

SV: 10.0

Warm-up: 1 min. per gymnast, blocked or individual time


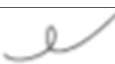




Split @ 9+ athletes

**Equipment:** FIG bar Heights (See Section I (i.ii) 3.9 Equipment), adjustable width (FIG) to max of 190° cm

Up to 30 cm additional mats allowed, this includes **MANDATORY 10 cm mat for landing**

For mounts, a 30 cm block may be used instead of springboard. The block must be removed after mount. Small board permitted under Springboard.

**TABLE OF PENALTIES- Refer to General Faults and Penalties for additional Deductions**

SYMBOL	ELEMENT	DEDUCTION	FAULT
	Mount: Back Hip Pullover <b>(0.60)</b>	Each <u>0.10</u>	Step, hop or extra jump before the back hip pull over
		<u>0.30</u>	Failure to lift both legs simultaneously (1 foot take off)
		<u>0.30</u>	Supplemental support (chin resting on bar prior to leg lift)
		↑0.10	Failure to finish in extended front support
	Cast <b>(0.40)</b>	↑0.20	Incorrect body alignment (failure to show straight line from shoulders to feet)
		↑0.10	Lack of control in returning to bar
	Back Hip Circle <b>(0.40)</b>	↑0.10	Failure to maintain neutral head position
		↑0.20	Failure to maintain straight-hollow body position throughout
		↑0.20	Failure to maintain hip or upper thigh contact on bar throughout
		↑0.10	Lack of continuity of circle
	Cast, Straddle-on,	<u>0.20</u>	Placing feet between hands
		<u>0.20</u>	Alternate foot placement
		↑0.20	Lack of control in straddle-on
	Sole Circle Dismount <b>(0.60)</b>	↑0.10	Failure to maintain neutral head position
		↑0.20	Insufficient extension of body in flight
		↑0.20	Insufficient amplitude of flight
		↑0.10	Insufficient distance
	<b>OR</b>		
	Clear Underswing Dismount <b>(0.60)</b>	↑0.20	Failure to maintain straight-hollow body position throughout
		<u>0.20</u>	Hips contacting bar (no deduction for thighs touch bar)
		↑0.10	Failure to maintain neutral head position
		↑0.20	Insufficient extension of body in flight
		↑0.10	Insufficient distance
		↑0.20	Insufficient amplitude flight

# Level 2 - BARS

SV: 10.0

Warm-up: 1 min. per gymnast, blocked or individual time

Split @ 9+ athletes

**Equipment:** FIG bar Heights (See Section I (i.ii) 3.9 Equipment), adjustable width (FIG) to max of 190° cm  
Up to 30 cm additional mats allowed, this includes **MANDATORY 10 cm mat for landing.**

For mounts, a 30 cm block may be used instead of springboard. The block must be removed after mount.  
Small board permitted under Springboard

## TABLE OF PENALTIES- Refer to General Faults and Penalties for additional Deductions

SYMBOL	ELEMENT	DEDUCTION	FAULT
L	GLIDE SWING & RETURN (0.20)	<u>0.10</u>	Failure to take off from both legs simultaneously
		<u>0.30</u>	Performs a run-out glide
		↑0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
		↑0.20	Insufficient extension at end of glide swing
		<u>0.10</u>	Failure to close legs at the end of straddle glide swing
		↑0.30	Bending legs on backswing prior to contacting floor
P	BACK HIP PULLOVER MOUNT (0.40)	<u>0.10</u>	Failure to maintain hand contact on bar between the glide swing and the pullover and the pullover
		Each <u>0.10</u>	Step, hop, or extra jump before the back hip pullover
		<u>0.30</u>	Failure to lift both legs simultaneously (1 foot take off)
		<u>0.30</u>	Supplemental support (chin resting on bar prior to leg lift)
		↑0.10	Failure to finish in extended front support
e	CAST (0.40) CAST (0.40)	Each ↑0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)
		Each ↑0.10	Lack of control in returning to bar
O	BACK HIP CIRCLE (0.40)	↑0.10	Failure to maintain neutral head position
		↑0.20	Failure to maintain straight-hollow body position throughout
		↑0.20	Failure to maintain hip or upper thigh contact on bar throughout
		↑0.10	Lack of continuity of circle
P	UNDERSWING DISMOUNT (0.60)	↑0.10	Failure to maintain neutral head position
		↑0.20	Failure to maintain a straight-hollow body position throughout
		<u>0.20</u>	Hips contacting bar (no deduction for thighs touch bar)
		↑0.20	Insufficient extension of body in flight
		↑0.20	Insufficient amplitude flight
		↑0.10	Insufficient distance

# Level 3 - BARS

**SV: 10.0**

**Warm-up:** 1 min. per gymnast, blocked or individual time. Split @ 9+ athletes

**Equipment:** FIG bar Heights (See Section I (i.ii) 3.9 Equipment), adjustable width (FIG) to max of 190° cm

Up to 30 cm additional mats allowed, this includes **MANDATORY 10 cm mat for landing.**

For mounts, a 30 cm block may be used instead of springboard. The block must be removed after mount

Small board permitted under Springboard

**\*Indicates reversal of element is allowed**










## TABLE OF PENALTIES- Refer to General Faults and Penalties for additional Deductions

SYMBOL	ELEMENT	DEDUCTION	FAULT	
L	GLIDE SWING & RETURN <b>(0.20)</b>	<u>0.50</u>	Failure to begin exercise from a stand outside of the bars, facing the low bar	
		<u>0.10</u>	Failure to take-off from both legs simultaneously (1 foot take off)	
		<u>0.30</u>	Performs a run-out glide	
		↑0.10	Failure to lead with the feet in the forward glide swing (performs long hang swing)	
		↑0.20	Insufficient extension at end of glide swing	
		<u>0.10</u>	Failure to close legs at end of straddle glide swing	
		↑0.30	Bending legs on backswing prior to contacting floor	
P	BACK HIP PULLOVER MOUNT <b>(0.40)</b>	<u>0.10</u>	Failure to maintain hand contact on bar between the glide swing & the pullover	
		Each <u>0.10</u>	Step, hop, or extra jump before the pullover	
		<u>0.30</u>	Failure to lift both legs simultaneously (1-foot take-off)	
		<u>0.30</u>	Supplemental support (chin resting on bar prior to leg lift)	
		↑0.10	Failure to finish in an extended front support	
<b>(OR)</b>				
L	STRADDLE OR PIKE GLIDE KIP MOUNT <b>(0.60)</b>	<u>0.50</u>	Failure to begin exercise from a stand outside of the bars, facing the low bar	
		<u>0.10</u>	Failure to take off from both feet simultaneously	
		<u>0.30</u>	Performs run-out glide	
		↑0.10	Failure to lead with the feet in the forward glide swing (performs long hand swing)	
		↑0.20	Insufficient extension at end of glide swing	
		<u>0.10</u>	Failure to close legs at end of straddle glide swing	
e	CAST <b>(0.20)</b>	↑0.20	Incorrect body alignment (Failure to show straight line from shoulders to feet with chest hollow)	
		↑0.10	Lack of control in returning to bar	
○	BACK HIP CIRCLE <b>(0.40)</b>	Each ↑0.10	Failure to maintain neutral head position	
		Each ↑0.20	Failure to maintain straight-hollow body position throughout the circle	
		Each ↑0.20	Failure to maintain hip or upper thigh contact on bar throughout circle	
	○	BACK HIP CIRCLE <b>(0.40)</b>	Each ↑0.10	Lack of continuity of circle
			↑0.20	Lack of continuity between circles
σ e	FRONT HIP CIRCLE, SMALL CAST, RETURN TO FRONT SUPPORT <b>(0.40)</b>	↑0.10	Failure to show straight-hollow body position into front hip circle	
		<u>0.20</u> (Half the Value)	Failure to execute a small cast immediately after the Front Hip Circle	
		↑0.10	Lack of control in returning to bar	
		<u>0.50</u>	Failure to return to front support (performs an immediate squat on)	
eu 	CAST, SQUAT-ON Or Pike-On, STRETCH JUMP DISMOUNT <b>(0.60)</b>	<u>0.20</u>	Alternate foot placement	
		<u>0.05</u>	Insufficient backward swing of legs into cast (hip lift only)	
		↑0.20	Failure to show a straight-hollow body position in flight	
		0.50	Touches the high bar	

**SV: 10.0** Warm-up: 1 min. per gymnast, blocked or individual time Split @ 9+ athletes.







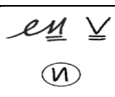

**Equipment:** FIG bar Heights (See Section I (i.ii) 3.9 Equipment), adjustable width (FIG) to max of 190° cm  
Up to 30 cm additional mats allowed, this includes **MANDATORY 10 cm mat for landing.**

## TABLE OF PENALTIES- Refer to General Faults and Penalties for additional Deductions

SYMBOL	ELEMENT	DEDUCTION	FAULT
L	GLIDE KIP (STRADDLE OR PIKE) <b>(0.60)</b>	0.10	Failure to take off from both feet simultaneously
		0.30	Performs run-out glide
		↑0.10	Failure to lead with the feet in the forward glide swing (performs a long hand swing)
		↑0.20	Insufficient extension at end of glide swing
		0.10	Failure to close legs at end of straddle glide swing
	CAST TO HORIZONTAL RETURN TO FRONT SUPPORT <b>(0.40)</b>	↑0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part- abdomen, hips, knees or feet)
		0.05-0.15 0.20	<ul style="list-style-type: none"> <li>▪ 1° to 44° below horizontal</li> <li>▪ At 45° below horizontal</li> </ul>
		0.20-0.30	<ul style="list-style-type: none"> <li>▪ 46° or more below horizontal</li> </ul>
		↑0.20	Incorrect body alignment (Failure to show straight line from shoulders to feet with chest hollow)
		↑0.10	Lack of control in returning to the bar
	CAST, SQUAT OR PIKE-ON OR CAST 360° BACKWARD SOLE CIRCLE <b>(0.20)</b>	0.20	Alternate foot placement
		0.05	Insufficient backward swing of legs into cast (hip lift only)
	LONG HANG KIP <b>(0.60)</b>	↑0.20	Failure to swing to near horizontal
	CAST TO HORIZONTAL <b>(0.40)</b>	↑0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part- abdomen, hips, knees or feet)
		0.05-0.15 0.20	<ul style="list-style-type: none"> <li>▪ 1° to 44° below horizontal</li> <li>▪ At 45° below horizontal</li> </ul>
		0.20-0.30	<ul style="list-style-type: none"> <li>▪ 46° or more below horizontal</li> </ul>
		↑0.20	Incorrect body alignment (Failure to show straight line from shoulders to feet with chest hollow)
	BACK HIP CIRCLE <b>(0.40)</b>	↑0.10	Failure to maintain neutral head position
		↑0.20	Failure to maintain straight-hollow body position throughout the circle
		↑0.20	Failure to maintain hip or upper thigh contact on bar throughout circle
		↑0.10	Lack of continuity of circle
P	UNDERSWING <b>(0.60)</b> Value combined with 1 <sup>st</sup> counterswing	↑0.10	Failure to maintain neutral head position
		↑0.20	Failure to maintain a straight-hollow body position throughout
		0.20	Hips contacting bar (no deduction for thighs touch bar)
	FIRST COUNTER SWING (a 30° below horizontal) <b>(0.60)</b> Value combined with Underswing	↑0.20	Hips not at a minimum of 30° below the level of the high bar (horizontal)
		↑0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)
		0.30	Body arched and/or hips open to an extended position with the feet over LB
	TAP SWING FORWARD <b>(0.60)</b> Value combined with 2nd counterswing	0.10	Failure to show slight arched position at bottom of swing
		↑0.20	Failure to attain straight-hollow body position on swing
		↑0.20	Insufficient amplitude (feet not a HB height)
	SECOND COUNTERSWING to 30° below horizontal <b>(0.60)</b> Value combined with Tap swing forward	↑0.20	Hips not a minimum of 30° below the level of the high bar (horizontal)
		↑0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)
		0.30	Body arched and/or hips open to an extended position with the feet over LB
	TAP SWING FORWARD WITH ½ (180°) TURN DISMOUNT <b>(0.60)</b>	0.10	Failure to show slight arched position at bottom of swing
		↑0.20	Failure to attain straight-hollow position on upswing
		↑0.20	Beginning turn prior to 45° below height of HB
		↑0.20	Failure to complete ½ (180°) turn prior to re-contact
		0.30	Failure to re-contact the bar with the free hand as the ½ (180°) turn is completed








**SV: 10.0** Warm-up: 1 ½ min. per gymnast, blocked or individual time Split @ 9+ athletes  
**Equipment:** FIG bar Heights (See Section I (i.ii) 3.9 Equipment), adjustable width (FIG) to max of 190° cm  
 Up to 30 cm additional mats allowed, this includes **MANDATORY 10 cm mat for landing.**

## TABLE OF PENALTIES- Refer to General Faults and Penalties for additional Deductions

SYMBOL	ELEMENT	DEDUCTION	FAULT
	MOUNT: GLIDE KIP (STRADDLE OR PIKE) (0.60)	<u>0.10</u>	Failure to take off from both feet simultaneously
		<u>0.30</u>	Performs run-out glide
		↑ 0.10	Failure to lead with the feet in the forward glide swing (performs a long hand swing)
		↑ 0.20	Insufficient extension at end of glide swing
		<u>0.10</u>	Failure to close legs at end of straddle glide
	CAST TO ABOVE HORIZONTAL (0.40)	↑ 0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part-abdomen, hips, knees or feet)
		No deduction	<ul style="list-style-type: none"> <li>▪ Above horizontal</li> <li>▪ At horizontal</li> <li>▪ 1 to 44° below horizontal</li> <li>▪ At 45 below horizontal</li> <li>▪ 46° or more below horizontal</li> </ul>
		<u>0.05</u>	
		0.05-0.15	
		<u>0.20</u>	
0.25-0.30			
↑ 0.20	Incorrect body alignment (Failure to show straight line from shoulders to feet with chest hollow)		
	CLEAR HIP CIRCLE TO ABOVE HORIZONTAL (0.60)	Each ↑ 0.20	Excessive arch or pike on downswing or upswing
		↑ 0.30	Insufficient height & extension of the up upswing (use cast deductions)
		<u>0.60</u>	Hips touching bar as upswing finishes (no deduction for thighs brushing bar on upswing)
		↑ 0.10	Lack of control into glide
	BACKWARD SOLE CIRCLE TO CLEAR SUPPORT (0.60)	<b>OR</b>	
		↑ 0.20	Excessive arch on downswing or upswing
		↑ 0.30	Insufficient amplitude of upswing (line from shoulders to mid-point of lowest body part-abdomen, hips, knees or feet)
		No ded.	<ul style="list-style-type: none"> <li>▪ Between vertical and 45° from vertical</li> <li>▪ Between 46° to 89° from vertical</li> <li>▪ At horizontal</li> <li>▪ Below horizontal</li> </ul>
		0.05-0.15	
		<u>0.20</u>	
		0.25-0.30	
		<u>0.60</u>	Support of weight on feet as upswing finishes (gymnast jumps from bar or glide or never achieves clear front support)
↑ 0.30	Legs bending during circle		
↑ 0.10	Lack of control into glide		
	BACKWARD STALDER CIRCLE TO CLEAR SUPPORT (0.60)	<b>OR</b>	
		Each ↑ 0.20	Excessive arch or pike on downswing or upswing
		↑ 0.30	Insufficient amplitude of upswing (line from shoulders to hips)
		No deduction	<ul style="list-style-type: none"> <li>▪ Between vertical and 45° from vertical</li> <li>▪ Between 46° to 89° from vertical</li> <li>▪ At horizontal</li> <li>▪ Below horizontal</li> </ul>
		0.05-0.15	
		<u>0.20</u>	
0.25-0.30			
<u>0.60</u>	Arriving in support with legs in a straddle "L" position		
↑ 0.10	Lack of control in glide		
	STRADDLE OR PIKE GLIDE KIP (0.60)	↑ 0.10	Failure to lead with the feet in the forward glide swing (performs a long hand kip)
		↑ 0.20	Insufficient extension at end of glide swing
		<u>0.10</u>	Failure to close legs at end of straddle glide swing
	CAST, SQUAT-ON, OR PIKE-ON OR CAST 360° BACKWARD SOLE CIRCLE (0.20)	<u>0.20</u>	Alternate foot placement
		<u>0.05</u>	Insufficient backward swing of legs into cast (hip lift only)
	LONG HANG KIP (0.60)	↑ 0.20	Failure to swing to near horizontal

# Level 5 - BARS

## continued

Level 5 – Uneven Bars Continued				
	CAST TO ABOVE HORIZONTAL (0.40)	↑0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part-abdomen, hips, knees, or feet) <ul style="list-style-type: none"> <li>Between vertical and 45° from vertical</li> <li>Between 46° to 89° from vertical</li> <li>At horizontal</li> <li>Below horizontal</li> </ul>	
		No ded. 0.05-0.15 <u>0.20</u> 0.25-0.30		
		↑0.20	Incorrect body alignment (Failure to show straight line from shoulders to feet with chest hollow)	
	LONG HANG PULLOVER (0.60)	<u>0.10</u>	Failure to show slight arched position on bottom of downswing	
		↑0.20	Excessive piking of body	
		<u>0.30</u>	Failure to maintain overgrip (hands completely release bar)	
		<u>1.00</u>	Performing a bwd giant circle prior to pulling hips toward bar	
		No Deduction	Performing a back hip circle at the completion of the long hang pullover	
	UNDERSWING (0.60) Value combined with 1 <sup>st</sup> counterswing	<u>0.20</u>	Failure to contact the bar with the mid to lower thighs between the completion of the long hand pullover and the initiation of the underswing	
		↑0.10	Failure to maintain a neutral head position	
		↑0.20	Failure to maintain a straight-hollow body position throughout	
		<u>0.20</u>	Hips contacting bar (no deduction for thighs touch bar)	
	FIRST COUNTER SWING (a 15° below horizontal) (0.60)	↑0.20	Hips not at a minimum of 15° below the level of the high bar (horizontal)	
		↑0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)	
		<u>0.30</u>	Body arched and/or hips open to an extended position with the feet over LB <b>Value combined with Underswing</b>	
	TAP SWING FORWARD (0.60)	<u>0.10</u>	Failure to show slight arched position during the downward swing	
		↑0.20	Failure to attain straight-hollow body position on upswing	
		↑0.20	Insufficient amplitude (feet not a HB height) <b>Value combined with 2<sup>nd</sup> counterswing</b>	
	SECOND COUNTERSWING to 15° below horizontal (0.60)	↑0.20	Hips not a minimum of 15° below the level of the high bar (horizontal)	
		↑0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)	
		<u>0.30</u>	Body arched and/or hips open to an extended position with the feet over LB during counterswing <b>Value combined with Tap swing fwd</b>	
OR	10 SV TAP SWING FORWARD TO FLYAWAY DISMOUNT (0.60)	<u>0.10</u>	Failure to show slight arched position at bottom of swing	
		↑0.20	Failure to attain straight-hollow position on upswing	
		↑0.30	Insufficient rise of salto <ul style="list-style-type: none"> <li>At high bar or above</li> <li>1° to 44° below the level of the high bar</li> <li>At 45° below the level of the high bar</li> <li>Greater than 45° below the level of the HB</li> </ul>	
		Tuck Flyaway	Ea ↑0.20	Insufficient bend of hips and legs (minimum 135°-ideally 90°)
			↑0.20	Insufficient extension (open) prior to landing
		Pike Flyaway	↑0.20	Insufficient pike of hips (minimum 135°-ideally 90°)
			↑0.20	Insufficient extension (open) prior to landing
		Stretch Flyaway	↑0.20	Insufficient exactness of stretched (straight-hollow) body Position (ideally 180°)
			↑0.20	Failure to maintain stretched (straight-hollow) body position throughout (pikes down)
	9.5 SV TAP SWING FWD WITH ½ TURN DISMOUNT (0.60)	<u>.10</u>	Failure to show slight arched position during the downward swing	
		↑0.20	Failure to attain straight-hollow body position on upswing	
		↑0.20	Beginning turn prior to 45° below height of high bar	
		↑0.20	Failure to complete 1/2 (180°) turn prior to re-contact	
		<u>.30</u>	Failure to re-contact the bar with the freehand as the 1/2 (180°) turn is completed	

# Level 1 - BEAM

**SV: 10.0**

**Warm-up:** Blocked by height, 1 min per athlete








Split at 8 athletes.

**Compulsory Routine**  
**Routine time: 35 sec**

**Equipment: ANY AGE 110 or FIG**  
Up to 20 cm additional mats allowed, this includes **MANDATORY 10 cm mat for landing**

\*Indicates reversal is allowed





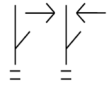


## TABLE OF PENALTIES- Refer to General Faults and Penalties for additional Deductions

SYMBOL	ELEMENT	DEDUCTION	FAULT
	*MOUNT: JUMP TO FRONT SUPPORT <b>(0.20)</b>	↑0.10	Failure to extend body in front support
		↑0.10	Lack of continuity in ¼ (90°) turn to straddle sit
	*NEEDLE LEG KICK <b>(0.40)</b>	↑0.10	Lack of continuity from sit to stand
		↑0.10	Failure to kick to a min of horizontal
	RELEVE BALANCE "LOCK" STAND <b>(0.20)</b>	↑0.20	Failure to hold two seconds
	FORWARD PASSÉ BALANCE <b>(0.20)</b>	<u>0.10</u>	Leg in incorrect position (not in forward passé)
	STRETCHED JUMP <b>(0.40)</b>	<u>0.10</u>	Failure to land on both feet simultaneously
		↑0.10	Failure to land with feet closed
	ARABESQUE (SHOW 30°) <b>(0.40)</b>	↑0.10	Failure to lift free leg a minimum of 30° above the beam
		<u>0.05</u>	Failure to mark the position
	FORWARD LEG SWINGS <b>(EACH 0.20)</b>		See General Table of Faults and Penalties
	*CARTWHEEL TO ¾ HANDSTAND DISMOUNT <b>(0.60)</b>	<u>0.10</u>	Incorrect (simultaneous) hand placement
		<u>0.10</u>	Failure to maintain hand contact on beam upon landing

**SV: 10.0** Warm-up: Blocked by height, 1 min per athlete Split at 8 athletes.  
**Compulsory Routine** Equipment: ANY AGE: 110 or FIG  
**Routine time: 40 sec** Up to 20 cm additional mats allowed, this includes **MANDATORY 10 cm mat for landing**

\*Indicates reversal is allowed









### TABLE OF PENALTIES- Refer to General Faults and Penalties for additional Deductions

SYMBOL	ELEMENT	DEDUCTION	FAULT
	*Mount: Jump to front support <b>(0.20)</b>	↑0.10	Failure to extend body in front support
		↑0.10	Lack of continuity in ¼ (90°) turn to straddle sit
	*SINGLE LEG KICK UP TO STAND <b>(0.40)</b>	↑0.10	Lack of continuity from sit to stand
		<u>0.20</u>	Failure to have either foot leave the beam
	FORWARD PASSE BALANCE <b>(0.20)</b>	<u>0.10</u>	Leg in incorrect position (Not in forward passe)
	STRETCHED JUMP <b>(0.40)</b>	<u>0.10</u>	Failure to land on both feet simultaneously
		↑0.10	Failure to land with feet closed
	ARABESQUE (30°) <b>(0.40)</b>	↑0.20	Failure to lift free leg a minimum of 30° above the beam
		↑0.10	Failure to hold one second
	FORWARD LEG SWING, BACKWARD LEG SWING <b>(ea. 0.20)</b>	↑0.10	Failure to swing the leg back 45° above the beam
		↑0.10	Lack of continuity during the sequence
	½ (180°) PIVOT TURN <b>(0.20)</b>	↑0.10	Lack of sharpness
	*CARTWHEEL TO SIDE HANDSTAND DISMOUNT <b>(0.60)</b>	<u>0.10</u>	Incorrect (simultaneous) hand placement
		↑0.30	Failure to attain vertical
		<u>0.10</u>	Failure to maintain hand contact on beam upon landing



**SV: 10.0** Warm-up: Blocked by height, 1 min per athlete Split at 8 athletes.  
**Compulsory Routine** Equipment: ANY AGE: 110 or FIG  
**Routine time: 55 sec** Up to 20 cm additional mats allowed, this includes **MANDATORY 10 cm mat for landing**  
**\*Indicates reversal is allowed**

## TABLE OF PENALTIES- Refer to General Faults and Penalties for additional Deductions





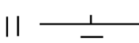




SYMBOL	ELEMENT	DEDUCTION	FAULT
	FRONT SUPPORT FISH POSE MOUNT (0.20)	↑0.10	Failure to extend body in Front Support
		↑0.10	Lack of continuity from mount to stand
		<u>0.30</u>	Performing a knee scale
	*CROSS HANDSTAND (0.60)	<u>0.10</u>	Failure to close (join) legs (side by side)
		<u>0.10</u>	Incorrect (staggered) hand placement
		↑0.30	Failure to attain vertical
	½ (180°) TURN IN FORWARD PASSÉ (Heel snap turn) (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.05</u>	Failure to lower heel at completion of turn
		<u>0.30</u>	Failure to use heel-snap turn technique
	Stretch Jump Stretch Jump (EACH 0.40)	Ea. <u>0.10</u>	Failure to land on both feet simultaneously
		Ea. ↑0.10	Failure to land with feet closed
Insufficient continuity between STRETCH JUMPS		<u>No deduction</u>	
Connection broken between STRETCH JUMPS		<u>0.05</u>	Note: Refer to General Faults and Penalties for further explanation of this deduction
	ARABESQUE (45°) (0.40)	↑0.20	Failure to lift free leg a minimum of 45° above the beam
		↑0.10	Failure to hold one second
	STRAIGHT LEG LEAP (90°) (0.60)	↑0.10	Bending front leg on take-off
		↑0.20	Uneven leg separation
		<u>0.05</u>	Failure to pause in low arabesque position on landing
	Two ½ (180°) Pivot Turns (Each 0.20)	Ea. ↑ <u>0.10</u>	Lack of sharpness in pivot turns
	*Cartwheel to Side Handstand (mark position) ¼ (90°) turn (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		↑0.30	Failure to attain vertical
		<u>0.20</u>	Failure to perform ¼ (90°) turn
		↑0.10	¼ turn incomplete or overturned
		↑0.10	Failure to maintain hand contact until body passes by the horizontal plane of the beam (cartwheel to side handstand dismount).
<b>Failure to complete dismount</b> <ul style="list-style-type: none"> <li>these deductions do not include possible body position faults)</li> <li>When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed</li> </ul>		↑0.60 (Value of element)	Example: Attempts dismount, does not attain vertical, then falls: Deduct: ↑0.30 (failure to attain vertical) + <u>0.20</u> (Failure to perform 90° turn) = 0.50 for incomplete element + <u>0.50</u> (fall) = 1.00 TOTAL Deduction

# Level 4 - BEAM

**SV: 10.0** Warm-up: Blocked by height, 1 min per athlete Split at 8 athletes.  
**Compulsory Routine** Equipment: 7-11 yrs: 110 or FIG 12yrs+: FIG only  
**Routine time: 1 min 5 secs** Up to 20 cm additional mats allowed, this includes **MANDATORY 10 cm mat for landing**

\*Indicates reversal is allowed

## TABLE OF PENALTIES- Refer to General Faults and Penalties for additional Deductions

SYMBOL	ELEMENT	DEDUCTION	FAULT
	FRONT SUPPORT FISH POSE MOUNT (0.20)	↑0.10	Failure to extend body in Front Support
		↑0.10	Lack of continuity from mount to stand
		0.30	Performing a knee scale
	*CARTWHEEL (0.60)	0.10	Incorrect (simultaneous) hand placement
		↑0.30	Failure to pass through vertical
	*½ (180°) TURN IN FORWARD PASSÉ (0.40)	0.10	Leg in incorrect position (not in forward passé)
		0.30	Use of heel-snap technique
	STRETCH JUMP (0.20)	0.10	Failure to land on both feet simultaneously
		↑0.10	Failure to land with feet closed
Insufficient continuity between STRETCH JUMP and SPLIT JUMP		No deduction	
Connection broken between STRETCH JUMP and SPLIT JUMP		0.05	Note: Refer to General Faults and Penalties for further explanation of this deduction
	SPLIT JUMP (120°) (0.40)	↑0.20	Uneven leg separation
		0.10	Failure to land on both feet simultaneously
		↑0.10	Failure to land with feet closed
	*CROSS HANDSTAND (0.60)	0.10	Failure to close (join) legs (side by side)
		0.10	Incorrect (staggered) hand placement
		↑0.30	Failure to attain vertical
		↑0.10	Failure to hold one second
	Scale (horizontal) (0.40)	↑0.20	Failure to lift free leg to a min horizontal in scale
		↑0.10	Failure to hold one sec.
	Straight leg leap (min 120°) (0.60)	↑0.10	Bending front leg on take-off
		↑0.20	Uneven leg separation
		0.05	Failure to pause in low arabesque position on landing
	*Cartwheel to Side Handstand hold 1 sec, ¼ (90°) Turn (0.60)	0.10	Incorrect (simultaneous) hand placement
		↑0.30	Failure to attain vertical
		↑0.10	Failure to hold one second
		0.20	Failure to perform ¼ (90°)
		↑0.10	¼ turn incomplete or overturned
		↑0.10	Failure to maintain hand contact on beam until the body passes by the horizontal plane















Failure to complete dismount up to 0.60 (these deductions do not include possible body position faults)

See Level 3 for examples









# Level 5 - BEAM

<b>SV: 10.0</b>	<b>Warm-up:</b> Blocked by height, 1 min per athlete	Split at 8 athletes.
<b>Compulsory Routine</b>	<b>Equipment:</b> 7-11 yrs: 110 or FIG 12yrs+: FIG only	
<b>Routine time: 1 min 10 sec</b>	Up to 20 cm additional mats allowed, this includes <b>MANDATORY 10 cm mat for landing</b>	
<b>*Indicates reversal is allowed</b>		
<b>Text Errors-2021-2022 season - text error deductions will not be applied</b>		

## TABLE OF PENALTIES- Refer to General Faults and Penalties for additional Deductions





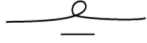
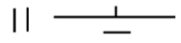



SYMBOL	ELEMENT	DEDUCTION	FAULT
	FRONT SUPPORT FISH POSE MOUNT (0.20)	↑0.10	Failure to extend body in Front Support
		↑0.10	Lack of continuity from mount to stand
		0.30	Performing a knee scale
<b>ACRO CHOICE (0.60) BK WALKOVER OR BK ROLL MIN. OF ¼ HANDSTAND OR BK HANDSPRING STEP-OUT OR BK HANDSPRING (2 FEET) OR FRT WALKOVER</b>			
	*BACK WALKOVER (150°) (0.60) OR	↑0.10	Failure to show continuous leg lift into the walkover (leg lifts then drops, stops or lifts after the arching backward has begun)
		0.10	Incorrect (staggered or alternate hand placement)
		↑0.20	Insufficient leg separation (less than 150°)
	*BACKWARD ROLL TO MINIMUM OF ¼ HANDSTAND (0.60) OR	↑0.20	Failure to attain min. of ¼ handstand
		0.60	Performing a backward roll step-out (head stays in contact w/beam)
	*BACK HANDSPRING STEP-OUT (0.60) OR		See General Faults and Penalties
	BACK HANDSPRING (2 feet) (0.60) OR		See General Faults and Penalties
	*FRONT WALKOVER (150°) (0.60)	0.10	Incorrect (staggered or alternate) hand placement
		↑0.20	Insufficient split (less than 150°)
	*1/1 (360°) TURN IN FORWARD PASSE (0.40)	0.10	Leg in incorrect position (not in forward passé)
		0.30	Use of heel-snap turn technique
	SPLIT JUMP (150°) (0.40)	↑0.20	Uneven leg separation
		0.10	Failure to land on both feet simultaneously
		↑0.10	Failure to land with feet closed
	Insufficient continuity between SPLIT JUMP and SISSONNE	No deduction	
	Connection broken between SPLIT JUMP and SISSONNE	0.05	Note: Refer to General Faults and Penalties for further explanation of this deduction
	SISSONNE (0.20)	↑0.10	Insufficient lift of the front leg (less than 45°)
		↑0.10	Insufficient lift of back leg (less than horizontal)
		0.05	Failure to pause in low arabesque position on landing
	SCALE (ABOVE HORIZONTAL) (0.40)	↑0.20	Failure to lift free leg to a min horizontal in scale
		↑0.10	Failure to hold one sec.
	Straight leg Leap (150°) (0.60)	↑0.10	Bending lead (front leg on take-off) (straight leg leap)
		↑0.20	Uneven leg separation
	Insufficient continuity between STRAIGHT LEG LEAP AND STRETCH JUMP	No deduction	
	Connection broken between STRAIGHT LEG LEAP AND STRETCH JUMP	0.05	Note: Refer to General Faults and Penalties for further explanation of this deduction
	Stretch Jump (0.20)	0.10	Failure to land on both feet simultaneously
		↑0.10	Failure to land with feet closed
	*CARTWHEEL (0.60)	0.10	Incorrect (simultaneous) hand placement
		↑0.30	Failure to pass through vertical
		0.20	Closing the second foot in front of the 1 <sup>st</sup> foot on landing
	Insufficient continuity between CARTWHEEL AND STRETCH JUMP	No deduction	
	Connection broken between CARTWHEEL AND STRETCH JUMP	0.05	Note: Refer to General Faults and Penalties for further explanation of this deduction
	STRETCH JUMP (PUNCH) (0.40)	0.10	Failure to land on both feet simultaneously
		↑0.10	Failure to land with feet closed
	BACKWARD SALTO TUCKED (0.60)	↑0.30	Insufficient height and extension of jump with hip lift
		↑0.20	Insufficient tuck shape
		↑0.20	Incorrect posture with control on landing

# Level 1 - FLOOR

<b>SV: 10.0</b> <b>Warm-up:</b> Option 1: 1 min per athlete blocked time. Minimum of 4 minutes. Split at 10+ athletes <b>Compulsory Routine &amp; Music</b> <b>Equipment:</b> Up to 10 cm of additional mats for acro series <b>*Indicates reversal is allowed</b> <b>Text Errors-2021-2022 season</b> - text error deductions will <b>not</b> be applied			
<b>TABLE OF PENALTIES- Refer to General Faults and Penalties for additional Deductions</b>			
SYMBOL	ELEMENT	DEDUCTION	FAULT
	*CARTWHEEL <b>(0.60)</b>	<u>0.10</u>	Incorrect (simultaneous) hand placement
		↑0.30	Failure to pass through vertical
		↑ 0.10	Failure to keep head in alignment
	BACKWARD ROLL TUCKED <b>(0.60)</b>	<u>0.30</u>	Hands placed on floor during squat phase prior to rolling backward
	CANDLESTICK <b>(0.20)</b>	↑0.20	Failure to maintain tuck position as the buttocks touch the floor
		<u>0.30</u>	Pushing off the floor with hands to arrive in tuck stand
	FORWARD PASSÉ BALANCE <b>(0.40)</b>	<u>0.10</u>	Leg in incorrect position (not in forward passé)
	FORWARD CHASSE <b>(0.20)</b>	Ea. <u>0.05</u>	Failure to pass through demi-plié in and out of forward chasse
		↑0.10	Failure to close the legs in the air
	STRETCH JUMP <b>(0.40)</b>	<u>0.10</u>	Failure to keep legs joined in the air during the stretch jump
		<u>0.10</u>	Failure to land on both feet simultaneously
		↑0.10	Failure to land with feet closed
	Forward Roll Tucked <b>(0.40)</b>	↑0.20	Failure to maintain tuck position during forward roll
		<u>0.30</u>	Pushing off the floor with hands to arrive in tuck stand
	*HANDSTAND <b>(0.40)</b>		See General Table of Faults & Penalties

**SV: 10.0** **Warm-up:** Option 1: 1 min per athlete blocked time. Minimum of 4 minutes. Split at 10+ athletes  
**Compulsory Routine & Music** **Equipment:** Up to 10 cm of additional mats for acro series  
 \*Indicates reversal is allowed  
 Text Errors-2021-2022 season - text error deductions will **not** be applied

## TABLE OF PENALTIES- Refer to General Faults and Penalties for additional Deductions

SYMBOL	ELEMENT	DEDUCTION	FAULT
	*CARTWHEEL (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		↑0.30	Failure to pass through vertical
		↑0.10	Failure to keep head in alignment
	BACKWARD ROLL TO PUSH-UP POSITION (0.60)	<u>0.30</u>	Hands placed on floor during sit phase prior to rolling backward
		<u>0.10</u>	Interlocking the fingers
		<u>0.10</u>	Hands placed more than shoulder-width apart
		<u>0.20</u>	Failure to show push-up position
		<u>0.60</u>	Performs a backward roll to handstand
	*½ (180°) TURN IN FORWARD PASSÉ Heel snap turn (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.05</u>	Failure to lower heel at completion of turn
		<u>0.30</u>	Failure to use heel-snap turn technique
	FORWARD CHASSE (0.20)	Ea. <u>0.05</u>	Failure to pass through demi-plié in and out of forward chasse
		↑0.10	Failure to close the legs in the air
	Straight Leg Leap (60°) (0.60)	↑0.10	Bending the lead (front) leg on take-off
		↑0.20	Uneven leg separation
	Split Jump (60°) (0.40)	↑0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		↑0.10	Failure to land with feet closed
	*HANDSTAND (0.40)	↑0.30	Failure to attain vertical
		<u>0.10</u>	Failure to close legs at vertical
		↑0.10	Failure to hold handstand for one second
	CANDLESTICK (0.20)	↑0.20	Failure to maintain tuck position as the buttocks touch the floor
	BRIDGE; *BACK- KICK OVER (0.60)	↑0.20	Shoulders not over hands in bridge position
		Ea <u>0.30</u>	Extra kicks to establish inverted vertical position on back kick over

SV: 10.0

Compulsory Routine & Music











\*Indicates reversal is allowed

Text Errors-2021-2022 season - text error deductions will **not** be applied

Warm-up: Option 1: 1 min per athlete blocked time. Minimum of 4 minutes. Split at 10+ athletes

Equipment: Up to 10 cm of additional mats for acro series

## TABLE OF PENALTIES- Refer to General Faults and Penalties for additional Deductions












SYMBOL	ELEMENT	DEDUCTION	FAULT
	*HANDSTAND-HOLD 1 SEC. FORWARD ROLL STEP OUT WITH STRAIGHT ARMS (0.60)	↑0.30	Failure to attain vertical
		0.10	Failure to close (join) legs at vertical
		↑0.10	Failure to hold handstand one second
		0.30	Pushing off floor with hands to arrive in tuck stand
	STRAIGHT LEG LEAP (90°) (0.60)	↑0.10	Bending the lead (front) leg on take-off
		↑0.20	Uneven leg separation
	STRETCH JUMP (0.20)	0.10	Failure to keep legs joined in the air during stretch jump
		0.10	Failure to land on both feet simultaneously
		↑0.10	Failure to land with feet closed
Insufficient continuity between STRETCH JUMP and SPLIT JUMP		No deduction	
Connection broken between STRETCH JUMP and SPLIT JUMP		0.05	Note: Refer to General Faults and Penalties for further explanation of this deduction
	SPLIT JUMP (90°) (0.40)	↑0.20	Uneven leg separation
		0.10	Failure to land on both feet simultaneously
		↑0.10	Failure to land with feet closed
	*HANDSTAND TO BRIDGE, KICK OVER (120°) (0.60)	0.10	Failure to close (join) legs at vertical
		↑0.20	Failure to push shoulders behind hands in bridge phase
		0.10	Failure to land on feet simultaneously in bridge (no deduction for feet apart or legs bent in landing)
		Ea 0.30	Extra kicks to establish inverted vertical position on back kick-over
		0.30	Performs a tic-toc (legs remain separated throughout entire skill)
	FORWARD SPLIT (0.20)	↑0.20	Failure to achieve 180° split position (legs flat on floor)
	*½ (180°) TURN IN FORWARD PASSÉ (0.40)	0.10	Leg in incorrect position (not in forward passé)
		0.30	Use of heel-snap turn technique
	BACKWARD ROLL OPEN TO 45° ABOVE HORIZONTAL, LOWER TO PUSH UP POSITION (0.40)	0.30	Hands placed on floor during sit phase prior to rolling backward
		0.10	Interlocking the fingers
		0.10	Hands placed more than shoulder-width apart
		Up to 0.20	Failure to attain 45° above horizontal
		0.20	Failure to show push-up position
		0.40	Performs a backward roll to handstand (change of element)
	*ROUND-OFF (0.40)	↑0.30	Failure to pass through vertical
		0.10	Failure to land on both feet simultaneously
	BACK HANDSPRING TO TWO FEET; REBOUND (0.60)	↑0.30	Squat into back handspring
		0.10	Failure to land on both feet simultaneously
		0.10	Failure to rebound immediately
		0.05	Failure to pause in a controlled "stick"
		↑0.20	Lack of acceleration in the series. Not applied if the 0.30 deduction for a stop between element is taken

**SV: 10.0** Warm-up: Option 1: 1 min per athlete blocked time. Minimum of 4 minutes. Split at 10+ athletes.  
**Compulsory Routine & Music** Equipment: Up to 10 cm of additional mats for acro series

\*Indicates reversal is allowed

Text Errors-2021-2022 season - text error deductions will **not** be applied

### TABLE OF PENALTIES- Refer to General Faults and Penalties for additional Deductions




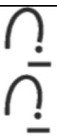











SYMBOL	ELEMENT	DEDUCTION	FAULT
	*BACK WALKOVER (150°) (0.40)	↑0.10	Failure to show continuous leg lift into walkover (leg drops or lifts after backward arching has begun)
		0.10	Incorrect (staggered or alternate) hand placement
			Insufficient split (less than 150°)
		↑0.10	Failure to keep legs closed in the air throughout the stretch jump ½ (180°) turn
	*FRONT HANDSPRING TO 2 FEET, REBOUND (0.60)	↑0.10	Alternate/staggered hand placement
		0.10	Joining legs prior to step-out
		↑0.20	Flight prior to hand contact (dive)
		0.20	Failure to step out
		No deduction	Performing a fast front walkover
	*CARTWHEEL (0.40)	0.10	Incorrect (simultaneous) hand placement
		↑0.30	Failure to pass through vertical
		↑0.10	Failure to keep head in alignment
	STRAIGHT ARM BACKWARD ROLL TO HANDSTAND (0.40)	0.30	Hands place on floor during sit phase prior to rolling backward
		0.10	Interlocking fingers
		↑0.10	Hands placed further than shoulder-width apart
		↑0.30	Failure to pass through vertical
		0.40	Performs a backward roll step-out (change of element)
	*STRETCH JUMP ½ (180°) TURN (0.40)	↑0.10	Failure to keep legs joined in the air throughout the stretch jump ½ (180°) turn
		0.10	Failure to land on both feet simultaneously
		↑0.10	Failure to land with feet closed
	STRAIGHT LEG LEAP (120°) (0.60)	↑0.10	Bending the lead (front) leg on take-off
		↑0.20	Uneven leg separation
	STRADDLE JUMP (120°) (0.40);	↑0.20	Uneven leg separation
		0.10	Failure to land on both feet simultaneously
		↑0.10	Failure to land with feet closed
	FORWARD SPLIT (0.20)	↑0.20	Failure to achieve 180° split position (legs flat on floor)
	*1/1 (360°) TURN IN FWD PASSÉ (0.40)	0.10	Leg in incorrect position (not in forward passé)
		0.30	Use of heel-snap turn technique
	*ROUND-OFF (0.40)	↑0.30	Failure to pass through vertical
		0.10	Failure to land on both feet simultaneously
	BACK HANDSPRING TO 2 FEET BACK HANDSPRING TO 2 FEET (EACH 0.60)	EA. ↑0.30	Squat into back handspring
		EA. 0.10	Failure to land on both feet simultaneously
		0.10	Failure to rebound immediately
		0.05	Failure to pause in a controlled "stick"
		↑0.20	Lack of acceleration in the series Not applied if a 0.30 deduction is taken for a stop between elements

**SV: 10.0** Warm-up: Option 1: 1 min per athlete blocked time. Minimum of 4 minutes. Split at 10+ athletes  
**Compulsory Routine & Music** Equipment: Up to 10 cm of additional mats for acro series

\*Indicates reversal is allowed

Text Errors-2021-2022 season - text error deductions will **not** be applied

**TABLE OF PENALTIES- Refer to General Faults and Penalties for additional Deductions**

SYMBOL	ELEMENT	DEDUCTION	FAULT
	FRONT SALTO TUCKED (0.60)	↑0.60	Failure to perform salto in designated body position (performs pike etc.)
		Each ↑0.20	Insufficient bend of hips and legs min. 135°- ideally 90°
OR			
	*FREE (AERIAL) CARTWHEEL (0.60)	↑0.30	Failure to pass through vertical
Or			
	*FREE (AERIAL) WALKOVER FORWARD (0.60)		See General Faults and Penalties
	*FRT. HANDSPRING STEP-OUT FRT. HANDSPRING STEP-OUT (EACH 0.60)	Each ↑0.10	Alternate/staggered hand placement
		Each <u>0.10</u>	Joining legs together prior to step-out
		Each ↑0.20	Flight prior to hand contact (dive)
		Each <u>0.20</u>	Failure to step-out
		↑0.20	Lack of acceleration
	*CARTWHEEL (0.40)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		↑0.30	Failure to pass through vertical
		↑0.10	Failure to keep head in alignment
		STRAIGHT ARM BACKWARD ROLL TO HANDSTAND (0.40)	
		<u>0.10</u>	Interlocking fingers
		<u>0.10</u>	Hands placed further than shoulder-width apart
		↑0.30	Failure to pass through vertical
		<u>0.40</u>	Performs a backward roll step-out (change of element)
	*STRETCH JUMP 1/1 FULL TURN (0.40)	↑0.10	Failure to keep legs closed in the air throughout the stretch jump 1/1(360°) turn
		<u>0.10</u>	Failure to land on both feet simultaneously
		↑0.10	Failure to land with feet closed
	STRAIGHT LEG LEAP (150°) (0.60)	↑0.10	Bending the lead (front) leg on take-off
		↑0.20	Uneven leg separation
OR			
	SWITCH LEG LEAP (150°) (0.60)	↑0.10	Bending the lead (front) leg on take-off
		↑0.10	Failure to swing front leg a min of 45° forward before swinging back
		↑0.20	Uneven leg separation
	STRADDLE JUMP (150°) (0.40)	↑0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		↑0.10	Failure to land with feet closed
	FORWARD SPLIT (0.20)	↑0.20	Failure to achieve 180° split position (legs flat on floor)
		*1/1 (360°) TURN IN FWD PASSÉ (0.40)	
		<u>0.30</u>	Use of heel-snap turn technique
		*ROUND-OFF (0.40)	
		<u>0.10</u>	Failure to land on both feet simultaneously
		BACK HANDSPRING (0.40)	
		<u>0.10</u>	Failure to land on both feet simultaneously
		BACKWARD SALTO TUCKED (0.60)	
		↑0.20	Failure to extend/open prior to landing
		<u>0.05</u>	Failure to pause in controlled "stick"
		↑0.20	Lack of acceleration in the series Not applied if a 0.30 deduction is taken for a stop between elements