straddle cut forward to pike hold	Straddle cut backwards to re-grasp
Tucked shape	Swing to free straddle support	Kip to free straddle support	Back uprise to handstand from dip swing	One circle, or flair, on end of bars	Two circles, or flair, on end of bars
Pike shape	Two dips to 90°	Lift to pike hold above bar	Piked/Straddle lever on single bar	Swing to handstand with full turn	Swing to handstand with ½ turn
Free straddle sit on bars	Four hand walks R, L, R, L	Russian lever between bars	Straddled shoulder press to handstand	Piked shoulder press to handstand	Double salto dismount
Planché in tucked position	Two hand hops	360° turn	Basket forward to support	From straddle on single bar, press to handstand	Twisting Salto dismount
W shape	180° turn	Back uprise from dip swing	Press to handstand with ½ turn	Handstand on single bar	
Two swings to 90°	Two swings to 135°	Tucked shoulder press	Front uprise from dip swing	Press to handstand with full turn	
Cast backwards to front support	Swing to backward dismount over bars	Swing or press to handstand	Front salto tucked or piked dismount		
Swing to backward dismount between bars	Face vault dismount	Back salto tucked or piked dismount	Straight back somersault dismount		
		Flank vault dismount			