

**OFSAA GIRLS' GYMNASTICS**  
**APPENDIX 1 TO PLAYING REGULATIONS**  
**ARTISTIC GYMNASTICS**

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*OCP is the Ontario Competitive Program of Gymnastics Ontario. The OCP Technical Rules & Regulations will apply to all OFSAA categories unless otherwise stated in the OFSAA Rules & Regulations. Please note that in the absence of an OFSAA or OCP rule, the FIG Code of Points will be applied. The Element Values are based on the OCP Values as per USGF-JO Code of Points.*

*The OCP Rules & Regulations are posted on the Gymnastics Ontario website – [www.gymnasticsontario.ca](http://www.gymnasticsontario.ca)*

## **EQUIPMENT**

### **Landing Mats**

Landing mats with a minimum of 12 cm thickness will be provided for each apparatus. At OFSAA 20 cm landing mats will be used. These mats may not be removed from underneath the apparatus. On Vault, Bars and Beam an additional mat(s) of up to 20 cm thickness will be allowed for safety reasons, if required. Additional landing mats that exceed 20 cm if used, will result in a **0.30** deduction from the gymnast's score. On floor, up to 10 cm of additional mats may be used for tumbling lines. Only this mat(s) may be removed during the routine. Use of a 10 cm supplementary mat is mandatory for landings on vault, bars and beam.

### **Additional Equipment**

Anyone bringing extra equipment must, prior to the warm-ups, declare the event at which the equipment will be used. The equipment must remain at the event throughout the duration of that competition.

### **Equipment Concerns**

If a contract with an equipment supplier has been secured, the term of the contract may include exclusivity. This exclusivity will apply to all equipment, including beat boards. Any information pertaining to exclusivity in the equipment supplier's contract must be included in the convenor's package.

## **EVENT SPECIFICATIONS**

### **VAULT TABLE**

- Vault Table height requirements are specific to the Level and Landing mat 20 cm (FIG) required. Up to 20 cm of additional landing mats are permitted.
- Runway is at least 24 m.
- Three running approaches are permitted if the gymnast has not touched the board and/or vault table. A fourth approach is not permitted.

- A gymnast is considered to have begun an approach as soon as the run has commenced.
- Use of a 10 cm supplementary landing mat is mandatory for Levels 4, 5 & 6 Vaults only. Vaults landing on piled (stacked) mats in Levels 1, 2 & 3 do not required the mandatory supplementary mat.
- Up to 20 cm additional mats allowed, **this includes mandatory 10 cm mat for landing**
- For all Flat Back vaulting, the piled (stacked) mats must be equal to a height of  
**For level 1 – i) 100cm-115cm**  
**For level 2 – i) 100cm-115cm or ii) 120-125cm**
- **Level 3 Vault is Flat Back - Stacked Mats to Table Height 105, 115 or 125cm**
- A sting mat must be put in place to overlap the vault table and the piled mats.
- **Level 4 Vault is Handspring only Height: 105, 115 or 125 cm**
- **Level 5 & 6 Vault Heights allowed are: 105, 115 or 125 cm**

### UNEVEN BARS

- LB 170 cm HB 250 cm, mat is 20 cm.
- Bars may be moved in or out.  
 Diagonal distance between the 2 bars must be adjustable from 130 to 180 cm.
- Athletes qualifying for OFSAA who wish to raise both bars by one notch, may petition to do so on the OFSAA Entry Form.
- **Non-removal of the beat board after the mount** will result in a **0.50** deduction from the final score. This rule is in place to ensure the safety of the gymnast.
- Use of a 10 cm supplementary landing mat is mandatory.
- A mandatory 10 cm mat is required between the Bars for Level 3 as well as for the Dismount.
- A 20 cm Landing Mat is necessary for Level 2 gymnasts performing the Dismount – Cast Squat On to Jump Forward Off LB.

### Falls – Uneven Bars

An interruption of **45 seconds** is possible due to a fall from the bars. This will be timed separately. Exceeding the time limit on the fall will mean the routine is finished.

Timing of intermediate period (fall time) begins with:

- Fall OFF the apparatus, feet or hands leave the bars – **timing of 45 sec. begins)**
- Fall ON the apparatus, when the body hits the bar

Time stops when the gymnast resumes her exercise: i.e. with the first element or movement, including the pumping or beat swing necessary to gain some swing on the bars.

There is no deduction for a coach speaking to the athlete during a fall.

If a gymnast falls from the uneven bars the coach may assist the gymnast in remounting to the high bar or low bar. A spotting penalty will not be applied. The gymnast does have 45 seconds to remount the bars and may use that time to climb back on the bars to a position from which she wishes to continue her routine. She is not deducted for climbing onto the bars to get into position to continue the routine. After a fall, the gymnast will be allowed one extra swing without penalty to restart the routine; however, two or more **extra swings** will be deducted **0.30** each time. After a fall, the gymnast may repeat the missed element and if successful, will be given credit for the Element and any CR.

- **There is no deduction for a double bounce on the beat board when mounting the apparatus.**

## **BALANCE BEAM**

- FIG 125 cm padded beam and 20cm mat are required.
- **Note: Level 1-3 Only Beam Height requirement is 110 or FIG 125cm.**
- Length of routine is 30 seconds to 1 minute 30 seconds for all levels.
- A warning bell will be rung at 1 minute 20 seconds and the final bell will be rung at 1 minute 30 seconds.
- A coach or another athlete must **remove the beat board after the mount**; failure to do so will result in a **0.50** deduction from the gymnast' final score.
- Use of a 10 cm supplementary landing mat is mandatory.

### **Falls – Balance Beam**

An interruption of **30 seconds** is possible due to a fall from the beam. This will be timed separately. Exceeding the time limit on the fall will mean the routine is finished.

Timing of intermediate period (fall time) begins with:

- Fall OFF the apparatus; feet or hands leave beam (**fall time begins**)
- Fall ON the apparatus; when body hits the beam

Time stops when the gymnast resumes her exercise: i.e. with the first element or movement.

If a gymnast **falls while remounting the beam after the fall**, there will be a **0.50** deduction even if the timing of the exercise has not resumed.

There is no deduction for a coach speaking to the athlete during a fall.

**There is no deduction for a double bounce on the beat board when mounting the apparatus.**

## **FLOOR EXERCISE**

- Floor area 12 m x 12 m
- Additional mats of up to 10 cm are allowed for tumbling

- Length of routine is 30 seconds to 1 minute 30 seconds for all levels. Floor music of a competing gymnast must be submitted on a CD. The floor music of the competing gymnast is the only piece recorded on the CD. A **0.30** penalty will be imposed on the gymnast's final score if a gymnast appears without a CD or if any other music is recorded on that CD.

If the routine is stopped by a technical failure of the audio equipment, the gymnast has the following options:

Repeat her routine without penalty at the end of the rotation and count the second score. **OR**

Not repeat the exercise, count the first routine (no *1.0* penalty for absence of music).

The coach may request the score of the first routine before choosing options.

If the wrong music is played, the gymnast may leave the floor until the appropriate music is ready. The chief judge will give a new starting signal to start routine. There is no penalty if the wrong music is played.

### **GENERALITIES**

1. **Start Value will be 10.00 for each event at each Level. Most Vault Start Values, with some exceptions, are out of 10.00. (Refer to OFSAA Vault Values Chart)**
2. **Final Score is based on the Difficulty Score minus the Execution Score.**
3. D-Score on Bars, Beam and Floor is composed of: DV (Difficulty Value) and SR (Special Requirements) & No Attempt to Dismount.  
The E-Score includes Specific Apparatus Deductions, Execution errors, and Artistry deductions.
4. **Span for Judges' Scores**: Span between the two counting E scores is 0.30 when the two counting E scores are between 0.00 and 1.50.  
Span between the two counting E scores is 0.50 when the two counting E scores are between 1.50 or greater.  
**Span between Average E score and the D1 Judge's E score is 0.30 when the two counting E scores are between 0.00 and 1.50 and 0.50 when the two counting E scores are between 1.50 or greater. Final Score is never rounded and will be truncated at 3 decimals if required (as in the case of 3 judges on a panel).**
5. No jewelry, bracelets, necklaces, headbands or watches may be worn by competitors. Only small stud type pierced earrings are allowed. The penalty for not complying with this rule is a **0.20** deduction from the gymnast's final score.

### **Recognition of Elements**

6. On Bars, Balance Beam and Floor Exercise, the same elements will count twice for DV (Difficulty Value), provided the second element is preceded or followed by a different element.
7. If an element does not appear in the USGF- JO Code of Points, it does not have a value unless it is listed in the OFSAA list of elements.
8. To be considered different, an element must have a different number in the Code of Points as per OCP rules.
9. The performance of **restricted moves** will result in a **0.50** deduction for each time a restricted move is performed. The restricted move receives no value and will not fulfill any SR's. The skill however will receive all applicable execution and amplitude deductions. Performance of a **restricted vault** will result in a 0.00 score.
10. Only student athletes will be permitted on the competitive equipment during training, warm-up or competition sessions at OFSAA.
11. On Bars and Beam, a coach standing in a position to spot (not blocking the view of the judges) is permitted without penalty. However, if the **coach touches or spots** the gymnast, a **0.50** deduction will be applied each time spotting occurs during the routine.
12. On **Vault, spotting is only permitted on the landing** with a **0.50** deduction. If spotting occurs during any other phase of the vault (ie. Preflight, on flight/repulsion) or during any phase of a flat back vault, the vault is considered void and will receive a score of 0.00.

One coach may stand beside the vault table with no deduction for all levels. A coach may not stand between the beat board and the apparatus.

**Competition Attire:**

**FIG, GCG, GO & OFSAA will allow the following competition attire:**

**A full length one piece leotard (must be skin tight) may be worn with leg length optional – this is one layer only and does not include wearing tights or shorts over leotards.**

## EVENT REGULATIONS – VAULT

1. All vault competitors MAY perform two vaults. The vaults may be the same or different. **The final score will be the BEST score.** An athlete may choose to perform only ONE vault. If a second vault is not performed then the athlete will receive the score of the first vault.
2. **The Start Value for all Vaults will be 10.00.**  
**Exception: Level 6 Handspring or Yamashita is 9.5** *This modification recognizes that there are more areas for deductions for twisting vaults and Tsukahara vaults.*
3. A Vault Table only is allowed for Levels 3, 4, 5 and 6 vaults.
4. Levels 1 and 2 will be permitted to do Handspring to Flat Back vaults on stacked mats only.  
Level 1 and 2 will be vaulting (Handspring to Flat Back Landing) from a beat board to stacked landing mats piled to a height of:  
  
**Level 1: 100cm-115cm**  
**Level 2: 100cm-115cm OR 120cm-125 cm**
5. For L1 & 2 a tape line 32 inches from the front edge of the top stacked mat must be marked for Hand Placement
6. Level 3 Only is permitted to do Handspring to Flat Back vault from a vault table to stacked mats piled to a height of 105, 115 or 125 cm.  
For Flat Back vaulting from a vault table (only Level 3), the mats must be piled up to equal the height of the top of the vault table. **An additional sting mat must be put in place to overlap the vault table and the piled mats.**
7. Level 4, 5 and 6 are permitted to do Table Vaults only. Vault Table Heights permitted are 105, 115 or 125 cm.
8. Level 4 will be permitted to do a Handspring vault only, using only the Vault Table.
9. Use of a 10 cm supplementary landing mat is **only mandatory for Level 4, 5 & 6 Vaults.** Up to 20 cm additional mats are allowed, this includes the MANDATORY 10 cm mat for landing.
10. Three running approaches are permitted if the gymnast has not touched the board and/or vault table. A fourth approach is not permitted. A gymnast is considered to have started an approach as soon as the run has commenced. If the gymnast touches the beat board or the vault table, the vault is void and is scored as 0.00.

### OFSAA VAULT VALUES

LEVEL	VAULT NUMBER	NAME OF VAULT	MAX FINAL SCORE
<b>ONE</b>	NO NUMBER	FLATBACK (Stacked Mats Only)	<b>10.0</b>
<b>TWO</b>	NO NUMBER	FLATBACK (Stacked Mats Only)	<b>10.0</b>
<b>THREE</b>	NO NUMBER	<b>FLATBACK</b> (Table to Stacked Mats)	<b>10.0</b>
<b>FOUR</b>	1.101	<b>HANDSPRING</b>	<b>10.0</b>
<b>FIVE</b>	1.101	HANDSPRING	<b>10.0</b>
	1.102	HANDSPRING HALF	<b>10.0</b>
	1.201	HANDSPRING FULL	<b>10.0</b>
	1.103	YAMASHITA	<b>10.0</b>
	1.104	YAMASHITA HALF	<b>10.0</b>
	1.203	YAMASHITA FULL	<b>10.0</b>
	1.105	HALF ON HALF OFF	<b>10.0</b>
<b>SIX</b>	1.101	HANDSPRING	<b>9.5</b>
	1.102	HANDSPRING HALF	<b>10.0</b>
	1.201	HANDSPRING FULL	<b>10.0</b>
	1.202	HANDSPRING ONE +HALF	<b>10.0</b>
	1.301	HANDSPRING DOUBLE	<b>10.0</b>
	1.103	YAMASHITA	<b>9.5</b>
	1.104	YAMASHITA HALF	<b>10.0</b>
	1.203	YAMASHITA FULL	<b>10.0</b>
	1.105	HALF ON HALF OFF	<b>10.0</b>
	1.206	HALF ON FULL OFF	<b>10.0</b>
	1.205	HALF ON ONE+HALF OFF	<b>10.0</b>
	1.306	HALF ON DOUBLE OFF	<b>10.0</b>
	1.207	FULL ON HANDSPRING OFF	<b>10.0</b>
	1.307	FULL ON FULL OFF	<b>10.0</b>
	3.201	TSUKHARA TUCK	<b>10.0</b>
		TSUKHARA OPEN TUCK	<b>10.0</b>
	3.303	TSUKHARA PIKED	<b>10.0</b>

**OFSAA Girls Gymnastics  
UNEVEN BARS**

START VALUE	10.00 Level 1	10.00 Level 2	10.00 Level 3
<b>Difficulty Value (DV)</b>	Counting DV = 3 elements Dismount + 2 A's A @ 0.10 <b>LB Routine Only</b>	Counting DV = 4 elements Dismount + 3 A's A @ 0.10 <b>LB Routine Only</b>	Counting DV = 5 elements Dismount + 4 A's A @ 0.10
<b>SR's Special Requirements @ 0.50</b>	1. Hip Pullover Mount 2. <b>Cast min.45°below Horizontal</b> 3. Circle element (excludes dismount) 4. An A Dismount off LB	1. Hip Pullover Mount 2. <b>Cast min.45°below Horizontal</b> 3. Circle element (excludes dismount) 4. An A Dismount off LB	1. Bar Change (need not be an element of value) 2. <b>Cast min.45°below Horizontal</b> 3. Circle element (excludes dismount) 4. An A Dismount off HB
<b>OFSAA A Elements:</b> *Hip Pullover Mount L1-5	*Cast to Horizontal L 1-5 *Hip Pullover to HB L 1-5	*Cast to one Leg shoot through L1-5 <b>*Underswing Dismount, also with ½ Turn off LB Level 1&amp;2 Only</b> <b>Dismount – Cast Squat On to Jump Forward off LB Level 2 Only</b>	*Forward Stride Circle L1-5
<b>Restrictions</b> Note: <i>Casts performed to maximum amplitude (Handstand) will not be penalized for Restricted (B)Element in L1-5</i>	No B, C, D, E, F, G No HB elements No Kips No Flyaways No LB Giants No Uprises No Sole Circles	No B, C, D, E, F, G No HB elements No Kips No Flyaways No LB Giants No Uprise No Sole Circles	No B, C, D, E, F, G *Kips Allowed No Flyaways No LB Giants No Uprise No Sole Circles
<b>Specific Execution Deductions</b>		<b>Specific (OFSAA) Execution Deductions</b>	
↑0.10ea Poor Rhythm Elmts/Connectns ↑0.30 Poor Rhythm of entire exercise 0.10ea Adjusted Grip position 0.10ea Brush/Touch on Apparatus 0.20ea Hit on Apparatus with feet 0.30ea Intermediate Swing ↑0.10 ea Insuff Extension on Kips ↑0.20 Insufficient Dynamics 0.10 Landing too close to Bars on Dismount		0.30ea Uncharacteristic Bar Elements (climbing, rolling over, posing, stopping) ↑0.10ea Extra Swing of the Legs ↑0.10 Insufficient swingful execution <b>Casts below min 45° from horizontal (Deductions L3=-0.3 L2=0.2 L1=0.1)</b> No Deduction for Casts Above Horizontal L1-5 0.30 No Mount or Mount of No Value L1-6	
		<b>Please Note:</b> Same Elements can receive value twice only if preceded or followed by a different element.	



**OFSAA Girls Gymnastics  
UNEVEN BARS**

START VALUE	10.00 Level 4	10.00 Level 5	10.00 Level 6
<b>Difficulty Value (DV)</b>	Counting DV = 5 elements Dismount + 4 A's A @ 0.10	Counting DV = 6 elements Dismount + 5 A's A @ 0.10	Counting DV = 7 elements <b>6A 1B</b> Dismount + 6 elements A @ 0.10 B @ 0.30
<b>SR's Special Requirements @ 0.50</b>	1. 1 Bar Change (element must have value) 2. Cast to Horizontal 3. Circle element (excludes dismount) 4. An A Dismount  Definition of Bar Change: grip begins on 1 bar & ends on other bar.	1.1 Bar Change (element of value) 2. Cast to Horizontal 3. Circle element (excludes pullover) 4. An A Dismount	1. 1 Bar Change (element of value) 2. 1 B* element from the following: <ul style="list-style-type: none"> <li>• uprise, clear hip circle, giant, pike sole circle, staldler circle fwd/bwd, cast to handstand</li> <li>• Circle element (Group 3, 6, 7 &amp; giants (fwd/bwd))</li> </ul> 3. <b>Cast to 45°</b> 4. Min A Salto Dismount
<b>OFSAA A Elements:</b>	*Cast to Horizontal L1-5    *Cast to one Leg shoot through L1-5 Forward Stride Circle L1-5    *Hip Pullover Mount L1-5    *Hip Pullover to HB L1-5		
<b>Restrictions:</b> <i>Casts performed to maximum amplitude (Handstand) will not be penalized for Restricted (B) Element in L1 - 5</i>	No B, C, D, E, F, G No Flyaways    No Counterswing No LB Giants    No Saltos between bars	No B, C, D, E, F, G No LB Giants	No D, E, F, G <b>Cs Allowed but not Required</b>
<b>Specific Execution Deductions</b>		<b>Specific (OFSAA) Execution Deductions</b>	
↑0.30 Poor Rhythm of entire exercise <b>0.10 ea Poor Rhythm Elmts/Connectns</b> <u>0.10ea</u> Adjusted Grip position    ↑0.30 Amplitude of Casts <u>0.10ea</u> Brush/Touch on Apparatus <u>0.10 ea</u> Brush Mat with feet <u>0.20ea</u> Hit on Apparatus with feet <b>0.30 ea Hit on Mat with feet</b> <u>0.30ea</u> Intermediate Swing <b>0.00</b> Double Bounce on Mount ↑0.10 ea Insuff Extension on Kips ↑0.20 Insufficient Dynamics <b>0.10 Landing too close to Bars on Dismount</b>		<u>0.30ea</u> <i>Uncharacteristic Bar Element (climbing, rolling over, posing, stopping)</i> <u>0.10ea</u> <i>Extra Swing of the Legs</i> ↑0.10 <i>Insufficient swingful execution</i> <b>0.30 Casts below horizontal (L4 &amp; 5)</b> <b>No Deduction for Casts Above Horizontal 45° or greater (L4&amp;5)</b> <u>0.30</u> <i>No Mount or Mount of No Value L1-6</i>	
		Please Note: Same Elements can receive value twice only if preceded or followed by a different element. <u><b>Level 6 Only</b></u> <b>OCP Cast Deductions Applied</b>	

**OFSAA Girls Gymnastics  
BALANCE BEAM**

START VALUE	10.00 Level 1	10.00 Level 2	10.00 Level 3
<b>Difficulty Value (DV)</b>	Counting DV = <b>4 elements</b> Dismount + <b>3 A's</b> A @ 0.10 Beam Height is 110 or 125 cm	Counting DV = 4 elements Dismount + 3 A's A @ 0.10 Beam Height required is 110 or 125 cm	Counting DV = 5 elements Dismount + 4 A's A @ 0.10 Beam Height required is 110 or 125 cm
<b>SR's Special Requirements @ 0.50</b>	<ol style="list-style-type: none"> <li>1 Acro element (excluding dismount)</li> <li>2 <u>consecutive</u> &amp; different leaps/jumps/hops</li> <li>3. Releve Turn on 1 foot (<u>1/2 turn</u> or greater)</li> <li>4. An A Dismount</li> </ol> <p>Consecutive means 2 or more leaps/jumps/hops performed one after the other on the beam. A stop, pause, or small foot adjustment are okay unless the deductions that occur between the leaps/jumps/hops are 0.30 or greater.</p>	<ol style="list-style-type: none"> <li>1 Acro element (excluding dismount)</li> <li>2 <u>consecutive</u> &amp; different leaps/jumps/hops</li> <li>3 Releve Turn on 1 foot (<u>min. 1/2 turn</u> or greater)</li> <li>4. An A Dismount:</li> </ol>	<ol style="list-style-type: none"> <li>1 <b>Two</b> different Acro elements (excluding dismount)</li> <li>2 Dance <u>connection</u> of min. 2 different leaps/jumps/hops</li> <li>3 Releve Turn on 1 foot (<u>min. 1/2 turn</u> or greater)</li> <li>4. An A Dismount:</li> </ol> <p><u>Connection</u> means 2 or more different jumps/leaps/hops are performed without any stops, hesitations, extra steps or loss of balance between elements.</p>
<p><b>*Cartwheel to Side Handstand 1/4 Turn Dismount L1-5</b>      <b><u>OFSAA A Elements</u></b>    <i>For additional A Elements refer to Beam Element Chart</i></p> <p>* Handstand without hold (within 10°) <b><u>Level 1 - 5 only</u></b>      * 180° turn on one foot <u>relevé</u>      <b><u>Level 1 – 4 only</u></b></p> <p>* Handstand without hold (within 30°) <b><u>Level 1&amp;2 only</u></b>      * Forward Roll to Sitting position      <b><u>Level 1 &amp; 2 only</u></b></p> <p>* Back shoulder roll to Knees or Straddle Sit (<b><u>Level 1 – 5 Only</u></b>)      (torso must be vertical with shoulders off the beam)</p>			
<b>Restrictions</b>	<b>No B, C, D, E, F, G</b> No walkover, tic-toc, tinsica or valdez No flight or aerial tumbling <u>on beam</u> No salto, or series or B dismounts	<b>No B, C, D, E, F, G</b> No walkover, tic-toc, tinsica or valdez No flight or aerial tumbling <u>on beam</u> No salto, or series or B dismounts	<b>No B, C, D, E, F, G</b> No flight or aerial tumbling <u>on beam</u> No series or B dismounts
<p><b>Specific Execution Deductions</b></p> <p>0.20ea Add'l support of 1 leg against side of beam      <b>0.10 Dismount Landing too close to Beam</b></p> <p>0.30ea Grasp on beam to avoid fall      <b>0.50 Falls</b></p> <p>0.10ea Concentration pauses (&gt; 2 sec)      <b>0.00 Double Bounce on Board for Mount</b></p> <p>↑0.30 Add'l movements to maintain balance</p> <p><b>0.50 3<sup>rd</sup> Run Approach/Touch board w/o Mounting</b></p> <p>↑0.20 Insufficient variation in rhythm &amp; tempo</p> <p>↑0.20 <b>Lack of Sureness of performance</b></p> <p>↑0.10 <b>Lack of Precision of Dance (Arm, leg positions – <u>Turns not in high releve</u>)</b></p>		<p><b>Specific Execution Deductions</b></p> <p><b>0.10 Missing move close to beam w/ torso or head touching</b></p> <p>↑0.20 <b>Poor Dynamics</b></p> <p><b><u>Artistry Deductions</u></b></p> <p>↑0.10 <b>Lack of Creative Choreography</b></p> <p>↑0.10 <b>Lacks Quality of Movement</b></p> <p>↑0.10 <b>Lacks Quality of Expression</b></p>	

**OFSAA Girls Gymnastics  
BALANCE BEAM**

START VALUE	10.00 Level 4	10.00 Level 5	10.00 Level 6
<b>Difficulty Value (DV)</b>	Counting DV = 5 elements Dismount + 4 A's A @ 0.10 Beam Height is 125cm (FIG)	Counting DV = 6 elements Dismount + 5 A's A @ 0.10 Beam Height is 125cm (FIG)	Counting DV = 7 elements <b>6A 1B</b> Dismount + 6 elements A @ 0.10 B @ 0.30 Beam Height is 125cm (FIG)
<b>SR's Special Requirements @ 0.50</b>	1. Two different Acro elements (excluding dismount) <ul style="list-style-type: none"> <li>One of the two acro elements must go to or through handstand</li> </ul> 2. Dance connection of min. 2 different leaps/jumps/hops 3. Min. Releve ½ Turn on 1 foot or greater 4. An A Dismount:	1 Two acro elements in different directions (bkwd & fwd or sideward) (excludes dismt) <ul style="list-style-type: none"> <li>Two consecutive acro elements (may be same or different)</li> <li>One acro element must go to or through handstand*</li> </ul> 2. Dance connection of min. 2 different leaps/jumps/hops 3. Min. releve ½ turn on one foot to pivot turn on 2 feet OR 360° Turn on 1 foot 4. An A Dismount	1. 3 diff acro elements in 2 different directions ( <b>bkwd</b> & fwd or sideward) (excludes dismt) <ul style="list-style-type: none"> <li>Acro series (no flight required)</li> <li>1 elemt must pass thru hstd</li> </ul> 2. Dance connection of <b>min.</b> 2 different leaps/jumps/hops one with 180° split (cross position only) - 180° split l/j/h can be an isolated element or in dance connection 3. 360° Turn on 1 foot 4. A+ salto/Aerial Dismount
<p><b><u>OFSAA A Value Elements</u></b> Cartwheel to Side Handstand ¼ Turn Dismount <b>L1-5</b></p> <p>* Handstand without hold (within 10°) <b>Level 1- 5</b>            * 180° turn on one foot <b>relevé (Level 1-4 only)</b>            * ½ Turn on 1ft to Pivot Turn on 2ft (Level 1-5 only)            * Back shoulder roll (Level 1 – 5 only)</p> <p align="center"><i>For additional A&amp;B Elements refer to Beam Element Chart</i></p>			
<b>Restrictions</b>	Dance B's Allowed No B, C, D, E, F, G <b>Exception: Refer to Allowed B's</b>	Dance B's Allowed No B, C, D, E, F, G <b>Exception: Refer to Allowed Acro B's</b>	No D, E, F, G <b>C's Allowed but not Required</b>
<p><b><u>Specific Execution Deductions</u></b></p> <p>0.20ea Add'l support of 1 leg against side of beam      <b>0.10 Dismount Landing too close to Beam</b>            0.30ea Grasp on beam to avoid fall      <b>0.50 Falls</b>            0.10ea Concentration pauses (&gt; 2 sec)      <b>0.00 Double Bounce on Board for Mount</b>            †0.30 Add'l movements to maintain balance  <b>0.50 3<sup>rd</sup> Run Approach/Touch board w/o Mounting</b>            †0.20 Insufficient variation in rhythm &amp; tempo            †0.20 <b>Lack of Sureness of performance</b>  <b>0.10 Lack of Precision of Dance (Arm, leg positions – Turns not in high releve)</b></p>		<p><b><u>Specific Execution Deductions</u></b></p> <p><b>0.10 Missing move close to beam w/ torso or head touching</b>            †0.20 <b>Poor Dynamics</b></p> <p align="center"><b><u>Artistry Deductions</u></b></p> <p>†0.10 <b>Lack of Creative Choreography</b>            †0.10 <b>Lacks Quality of Movement</b>            †0.10 <b>Lacks Quality of Expression</b></p>	

**OFSAA Girls Gymnastics  
FLOOR EXERCISE**

START VALUE	10.00 Level 1	10.00 Level 2	10.00 Level 3
<b>Difficulty Value (DV)</b>	Counting DV = <b>4 elements</b> 4 A elements A @ 0.10	Counting DV = <b>4 elements</b> 4 A elements A @ 0.10	Counting DV = <b>5 elements</b> 5 A elements A @ 0.10 <b>Dance B's Allowed</b>
<b>SR's Special Requirements @ 0.50</b>	<ol style="list-style-type: none"> <li><b>Two different Acro Series</b> with a min of 3 acro elements (no flight required) * An Acro Series requires a min 3 acro elements if one or more are <u>non-flight</u> elements * 1 Acro Series of 2 <u>flight</u> acro elements allowed but not required (different means 2<sup>nd</sup> series contains an element not yet in the routine)</li> <li><b>Two acro elements in different directions</b> (<u>backward</u> &amp; fwd or sideward)</li> <li>Dance passage of min 2 <u>different</u> elements 1 being a leap or hop with a 1 foot take-off (the other can be leap/jump/hop)</li> <li>360° Turn on 1 Foot</li> </ol>		
	<i>For List of A Elements refer to Floor Element Chart</i>		
<b>Restrictions</b>	No B, C, D, E, F, G No Saltos/NoAerial Cartwheel/Walkover No more than <u>one back handspring in the routine</u>	No B, C, D, E, F, G No Saltos/NoAerial Cartwheel or Aerial Walkovers No more than <u>one back handspring in each series</u>	<b>Dance B's allowed</b> No B (acro), C, D, E, F, G No Saltos/ No Twists No Aerial Cartwheel or Aerial Walkovers
<b>Specific Execution Deductions</b>	<b>Artistry Deductions</b>	<b>Specific Execution Deductions</b>	
<u>0.10ea</u> Concentration pauses (> 2 sec) <b>0.50 Falls</b> <u>0.05ea</u> Missing synchronization with the music <u>0.10</u> Last movement does not end with the music <u>1.00</u> Music with voice or no music ↑0.20 Poor relationship of music & movement ↑0.20 Insufficient variation in rhythm & tempo throughout ↑0.20 Dynamics 0.10ea Lack of Precision in Dance (arms, legs & turns high releve)	↑0.10 Lack of Creative Choreography ↑0.10 Lacks Quality of Movement - Personal Style ↑0.10 Lacks Quality of Expression	<u>0.10</u> Insufficient Use of Space <u>0.10ea</u> Excessive running before a simple element or series <u>0.10</u> Missing movement close to floor (leotard, thigh or head touching floor) <u>0.30</u> No Acro Series in the routine L1-5 <u>0.30</u> Attempt w/o performance of an element <u>0.30</u> Hand Placement to move from standing to sitting entry Position for a Back Roll (L1&2 Only) Not considered breaking the Series for L1 & 2 only	

**OFSAA Girls Gymnastics  
FLOOR EXERCISE**

START VALUE	10.00 Level 4	10.00 Level 5	10.00 Level 6
<b>Difficulty Value (DV)</b>	Counting DV = <b>5 elements</b> 5 A elements A @ 0.10 <b>Dance B's Allowed</b>	Counting DV = <b>6 elements</b> A @ 0.10 <b>B's Allowed but not Required</b>	Counting DV = <b>7 elements 6A 1B</b> A @ 0.10 B @ 0.30 <b>C's Allowed but not Required</b>
<b>SR's Special Requirements @ 0.50</b>	1 Two different acro series of min 2 acro elements (1 series must have 2 flight elements) (different means 2 <sup>nd</sup> series contains an element not yet in the routine) 2 Two acro elements in different directions (bkwd & fwd or side) *(flight not required) 3 Dance passage of min 2 different elements 1 being a leap or hop (other can be leap/jump/hop) 4 360° Turn on 1 Foot	1. 2 different acro series (2 acro flight, no salto required) 2. Two acro elements in different directions ( <b>bkwd</b> & fwd or side) *(flight not required) 3. Dance passage of min 2 different leaps/jumps or hops 4 360° Turn on 1 Foot	1. 1 salto acro series (*min of 2 directly connected acro flt els. 1 of which is a salto) • <b>2<sup>nd</sup> different salto acro series*</b> 2. 2 saltos in diff directions in exercise ( <b>Bkwd</b> & fwd or swd) 3. Dance passage of min. 2 different leaps/jumps/hops - one being a leap/jump/hop with 180°split (cross position only) 4. 360° Turn on 1 Foot
<b>Restrictions</b>	Dance B's Allowed No B (acro), C, D, E, F, G No more than 1 salto in routine No Layouts	No C, D, E, F, G No acro series with 2 saltos Max. 2 saltos in the routine	No D, E, F, G No Double Saltos <b>C's Allowed but not Required</b>
<b>Specific Execution Deductions</b> 0.10ea Concentration pauses (> 2 sec) 0.05ea Missing synchronization with the music 0.10 Last movement does not end with the music 1.00 Music with voice or no music ↑0.20 Poor relationship of music & movement ↑0.20 Insufficient variation in rhythm & tempo throughout ↑0.10ea Lack of Precision in Dance (arms, legs & turns high releve) 0.50 Falls		<b>Artistry Deductions</b> ↑0.10 Lack of Creative Choreography ↑0.10 Lacks Quality of Movement - Personal Style ↑0.10 Lacks Quality of Expression ↑0.20 Dynamics	<b>Specific Execution Deductions</b> 0.10 Insufficient Use of Space 0.10ea Excessive running before a simple element or series 0.10 Missing movement close to floor (leotard, thigh or head touching floor) 0.10ea More than 1 leap/jump/hop to prone or front support 0.30 Attempt w/o performance of an element  0.30 No Acro Series in the routine L1-5 0.30 Missing Both Acro Series (Level 6 Only)

## OFSAA UNEVEN BARS – LIST OF ELEMENT VALUES

UNEVEN BAR ELEMENTS	A VALUE	UNEVEN BAR ELEMENTS	B VALUE
HIP PULLOVER MOUNT	<b>OFSAA A L1-5</b>		
GLIDE KIP, ALSO HALF TURN GLIDE KIP MOUNT	<b>A</b>	KIP LB CATCH HB or JUMP FULL TURN KIP Mount KIP CUT Mount	<b>B</b>
LONG KIP HB MOUNT JUMP HALF TURN OR FULL TURN TO HANG ON HB	<b>A</b>	JUMP HALF TURN TO LONG KIP HB	<b>B</b>
SQUAT OR STRADDLE ON LB MOUNT	<b>A</b>	FREE SQUAT OR STRADDLE OVER LB TO HANG	<b>B</b>
CAST TO SQUAT OR STRADDLE ON	<b>A</b>	CAST TO HANDSTAND, STRADDLE OR STRAIGHT BODY	<b>B</b>
CAST TO HORIZONTAL CAST TO ONE LEG SHOOT THROUGH	<b>OFSAA A L1-5</b> <b>OFSAA A L1-5</b>	UPRISE TO FREE SUPPORT COUNTER SWING STRADDLE BACK OVER LB	<b>B</b>
UNDERSWING HALF TURN, WITH OR W/O FEET ON, PIKE OR STRADDLE (Group 3)	<b>A</b>	UNDERSWING HALF TURN OVER LB (NOT FROM HANDSTAND) (Group 3)	<b>B</b>
		CLEAR HIP CIRCLE TO CLEAR SUPPORT (Group 3)	<b>B</b>
SWING HALF TURN TO 45°	<b>A</b>	CLEAR UNDERSWING HALF TURN OVER LB (NOT FROM HANDSTAND)	<b>B</b>
LONG PULLOVER TO HB OR GIANT ON LB HIP PULLOVER TO HB	<b>A</b> <b>OFSAA A L1-5</b>	BACK GIANT	<b>B</b>
		FRONT GIANT (Group 5)	<b>B</b>
		STALDER CIRCLE TO CLEAR SUPPORT (Group 6)	<b>B</b>
STRIDE CIRCLE	<b>OFSAA A L1-5</b>		
BACK HIP CIRCLE , FRONT HIP CIRCLE (Group 7) SOLE CIRCLE (Group 7)	<b>A</b> <b>A</b>	TOE ON CIRCLE TO CLEAR SUPPORT (Group 7)	<b>B</b>
UNDERSWING DISMOUNT, WITH OR WITHOUT FEET, ALSO WITH HALF TURN OFF HB UNDERSWING DISMOUNT, ALSO WITH ½ TURN OFF LB	<b>A</b> <b>OFSAA L1&amp;2</b>	UNDERSWING WITH 1 AND ½ TWIST DISMOUNT	<b>B</b>
FLYAWAY TUCK, PIKE OR LAYOUT Cast Squat On to Jump Forward Off LB	<b>A</b> <b>OFSAA A L2</b>	FLYAWAY ½ TWIST OR FULL	<b>B</b>
FRONT FLYAWAY TUCK, PIKE OR LAYOUT	<b>A</b>	FRONT FLYAWAY WITH ½ TWIST OR FULL	<b>B</b>

## OFSAA BALANCE BEAM – LIST OF ELEMENT VALUES

BALANCE BEAM ELEMENTS	A VALUE	BALANCE BEAM ELEMENTS	B VALUE
Jump with Hand Support to Squat Stand or Squat/Pike Through	A	Jump, Press or Swing to Handstand Mount	B
Jump to Side Straddle or Split/Cross Split Sit Mount	A	Jump to Cartwheel at End of Beam Mount	B
Scissor Leg Swing with ½ Turn to Cross Straddle Sit	A	Handspring Fwd from Board to Rear Support Mount	B
Clear Straddle Support or Jump to Fwd Roll Mount	A	Free Forward Roll at End of Beam Mount	B
Free Step-On or Free Jump 2-2 Mount	A		
Split Leap Fwd with Front (Stag) or Back Leg Bent	A	Split Leap Fwd with ¼ Turn	B
Stag Jump or Stag Jump with ¼ Turn	A	Straddle/Split Jump or Straddle Pike Jump	B
		Straddle/Split Jump or Straddle Pike Jump with ¼ Turn	B
Scissor Leap (Fwd or Bwd), Cat Leap, Sissone	A	Cat Leap with ½ Turn	B
Wolf/Tuck Jump/Wolf Hop or Switch Leg Wolf Leap	A	Tuck/Wolf Jump with ½ Turn, Pike Jump (also w ¼ turn)	B
Stretch Jump (also with ½ turn or leg chngement)	A	Stretch Jump with ¾ Turn	B
½ Turn on 1 Foot on Releve (OFSAA A Level 1-4)	OFSAA 1-4		
½ Turn on 1 Foot to Pivot Turn on 2 Feet (OFSAA A)	OFSAA 1-5		
360° Turn on 1 Foot	A	1 ½ Turn on 1 Foot	B
Body Wave (fwd,bwd,side) to Balance Stand (2 sec) on both Legs	A	Body Wave (fwd,bwd,side) to Balance Stand Releve (2 sec) on 1 Leg	B
Free Lying Torso Hang at End or Side of Beam	A	Kneeling to Body Wave Toe-Rise Balance Stand	B
1 Leg Stand (Fwd or Side/Held) or Arabesque Scale Forward (2s) free leg above horizontal	A	1 Leg Stand in Releve (Fwd or Side/Held) or Arabesque Scale Forward in Releve (2s) free leg above horizontal	B
Handstand without hold (within 30°) Level 1&2 only	OFSAA 1-2	Clear Pike Support Legs Together	B
Handstands Not Held (within 10°) Level 1 – 5 Only)	OFSAA 1-5	Kick to Cross or Side Handstands with 1/1 Turn	B
Kick to Cross or Side Handstands (2sec Hold)	A	(No hold required in turning handstands)	
Forward/ Back Rolls to Squat/Stand	A	Free Forward Roll or Dive Forward Roll	B
Back(shoulder) Roll to Knees/Straddle Sit -OFSAA A	OFSAA 1-5	Back Extension	B
Cartwheel, Back Walkover, Tic-Toc Walkover	A	Dive Cartwheel, Round-off, Front Walkover, Valdez	B
Front Roll to Straddle Sit (OFSAA A Level 1&2 Only)	OFSAA1&2	Front or Back Handspring	B
Round-Off or Front Handspring (also with ½) Dismt	A	Front Handspring with 1/1 Twist Dismount	B
Cartwheel to Side Handstand ¼ Turn Dismount	OFSAA 1-5	Arabian Salto Tuck or Pike (also with ½ twist) Dismount	B
Aerial Cartwheel/Walkover, Fwd or Back Salto Dmt	A	Front Layout Salto or Back Salto with ½ or 1/1 Twist Dmt	B

**OFSAA FLOOR EXERCISE - LIST OF ELEMENT VALUES**

<b>FLOOR EXERCISE ELEMENTS</b>	<b>A VALUE</b>	<b>FLOOR EXERCISE ELEMENTS</b>	<b>B VALUE</b>
<b>Split Leap Forward, Split Jump, Stag Jump</b>	<b>A</b>	<b>Split Leap with ¼ or ½ Turn , Split Jump w ½</b>	<b>B</b>
<b>Stag Leap/Jump(front leg bent and/or back leg)</b>	<b>A</b>	<b>Double Stag Jump/Leap with 1/1 Turn</b>	<b>B</b>
<b>Stag Switch Split Leap</b>	<b>A</b>	<b>Switch Split Leap Forward</b>	<b>B</b>
<b>Scissor Leap Forward or Backward, Sissone</b>	<b>A</b>	<b>Pike Jump, Straddle Pike or Side Split Jump</b>	<b>B</b>
<b>Tuck Schuschunova</b>	<b>A</b>	<b>Straddle Schuschunova</b>	<b>B</b>
<b>Stretched Jump with ½ Turn or 1/1 Turn</b>	<b>A</b>	<b>Stretched Jump with 1 ½ Turn</b>	<b>B</b>
<b>Wolf Hop or Wolf Jump, Switch Wolf Leap</b>	<b>A</b>	<b>Wolf Hop or Jump with ½ Turn</b>	<b>B</b>
<b>Cat Leap (also with ½ Turn)</b>	<b>A</b>	<b>Cat Leap with 1/1 Turn</b>	<b>B</b>
<b>Tuck Jump/Hop (also with ½ Turn)</b>	<b>A</b>	<b>Tuck Jump/Hop with 1/1 Turn</b>	<b>B</b>
<b>1/1 Turn on 1 Foot</b>	<b>A</b>	<b>1 ½ Turn on 1 Foot, 1/1 Free Illusion Turn</b>	<b>B</b>
		<b>1/1 Turn Free Leg at or above Horizontal</b>	<b>B</b>
<b>Jump to Handstand, Handstand with ½ or 1/1 Turn</b>	<b>A</b>	<b>Kick or Press to Handstand with 1 ½ or more Turn</b>	<b>B</b>
<b>Handstand Forward Roll, Front Roll to Squat/Stand</b>	<b>A</b>		
<b>Back Roll (Tuck or Pike) finish on feet, legs together</b>	<b>A</b>		
<b>Back Extension (also w 1/2t)</b>	<b>A</b>	<b>Back Extension with 1/1 turn or more in Handstand</b>	<b>B</b>
<b>Walkover Fwd, Bwd, Valdez, Aerial Front Walkover</b>	<b>A</b>		
<b>Front Handspring, Back Handspring</b>	<b>A</b>	<b>Arabian Handspring ( ½ twist to front handspring)</b>	<b>B</b>
<b>Cartwheel, Round-off, Aerial Cartwheel or Round-off</b>	<b>A</b>	<b>Flyspring Fwd (2 ft to 2 ft)</b>	<b>B</b>
<b>Front Salto Tucked</b>	<b>A</b>	<b>Front Salto w ½ Twist, Front Pike, Front Layout</b>	<b>B</b>
<b>Back Salto Tucked/Pike/Layout/ Whip Back Salto</b>	<b>A</b>	<b>Back Salto with ½ or 1/1 Twist</b>	<b>B</b>