



WOMEN'S ARTISTIC COMPETITION HANDBOOK

Competition Year: 2022 – 2023

Entering Gymnasts into a competition

Gymnast Entry is booked via the IGA membership portal under the events and courses section. Those entering competitions must have valid membership with IGA.

Please note the following booking process is only for those with Clubs Administrators roles on the portal

Once you've selected the correct competition you wish to enter gymnasts, please follow the below steps (*Please note this process is for those with Clubs Administrators roles on the portal **ONLY***)

- 1) Select Club Booking
- 2) The page displayed will show grey boxes for each type of ticket available for the competition and a list of all the members linked with your club. Select the appropriate ticket for the entries e.g., Level 10 Competition Entry and select the names from the list. If the member can enter, they will show a green tick, if they cannot, they will be shown a no entry symbol. Once you've selected everyone required, please click confirm booking.
- 3) You will then need to provide following information for each gymnast entering
 - a. Select how many apparatuses the gymnast will be competing on (*remember to tick add to cart**)
 - b. Select from the list each apparatus the gymnast will be competing on.
 - c. Confirm they comply with the competition rules as stated in the handbook

The base price for gymnast entry will be shown as £0.00 you **MUST select the number of apparatuses the gymnast will be entering on and select add to cart. If you do not, their place in the competition is not guaranteed.*

Photography

When entering gymnasts into a competition you will be asked to confirm if the gymnast can / can't have any photos that are taken by either IGA or the official photographers used by us (IGA) for promotional purposes.

Filming and photography will be taking place at IGA events, and signs will be displayed around the spectator area and in the competition programme.

From time to time, livestreams may be broadcast via our social media channels. Although every care will be taken to ensure those who do not wish to appear in a video do not, this is not always possible. Livestreams will be restricted to march-on and medal ceremonies at competitions.

Video footage collected during the event may be used on our digital platforms.

Photographs and videos taken by spectators may only be taken for personal use only and may not be taken for sale or other commercial use. The use of flash or supplementary lighting is not permitted at any time while gymnasts are warming up or competing. Please make sure the flash is turned off on any device being used as your camera.

If you have any concerns about the identity or actions of any photographer or if you believe that any unsuitable photos are being taken, you should report your concerns to the competition organising team.

Should a member of Competition organising, or Safeguarding team suspect inappropriate photography or filming, they should exercise their powers to request the person leave the venue and to surrender any film and/or delete any images relating to the event.

Spectator Fees

We have looked at the competitions held last year, with relation to spectators booking tickets, and to

facilitate an easier booking process we have decided that tickets will now be booked via a dedicated [IGA Eventbrite page](#), as some parents/guardians were having difficulty booking tickets via the portal.

Spectator tickets will be charged at £7.50 + *Eventbrite booking fee* for regular spectator tickets and £5.50 + *Eventbrite booking fee* for concessions tickets (U14s & O65s) and free for those under 3 (*those under 3 will be required to sit on the lap of their parent/guardian*). Tickets should be booked by the parent/guardians not via the club. By using Eventbrite spectators will receive a digital ticket which can be scanned on arrival. Tickets will still go on sale after the competition programme has been published this will be approximately 7 days after entries closed. *Please note if there is a delay in issuing the competition programme, spectator tickets will also be delayed.*

To enable every gymnast the opportunity to have some see them compete, tickets will be restricted for the first week of sale, unless stated otherwise to 2 tickets. *Dates will be confirmed when the programme is published.* Those booking will be required to provide the name of the gymnast they will be there to watch. Should a gymnast name appear on multiple bookings, all except the first booking will be cancelled. After the first week of sale, we will no longer check gymnast names and extra tickets can be booked.

Should tickets sell out, a waiting list will be started, and any tickets will be offered to the individual at the top of the waiting list.

2022/2023 Competition Calendar

Sunday 9 th October	Level 10 & 9 IGA Competition Kingston Gymnastics Centre, Milton Keynes, MK10 0BA			
	Entries Open	28 th Aug 2022	Entries Close	11 th Sept 2022
Sunday 13 th November	Level 9 IGA Competition Kingston Gymnastics Centre, Milton Keynes, MK10 0BA			
	Entries Open	2 nd Oct 2022	Entries Close	16 th Oct 2022
Sunday 4 th December	Level 8 IGA Competition Kingston Gymnastics Centre, Milton Keynes, MK10 0BA			
	Entries Open	23 rd Oct 2022	Entries Close	6 th Nov 2022
Sunday 5 th February	Level 7-1 IGA Competition Kingston Gymnastics Centre, Milton Keynes, MK10 0BA			
	Entries Open	28 th Dec 2022	Entries Close	8 th Jan 2023
Sunday 12 th March	Level 10 & 9 IGA Competition Kingston Gymnastics Centre, Milton Keynes, MK10 0BA			
	Entries Open	29 th Jan 2023	Entries Close	12 th Feb 2023
Saturday 25 th & Sunday 26 th March	CANCELLED			
	Entries Open	N/A	Entries Close	N/A
Sunday 2 nd April	Acro IGA Competition Kingston Gymnastics Centre, Milton Keynes, MK10 0BA			
	Entries Open	19 th Feb 2023	Entries Close	5 th March 23
Sunday 18 th June	Level 6 – 1 IGA Competition Kingston Gymnastics Centre, Milton Keynes, MK10 0BA			
	Entries Open	7 th May 23	Entries Close	21 st May 23
Saturday 1 st & Sunday 2 nd July	Level 8 & 7 IGA Competition Wycombe Leisure Centre, Handy Cross, High Wycombe HP11 1UP			
	Entries Open	20 th May 23	Entries Close	3 rd June 23

The above dates are correct as of the publication of this handbook. Please check our digital platforms, for the latest competition date information.

2022/2023 Updates

IGA Gymnastics run competitions throughout the year and events are held all over the United Kingdom. Female gymnasts compete on Floor, Vault, Uneven Bars & Beam. Our competitions are open to all IGA registered clubs. Competitions are based on Individual Apparatus and overall, All Around. Medals given for the top three scores on each piece, and a trophy for the highest All Around for each age group.

Competition Entry

The entry fees, for all gymnastics competitions, will be £10 per apparatus from 2022, entries **MUST** be submitted via the IGA membership portal.

When completing the online entries, you will need to select the number of apparatus the gymnast will be competing on and then identifying them from the list. *When selecting the number of apparatus, you **MUST** tick add to cart as this will calculate the correct entry fee. By not ticking add to cart the gymnast's place not being guaranteed.*

The opening date, for entries, will be **6 weeks prior to the event**. No entries will be accepted before this date.

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.

The competition organiser retains the right to close entries early in the event the competition becomes over-subscribed. A limit of 200 gymnasts will be placed on each day of competition, should the limit be reached a waiting list will become available on the portal

Gymnasts' entry fee will be £10 per apparatus.

Gymnasts must be a minimum of 5 years of age prior to the competition; they must be members of IGA. They must also be able to produce proof if requested by the Competition Organiser

Late entries

Late entries may be considered on the basis that the maximum number of entries has not been fulfilled. All accepted late entries will incur a £20 late fee per gymnast.

Intention Sheets

Intention sheets are compulsory for all IGA competitions and can be downloaded from the IGA website, or from the competition page directly.

GYMNASTICS COMPETITION LEVELS

- Level 10** This competition is aimed at beginners aged 5 to 11 (in year of competition) and training only **once per week for no more than 2 hours**. It is especially designed for the new, young, and inexperienced gymnasts.
- Level 9** This is the competition for Novice gymnasts up to age 14 and training up to 3 hours per week.
- Level 8 - 1** These competitions are for gymnasts training over 4 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 considered and the opportunity to challenge them. Please enter your gymnasts at their highest level of ability to ensure a fair competition for all.

All competitions will be aged based from 1st January to 31st December. The age groupings will be at the discretion of the Competition Organiser, to create meaningful competitions.

In all IGA National competitions, gymnasts who achieve the set standard in the Spring competitions are required to move to the next Level in the Autumn. Gymnasts who achieve this score in the Autumn competitions must move up in the next year. As more gymnasts are doing all pieces, this will now be based on the total All Around scores, on all four pieces, irrespective of the individual apparatus scores. 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 IGA 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

Entry Specifications

Eligibility for these gymnastics' competitions are as follows:

- The gymnast **MUST** be a listed member of an IGA registered club.
- A gymnast may enter at any level in their first year of competition within the guidelines shown above.
- Gymnasts may not move down levels, without prior consent and full knowledge of the Competition Organiser.
- Independent 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 in the following year or at the next competition.
- Independent 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.
- In accordance with current policy, the only jewellery that may be worn is small stud earrings, which must be tapped up. Any other jewellery will incur a dress-code violation and deduction of 1.00 from the score; it may also result in the gymnast being disqualified.
- Late entries may be accepted if the maximum number of entries has not been reached. A late fee of £20 per gymnast will be applicable.
- Clubs entering a competition **MUST** provide at least **one judge or volunteer for every 10 gymnasts entered. A fee of £20 will be incurred to clubs that do not provide judges or volunteers. Fee will come into effect from the 5th December 2022.**
- Clubs can enter a maximum of 30 gymnasts per day of a competition. E.g. a two day competition can have 60 Gymnasts ***This rule will come into effect from the 5th December 2022.***
- Clubs must follow the coach to participant ratio when attending competition with squads. ***This rule will come into effect from the 5th December 2022.***
- Coaches accompanying gymnasts at competitions **MUST** be registered coaches with IGA. Nonregistered coaches will be denied access to the competition floor. ***This rule will come into effect from the 5th December 2022.***
- 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. Coaches who are attending the competition will need to fill their details in when sending the gymnasts entries.

For gymnasts with disabilities

Gymnasts will follow the rules depending on Gender within this handbook. They do not have to have any CRs

All gymnasts must be cleared safe to compete by their doctor. Specifically, any gymnasts with Downs Syndrome will need clearance from a medical professional before executing rolls due to the health risks this may cause. All relevant health information should be detailed on the Disability Competition Form and a new form must be uploaded to the gymnast's online portal whenever there are any changes.

During the online enrolment of competitions, you must answer the required questions to the best of your knowledge. This information is paramount to ensure the safety and wellbeing of all participants. Included in this enrolment is identifying participants that may need extra support in the event of an emergency.

All participants will be entered into appropriate categories within the competition and will all be judged from the same start value of the level they are entered into; for example, should a participants cognitive age be different from their biological age due to learning disabilities, then it may be agreed that they enter a category which matched there cognitive age.

Judges will be informed of any disability which may affect the participants ability to complete movements within that category and will take this into consideration when scoring.

Please ensure on the day of the competition, you mat the equipment how your gymnasts feel comfortable. No deductions will be made for extra matting or coaches standing in. If you need any help with moving matting, please ask the competition organiser for help.

General Rules

The following is a list of general rules of behaviour that should be adhered to at all IGA 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 IGA.
2. Coaches must hold an appropriate coaching qualification of, at least, Level 2. 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 of the coach, from the competition
3. Gymnasts must be a minimum of 5 years of age prior to the competition. 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 body piercings. *However, pierced small stud earrings are permitted.* Any contravention will incur a dress code penalty of 1.00.
5. Clothing:
 - a. **Gymnasts** must wear leotards, with or without sleeves or a unitard. They may also wear gymnastics shorts OR leggings. *Please note these must be gymnastics shorts, not football type shorts.* Any other form of dress will incur a dress code penalty and a deduction of 1.00 from their score. Gym shoes are allowed to be worn on Beam for medical reasons. No penalty will incur for gym shoes.
 - b. **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. However, pierced small stud earrings are acceptable.
 - c. **Judges** should be dressed professionally in smart/casual clothing.
 - d. **Volunteers** must be dressed in plain attire.
6. All mobile phones must be either switched off or put on silent while on the competition floor.
7. Coaches must ensure that their language and behaviour is, always, appropriate to the sport, considering the ages of most gymnasts.
8. 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 Organiser.
9. 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.
10. 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).
11. Spectators must treat other club's gymnasiums as they would wish their own to be treated - particularly regarding food and drink rules.
12. Spectators are not permitted on the competition floor.
13. The Competition Organiser has the right to group ages together to create a more competitive competition.
14. In the event of any competition being over-subscribed, the Competition Organiser 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.
16. All score challenges must be entered by coaches to the competition organiser before the end of that rotation. For each score challenge, there will be a fee of £20. This fee will be returned if Judges change the score in favour of the gymnast.
17. Should a gymnast be withdrawn from a competition after entries have closed, a refund will only be given in the event they are withdrawing due to injury and a medical note must be provided.
18. Any behaviour deemed to be rude or abusive from a member of a competing club towards anyone within IGA, either before or during the competition may result in all entries from the club being withdrawn.
19. NO ONE other than the Competition Organiser, or Officials are permitted to approach the score desk once the medal ceremony has begun. Contravention of this rule will lead to the suspension of the individual, from the competition.

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. Coaches are encouraged to stand between the bars for a low to high bar transition.

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 along with obstructing 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. Judges cannot pass any comments to a gymnast or coach unless the coach asks for a clarification.

Judging Panels

Judging panels will be made up of the following:

Level 9 & 10

Bars	X 2 Dual Panel Judges
Vault	X 2 Dual Panel Judges
Floor	2 X 2 panel Judges. Panel A & Panel B the judges on separate panels will dually judge. Floor will be split into two
Beam	2 X 2 panel Judges. Panel A & Panel B the judges on separate panels will dually judge. Both Beams will take place at the same time.

Level 8 - 1

Bars	X 2 Dual Panel Judges
Vault	X 2 Dual Panel Judges
Floor	3 Judges. 1 X Head Judge, 2 X E Judges. The full floor will be used.
Beam	3 Judges. 1 X Head Judge, 2 X E Judges. 1 Beam will be used.

Judges are not permitted to assess the routines of gymnasts from their own club. In the event there are insufficient judges available for a competition, this may be changed at the discretion of the competition organiser.

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 CR.

The **overall deductions** should be 0.10 for small errors 0.20 to 0.30 for larger 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. The skills that are banned from the level they are competing will not count towards their difficulty and deductions will still be taken.

If a gymnast is allowed a **second attempt** at their routine, a deduction of 2.00 will apply. Judges will take the best score out of the 2 attempts.

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.**

All score challenges must be entered by coaches to the competition organiser before the end of that rotation. For each score challenge, there will be a fee of £20. The fee will be returned if Judges change the score in favour of the gymnast.

Note on Floor Rules

In level 10 and 9, gymnasts are displaying basic elements, therefore they do not require elaborate dance work. Gymnasts will only be able to use a strip line on the competition floor to perform their routines. At this level they do not gain any composition marks so should be solely concentrating on the elements. So, their routine will be completed in one straight line. The floor will be split into 2- Panel A and Panel B, this will mean, 2 Gymnasts will be competing on the floor at the same time.

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, chassé, 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 **Mixed series** must contain at least two elements: Acro + an Isolated Jump directly connected without pause, 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.

Floor Music must **NOT** contain any words or lyrics. Nor must break any copyright music rights. Original Disney or Cirque Du Soleil is **NOT** permitted.

When scoring is being provided by Gymdata, all floor music must be sent in advance, the competition page will indicate if GymData are present at the event. GymData and IGA have the right to reject any music that breach the copyright rules.

Any move can be used to gain a CR 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 CR 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. Somersault vaults must be competed at a minimum height of 1metre 15cm for safety reasons. The gymnast competing a somersault vault will get a minimum of 3 warm up vaults for safety reasons.

All other vaults are 2 warm up vaults only.

The flatback set up for Levels 10 & 9 will be as near 60 to 90 cms as possible depending on apparatus available. For Level 8 (Handspring over raised block) it will be as near 90 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 a CR** 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 **CR** 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 **CR**.

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.

American warm up for all National Competitions.

Note on Uneven Bars Rules

Any move can be used to gain a **CR** 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.

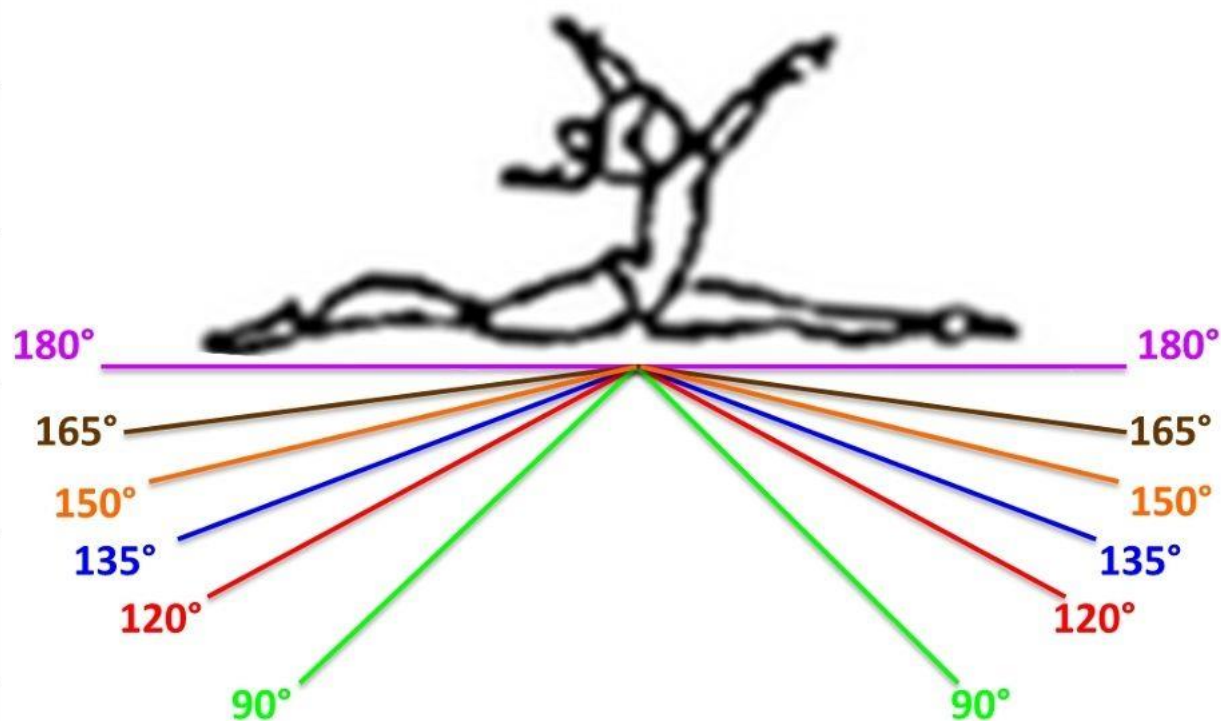
If a gymnast attempts a move, they **should** be given credit in difficulty but, execution penalties will be applied. Certain moves on uneven bars require the feet to touch the apparatus to be counted; straddle undershoots for example. Judge's discretion must be applied here as to whether the move was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

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

The Asymmetrical bars will be set at the new FIG standard, high bar height 255 cm and low bar set at 175 cm. A new inner diagonal measurement will be updated in a IGA WTC News, when this becomes available from the FIG. 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. You must get permission by the Bars head judge to raise the bars.

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

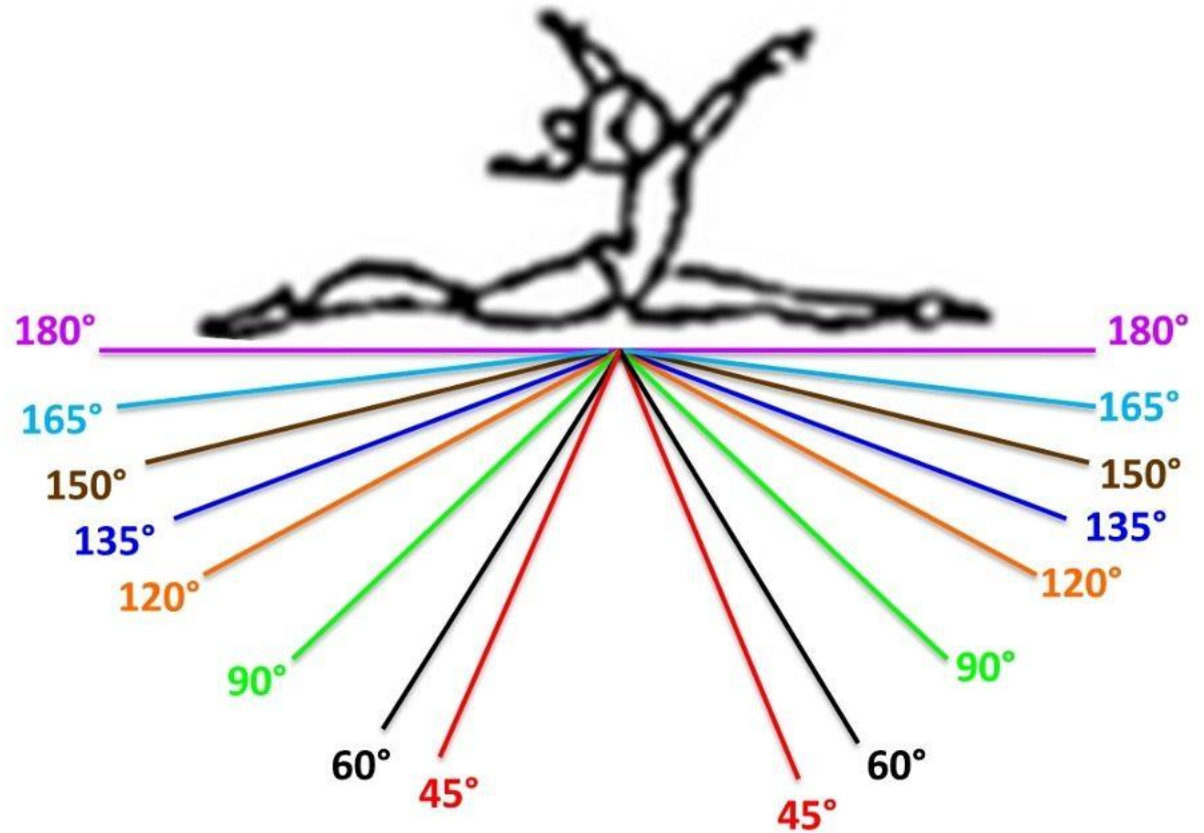
Floor Degrees of Split in Leaps



CR of 0.50 will be given if Split element is performed regardless of the degree. The degree, however will incur deductions as show 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

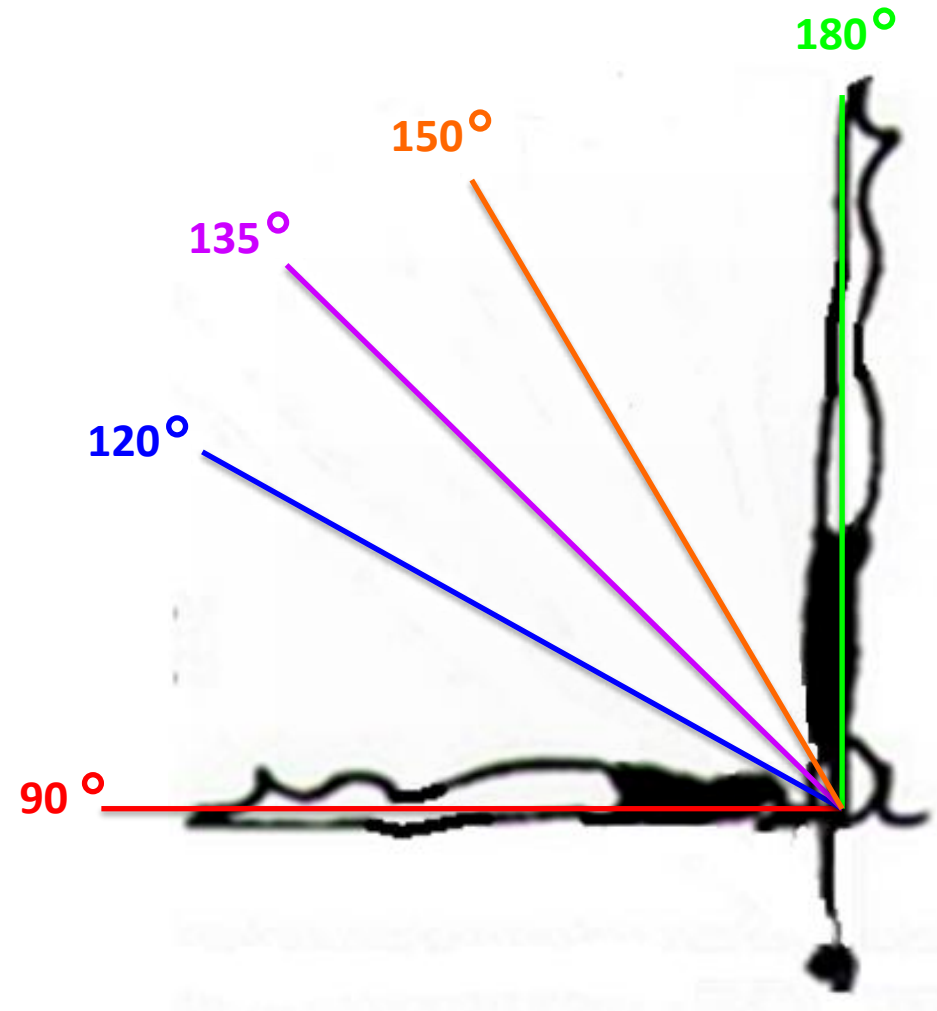
Beam Degrees of Split in Leaps and Jumps



CR of 0.50 will be given if Split element is performed regardless of the degree. The degree, however will incur deductions as show 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: CR 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.

WOMENS ARTISTIC COMPETITION RULES FOR FLOOR

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	A & B	A, B & C	A, B & C	A, B, C & D	A, B, C & D	A, B, C, D	A, B, C,	A, B, C, D,	A, B, C, D,
A moves= 0.10	moves	moves	moves	moves	moves	moves	& E moves	D & E	E & F	E & F
B moves= 0.20	only	only	only	only	only	only	only	moves only	moves only	moves
C moves= 0.30		a	a	a	a	a	a	a	a	
D moves= 0.40		maximum	maximum	maximum	maximum	maximum	maximum	maximum	maximum	
E moves= 0.50		of 6 B	of 2 C	of 6 C	of 2 D	of 6 D	of 2 E	of 6 E	of 2 F	
F moves= 0.60		moves	moves	moves	moves	moves	moves	moves	moves	
Best 10 moves to count – if less than 10 moves a deduction of 1.00 will be made for each missing move										
	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 saltos	Flighted acro series with two saltos (same or different)	Flighted acro series with two saltos (same or different)
CR's	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
0.50 each (Compositional Requirement)	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 “C” Spin	Minimum “C” Spin	Minimum “C” Spin	Minimum “D” Spin	Minimum “D” Spin
Notes:	Floor Routine completed in a straight line. 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 CR 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.

"A" Moves	"B" Moves	"C" Moves	"D" Moves	"E" Moves	"F" Moves
ACROBATIC MOVES					
Backward roll to front support (held) Backward roll to pike stand Backward roll tucked or straddled to stand (bent arms) Cartwheel side to side Cartwheel with ¼ turn in or out Cartwheel with 1 hand Forward roll tucked, pike or straddled to stand Handstand forward roll tucked to stand Round off Bridge (Held) Kickover	Back flic to 1 or 2 feet Back salto - tucked or piked Backward roll to handstand (bent arms) 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 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 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 forward roll out (straight arms) Backward walkover full turn forward walkover Free walkover Front salto straight Front salto layout Gainer flic Gainer tuck/pike back salto 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 (straight arms) Flic with ½ turn. Gainer salto ½ twist 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 (straight arms) 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	Arabesque (B) (leg above horizontal) Handstand ½ pirouette (B) Min of 2 hand movements. Headstand held, push to front support (B) Pike fold. D Hold 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.	Arabesque held in scale. (on toes) Elephant <u>lift</u> to handstand. Pike up to handstand. D Hold into chest rock to front support Handstand full pirouette. Min of 4 hand movements. 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)	D hold into chest rock to handstand Elephant lift to handstand with full turn Handstand 1½ pirouette. Min of 6 hand movements. Pike lever with full turn. Straddle lever to handstand. Straight top planché with straight arms	Handstand double pirouette. Min of 8 hand movements. Straddle up to handstand & straddle down.	Handstand triple pirouette. Min of 12 hand movements. Straddle up to handstand, ½ or full turn & straddle down.

horizontal (B) Teddy bear roll- 360°. V-sit with hand support (B)	Tuck/straddle up to handstand. Tucked top planche (B) V sit without hand support (B) Y balance (B) Needle scale. Dish (held) roll to Arch (held). Arms by ears.				
"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.

WOMENS ARTISTIC COMPETITION RULES FOR BEAM

	10	9	8	7	6	5	4	3	2	1
DIFFICULTY	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
A moves= 0.10										
B moves= 0.20										
C moves= 0.30										
D moves= 0.40										
F moves= 0.60										
	Best 6 moves to count			Best 8 moves to count						
CR's 0.50 Each (Compositional Requirement)	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	Minimum "C" spin on one foot	Minimum "C" 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	Minimum Acrobatic C Dismount	Minimum Acrobatic D Dismount	Minimum Acrobatic D Dismount	Minimum Acrobatic E Dismount	Minimum Acrobatic E Dismount

Note to Judges: Any move can be used to gain a CR 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 leg balance. Arabesque. (leg below horizontal) Handstand. (not held for longer than 2 seconds) 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. (held for 2 seconds) Piked v-sit without hand support. Straddle Lever (Legs above horizontal) Shoulder stand. Splits/box splits without hand support. Y balance. Russian lever legs tucked	¼ turn to cross handstand. Handstand ½ pirouette. Handstand held in splits. Needle scale. 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) Handstand full pirouette. Needle scale on toes. Planché tucked.	Straddle lever to handstand, in cross position, and return to straddle lever. Planché straight	
JUMPS					
Straight Jump (LEVEL 10 ONLY) Stag jump. Star jump. Tuck jump. Straight jump with beat change with legs.	Pike jump. Sissone. Split jump. W jump. Straight jump ½ turn + ¾ Turn	Pike jump ½ turn. Split/stag jump ¾ turn. Straddle jump. Straight jump full turn. W jump ½ turn. Tuck jump ½ turn + ¾ 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.

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. Split change leap.	Cat leap 1½. 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. Squat ½ turn, both feet on beam. (Levels 10 & 9 only)	½ spin leg in front at horizontal. ½ spin leg in front in attitude. Full spin. Squat ½ spin.	½ illusion turn. ½ spindle spin. 1½ spin. Full spin, leg in front at horizontal. Full spin, leg in front in attitude. Squat full spin.	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 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.

"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). Shoulder roll backwards.	Backward walkover. Cartwheel. Forward walkover Handstand forward roll. Free forward roll. Backward roll to feet. One handed cartwheel.	Back flic to 1 or 2 feet. Back flic to chest roll. 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. Round off. Tic toc. Valdez.	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. 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 round off. Gainer tuck front or back salto off side of beam. Pike back salto. Pike front salto off 1 or 2 feet Tuck back salto. Tuck front salto off 1 or 2 feet Straight front salto off 1 foot	Back somi ½ turn. Front somi ½ turn off 2 feet. Gainer pike salto off side of beam. Gainer tuck/ pike salto off end of beam. Straight back salto. Tuck Arabian salto. Straight front salto off 2 feet	Back salto full twist. Straight front salto with ½ or full turn. Tuck Front salto full twist off 2 feet. Gainer straight salto off side and end of beam. Pike Arabian salto.	Back salto 1½ twist. Double back. Double front. Straight front salto with 1 ½ twist off 1 foot Tuck Front salto 1½ twist. Gainer salto with ½ or full twist off side or end of beam. Straight Arabian salto.

WOMENS ARTISTIC COMPETITION RULES FOR UNEVEN BARS

	10	9	8	7	6	5	4	3	2	1
DIFFICULTY	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
A moves= 0.10										
B moves= 0.20										
C moves= 0.30										
D moves= 0.40										
E moves= 0.50										
F moves= 0.60										
CR's 0.50 Each (Compositional Requirement)	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	Cast to Handstand	1 Flighted Low to High Bar	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	Circling Element to Handstand	2 Circling Elements to handstand	2 change of hand grips. E.g- Swing Turn, Blind Change or Full Turn from swing or circling element
		Any undershoot dismount	Circling element	Circling element	Clear hip circle	Clear Circling element (Clear hip, Toe on, Stalder)	Circling element finishing 60° above horizontal	Backward or Forward giant	1 change of hand grip. E.g- Swing 1,2 Turn, Blind Change or Full Turn from swing or circling element	Min 1 release move

Note to Judges: Any move can be used to gain a CR 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. Stalder circle. Toe on toe off to handstand.	Cast to handstand full turn. Clear hip to handstand full turn. Endo to handstand. Stalder 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. Undershoot ½ turn from HB over LB and catch. Stalder circle.	Giant swing 1, 2 Giant into blind turn Cast to handstand ½ turn. Clear hip to handstand ½ turn. Endo circle. Schleudern HB to LB. Swing undershoot ½ turn from HB over LB to catch. Toe on toe off to handstand. Stalder 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. 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.	Tucked shoot front Straddle or pike undershoot with full turn. Straight back somersault Backaway in Tuck or straight ½ twist.	Shoot front somersault with ½ twist. Full twisting tucked backaway Front somersault tucked. (front away) Free undershoot with full turn from HB	Back somersault with 1½ twist. Double back somersault. Double front somersault. Shoot front with full twist. Shoot front somersault straight.