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## OFFICIAL COMPETITION SYLLABUS

January 2024

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[www.independentgymnastics.com](http://www.independentgymnastics.com)  
[competitions@igauk.com](mailto:competitions@igauk.com)

## WHAT IS GEMS?

Starting in 2024, IGA will be launching a series of standardised routine competitions known as Gemstone Competitions. In these events, all participating athletes will showcase identical routines selected by IGA. The chosen routines aim to assist athletes in building a robust foundation in gymnastics, promoting the development of strength and flexibility.

## IGA COMPETITION RULES & REGULATIONS

Please check our standard competition handbook for IGA's rules and regulations regarding responsibilities and policies for Clubs, Coaches, Judges and Gymnasts. These will remain in tact for all IGA Competitions including Gems and must be adhered to at all times.

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### Grades Syllabus

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## COMPETITION AGE GROUPS

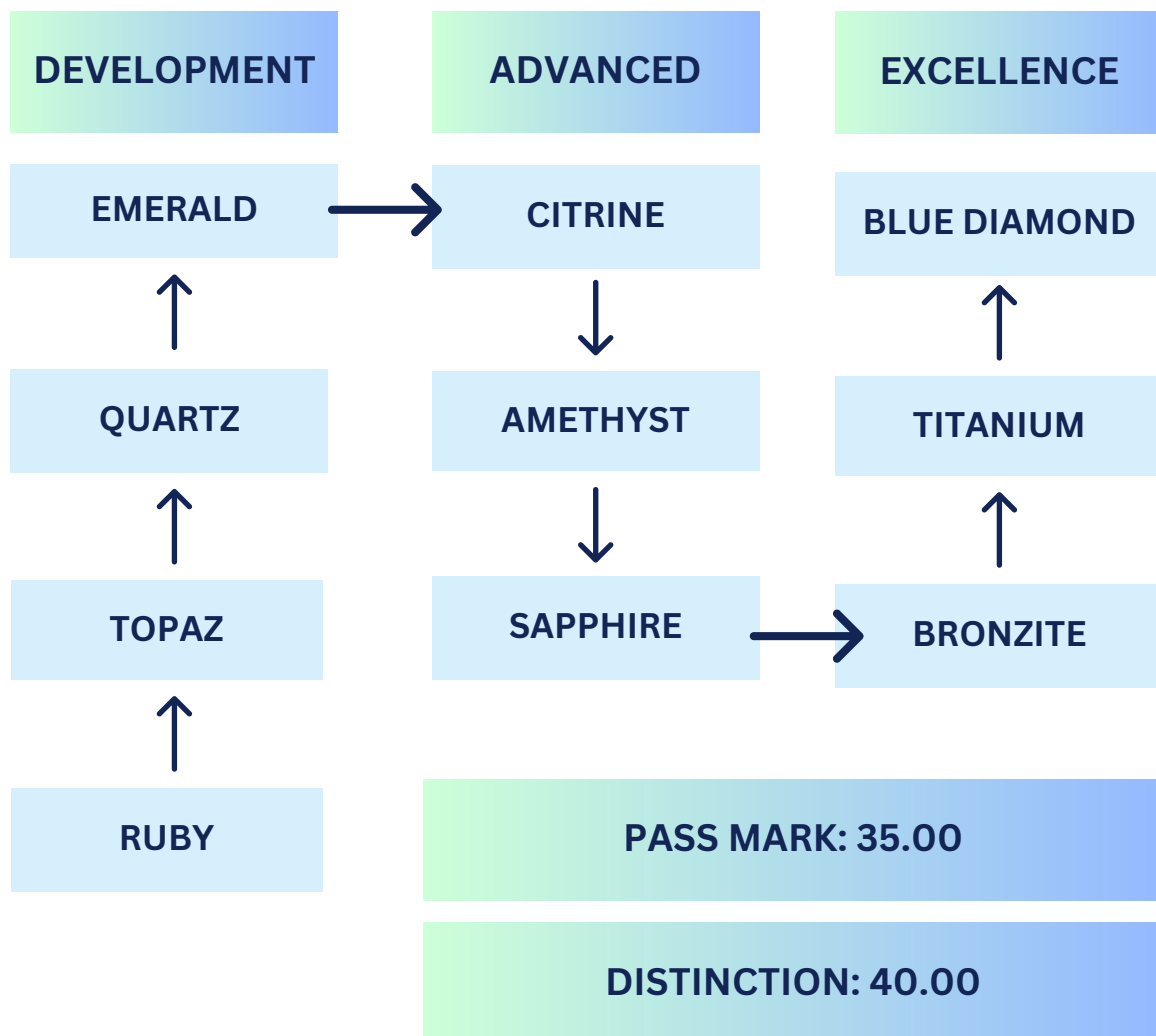
Gems grades will follow the following age groups:



## GEMS PATHWAY

Kindly review the official Gems Pathway outlining the progression from one grade to another. Our Gems Grades comprise 10 distinct levels, and gymnasts are required to attain the passing score to advance to the subsequent grade. During their inaugural year of competition, gymnasts have the flexibility to enter at any level within the provided guidelines. It's important to note that gymnasts are not permitted to regress to lower levels. Consequently, coaches must carefully select the most appropriate grade for each gymnast

In the event that a coach believes a gymnast should move down a level, they are required to send an email to [competitions@igauk.com](mailto:competitions@igauk.com), providing supporting evidence for the request. Additionally, gymnasts who successfully achieve the passing score are mandated to progress to the next level in their gymnastics journey.



## GENERAL FAULTS APPLICABLE TO ALL LEVELS & APPARATUS

Each missing element will receive a deduction	<b>1.00 per skill</b>
Falls [applicable to all pieces of equipment]	<b>1.00 per fall</b>
Elements performed in the incorrect order	<b>0.5 off final score</b>
Missed connections where a direct connection is indicated	<b>0.5 per missed connection</b>
Coaching gymnast mid-routine	<b>1.0 off final score</b>
Supporting a gymnast mid-routine	<b>3.0 off final score</b>
Lack of tidiness throughout routine (Knee's/Feet/Bent Arms)	<b>0.1/0.3/0.5 each time</b>
Lack of stability throughout routine	<b>0.1/0.3/0.5 each time</b>



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**RUBY**

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## VAULT



**EQUIPMENT:** 1m Vault with Stacked Mats

Squat on - Arm swing kick to handstand flat back

**Start Value:** 10.00

### TABLE OF FAULTS

Execution Dedication	Deduction
Lack of acceleration or deceleration during run up	<b>0.1/0.3</b>
Feet not landing in the correct place on the springboard	<b>0.1</b>
Failure to squat both feet onto the Vault	<b>0.3</b>
Failure to show arm swing before kicking to handstand	<b>0.3</b>
Lack of correct body form in handstand to flatback phase	<b>0.1/0.3/0.5</b>
Lack off second flight in handstand to flatback phase	<b>0.1/0.3/0.5</b>

### BONUS POINTS

Less than 1.5 in deductions	<b>0.5 Awarded</b>
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## BARS



**EQUIPMENT:** Wooden High Bar [FIG Height 2.5m) plus 1 x 30cm Crash Mat for landing.

Pull Up - Half Turn - Chin Up - 2 x Leg Lift - Hang to Land

**Start Value:** 10.00

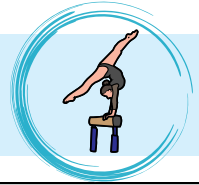
## TABLE OF FAULTS

Execution Dedication	Deduction
Failure for chin to reach over the bar during pull/chin up	0.3
Lack of correct body form throughout the routine	0.1/0.3 each time
Failure to touch bar with toes on Leg Lifts	0.5
Steps taken on landing	0.1/0.3 each time

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
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## BEAM



**EQUIPMENT:** High Beam [FIG Height 125cm] Plus 2 x 30cm Crash Mat, One underneath and one for landing.

**Start Value:** 10.00

Jump to Front Support - Swing Leg Over - Squat to Stand - 2 x Straight Leg Steps - Straight Jump - Releve Hold into Releve hold (both legs) - 2 x Straight Leg Steps - Arabesque - Straight Jump Dismount

## TABLE OF FAULTS

Execution Dedication	Deduction
Failure to squat onto the Beam	0.3
Lack of correct body form in the Releve holds	0.1/0.3 each time
Failure to show correct knee position in Releve holds	0.1/0.3 each time
Lack of correct body form in the Straight Jumps	0.1/0.3 each time
Arabesque not held for 2 seconds	0.3

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Gymnast performs routine with no falls	0.3 Awarded



## FLOOR



**EQUIPMENT:** Floor Area [On a line] - **No Choreography**

**Start Value:** 10.00

2 x Bunny Hops - Forward Roll to Stand - Straight Jump **connected** Star Jump - Releve Hold - Cartwheel - Squat 1/2 turn (*arms any position*) - Step Catleap

## TABLE OF FAULTS

Execution Dedication	Deduction
Failure to show bottom above head in Bunny Hops	0.3
Incorrect body form in forward roll	0.1
Releve Hold not held for 2 seconds	0.3
Lack of correct body form in the Straight Jumps	0.1/0.3 each time
Failure of knees to reach chest in Catleap	0.3

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
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## FLEXIBILITY & BALANCE



**EQUIPMENT:** Floor Area

**Start Value:** 10.00

Forward Roll to Straddle - Straddle Fold (h) - Swing Through to Front Support (h) - Back Support (h) - Pike Fold (h) - Push to Bridge (h) - Rock and Roll to stand.

### TABLE OF FAULTS

Execution Dedication	Deduction
Bent Arms in the forward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 each time
Lack of Flexibility shown in straddle & pike Fold	0.1/0.3 each time
Lack of correct body form in front & back support	0.1/0.3 each time
Lack of Flexibility show in the bridge position	0.1/0.3
BONUS POINTS	
Less than 1.5 in deductions	0.5 Awarded



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**TOPAZ**

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## VAULT



**EQUIPMENT:** 1m Vault with Stacked Mats

Handspring Flat Back

**Start Value:** 10.00

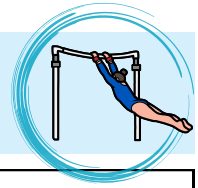
### TABLE OF FAULTS

Execution Dedication	Deduction
Lack of acceleration or deceleration during run up	<b>0.1/0.3</b>
Feet not landing in the correct place on the springboard	<b>0.1</b>
Incorrect arm swing on the springboard	<b>0.3</b>
Lack of correct body form in the first flight	<b>0.1/0.3/0.5</b>
Lack of correct body form in handstand to flatback phase	<b>0.1/0.3/0.5</b>
Lack off second flight in handstand to flatback phase	<b>0.1/0.3/0.5</b>
Closed shoulders in handstand phase	<b>0.3</b>

### BONUS POINTS

Less than 1.5 in deductions	<b>0.5 Awarded</b>
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## BARS



**EQUIPMENT:** Wooden High Bar [FIG Height 2.5m)  
plus 1 x 30cm Crash Mat for landing.

**Start Value:** 10.00

Pull Up - Half Turn - Chin Up - 2 x Leg Lift - Pike Hold (h) - Straddle Hold (h) - 2 x Arch  
Taps to land

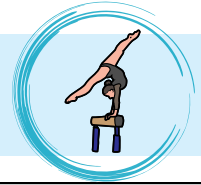
## TABLE OF FAULTS

Execution Dedication	Deduction
Failure for chin to reach over the bar during pull/chin up	0.3
Lack of correct body form throughout the routine	0.1/0.3 each time
Failure to touch bar with toes on Leg Lifts	0.5
Steps taken on landing	0.1/0.3 each time
Failure to hold the holds (h) for 2 seconds	0.3
Legs below horizontal on pike & straddle hold	0.5
Lack of correct body positions during arch taps	0.1/0.3/0.5 each time

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
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## BEAM



**EQUIPMENT:** High Beam [FIG Height 125cm] Plus 2 x 30cm Crash Mat, One underneath and one for landing. - **No Choreography.**

**Start Value:** 10.00

Jump to Front Support - Swing Leg Over - Squat to Stand - 2 x Bend Extend Steps - Straight Jump - Releve Hold into Releve hold (both legs) - 2 x Bunny Hops - Arabesque - Straight Jump Dismount

## TABLE OF FAULTS

Execution Dedication	Deduction
Failure to squat onto the Beam	0.3
Lack of correct body form in the Releve holds	0.1/0.3 each time
Failure to show correct knee position in Releve holds	0.1/0.3 each time
Lack of correct body form in the Straight Jumps	0.1/0.3 each time
Arabesque not held for 2 seconds	0.3
Failure to hold landing position	0.1

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Gymnast completes beam routine with no falls	0.3 Awarded

## FLOOR



**EQUIPMENT:** Floor Area [On a line]- **No Choreography**

**Start Value:** 10.00

2 x Bunny Hops - Forward Roll to Stand - Straight Jump **connected** Tuck Jump **connected** Star Jump - Releve Hold **connected** Step Releve Hold - Cartwheel **connected** Cartwheel - Chasse Catleap

## TABLE OF FAULTS

Execution Dedication	Deduction
Failure to show bottom above head in bunny hops	0.3
Incorrect body form in forward roll	0.1
Releve hold not held for 2 seconds	0.3 each time
Lack of correct body form in the Straight Jump	0.1/0.3 each time
Failure of knees to reach chest in catleap & tuck jump	0.3
Deviation between cartwheel connection	0.3

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
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## FLEXIBILITY & BALANCE



**EQUIPMENT:** Floor Area

**Start Value:** 10.00

Forward Roll to Straddle - Straddle Fold (h) - Swing Through to Front Support (h) - Press up - Back Support (h) - Pike Fold (h) - Push to Bridge (h) - Show best leg bridge split (h) - Rock and roll to stand

### TABLE OF FAULTS

Execution Dedication	Deduction
Bent Arms in the forward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 each time
Lack of Flexibility shown in straddle & pike Fold	0.1/0.3 each time
Lack of correct body form in front & back support	0.1/0.3 each time
Lack of Flexibility show in the bridge position	0.1/0.3
Knee's rolled in on the straddle fold	0.1
Lack of flexibility on Bridge Split - Leg below vertical	0.3

### BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Bridge Split past the vertical	0.3 Awarded





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**QUARTZ**

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## VAULT



**EQUIPMENT:** 1.05m Vault + Stacked Mats

Handspring Flat Back

**Start Value:** 10.00

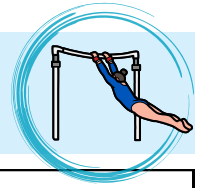
### TABLE OF FAULTS

Execution Dedication	Deduction
Lack of acceleration or deceleration during run up	<b>0.1/0.3</b>
Feet not landing in the correct place on the springboard	<b>0.1</b>
Incorrect arm swing on the springboard	<b>0.3</b>
Lack of correct body form in the first flight	<b>0.1/0.3/0.5</b>
Lack of correct body form in handstand to flatback phase	<b>0.1/0.3/0.5</b>
Lack off second flight in handstand to flatback phase	<b>0.1/0.3/0.5</b>

### BONUS POINTS

Less than 1.5 in deductions	<b>0.5 Awarded</b>
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## BARS



**EQUIPMENT:** Wooden High Bar [FIG Height 2.5m) plus 1 x 30cm Crash Mat for landing

**Start Value:** 10.00

Pull Up - Half Turn - Chin Up Circle Over - Show Front Support Shape - Circle Down - Pike Hold (h) - Straddle Hold (h) - 2 x Arch Taps to land

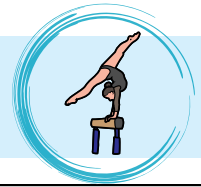
## TABLE OF FAULTS

Execution Dedication	Deduction
Failure for chin to reach over the bar during pull/chin up	0.3
Lack of correct body form throughout the routine	0.1/0.3 each time
Failure to touch bar with toes on Leg Lifts	0.5
Steps taken on landing	0.1/0.3 each time
Failure to hold the holds (h) for 2 seconds	0.3
Legs below horizontal on pike & straddle hold	0.5
Lack of correct body position during Front Support position	0.1/0.3

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
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## BEAM



**EQUIPMENT:** High Beam [FIG Height 125cm] Plus 2 x 30cm Crash Mat, One underneath and one for landing. - **No Choreography**

**Start Value:** 10.00

Jump to Front Support - Swing Leg Over - Squat to Stand - 2 x Bend Extend to Relevé hold steps - Tuck Jump - Relevé Hold into Half Spin, Squat half turn - Small split handstand to landing drill. - Straight Jump 1/2 turn Dismount

## TABLE OF FAULTS

Execution Dedication	Deduction
Failure to squat onto the Beam	0.3
Lack of correct body form in the Releve holds	0.1/0.3 each time
Failure to show correct knee position in Releve holds	0.1/0.3 each time
Lack of correct body form in the Straight Jumps	0.1/0.3 each time
Arabesque not held for 2 seconds	0.3
Failure to hold landing position	0.1

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Gymnast completes routine with no falls	0.3 Awarded

## FLOOR



**EQUIPMENT:** Floor Area [On a Line] - **No Choreography**

**Start Value:** 10.00

Handstand Forward Roll - Straight Jump **connected** Split Jump - Releve (h) step 1/2 spin - Cartwheel, Cartwheel, Backward Roll Front Support - Front Prone (h) to squat position - Chasse Split Leap

## TABLE OF FAULTS

Execution Dedication	Deduction
Bent arms in handstand forward roll & backward roll	<b>0.1/0.3/0.5</b>
Incorrect body form in handstand before forward roll	<b>0.1/0.3/0.5</b>
Holds (h) not held for 2 seconds	<b>0.3</b>
Lack of correct body form in the Straight Jump	<b>0.1/0.3</b>
Split leap failing to reach 14 degree split	<b>0.3</b>
Deviation between cartwheel connection	<b>0.3</b>

## BONUS POINTS

180 degree splits in Split Jump	<b>0.5 awarded</b>
Less than 1.5 in deductions	<b>0.5 Awarded</b>

## FLEXIBILITY & BALANCE



**EQUIPMENT:** Floor Area

**Start Value:** 10.00

Forward Roll to Straddle - Straddle Fold (h) - Straddle level (h) - Swing Through to Front Support (h) - Press up - Back Support (h) - Pike Fold (h) - Push to Bridge (h) - Show both leg bridge splits (h) - Rock and roll to stand

### TABLE OF FAULTS

Execution Dedication	Deduction
Bent Arms in the forward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 each time
Lack of Flexibility shown in straddle & pike Fold	0.1/0.3 each time
Lack of correct body form in front & back support	0.1/0.3 each time
Lack of Flexibility show in the bridge position	0.1/0.3
Knee's rolled in on the straddle fold	0.1
Lack of flexibility on Bridge Split - Leg below vertical	0.3

### BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
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**EMERALD**

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## VAULT



**EQUIPMENT:** 1.05m Vault + Stacked Mats

Half on to knee's

**Start Value:** 10.00

### TABLE OF FAULTS

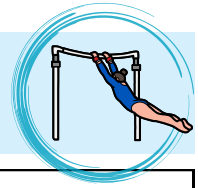
Execution Dedication	Deduction
Lack of acceleration or deceleration during run up	<b>0.1/0.3</b>
Feet not landing in the correct place on the springboard	<b>0.1</b>
Incorrect arm swing on the springboard	<b>0.3</b>
Lack of correct body form in the first flight	<b>0.1/0.3/0.5</b>
Closed shoulders in half on phase	<b>0.1/0.3/0.5</b>
Lack off second flight in repulsion phase to knees	<b>0.1/0.3/0.5</b>
Failure to land in correct position	<b>0.3</b>

### BONUS POINTS

Less than 1.5 in deductions	<b>0.5 Awarded</b>
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## BARS



**EQUIPMENT:** Wooden High Bar [FIG Height 2.5m)  
plus 1 x 30cm Crash Mat for landing.

**Start Value:** 10.00

Pull Up - Half Turn - Chin Up Circle Over - Show Front Support Shape - Cast to Horizontal - Backward Hip Circle - Circle Down to hang - 2 x Arch Taps to land

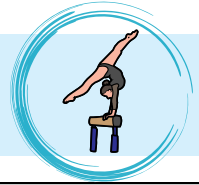
## TABLE OF FAULTS

Execution Dedication	Deduction
Failure for chin to reach over the bar during pull/chin up	0.3
Lack of correct body form throughout the routine	0.1/0.3 each time
Cast below horizontal	0.3
Lack of body form during backward hip circle [Piked hips]	0.1/0.3
Lack of body form during arch taps [i.e piked]	0.1/0.3 each time
Lack of correct body position during Front Support position	0.1/0.3

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
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## BEAM



**EQUIPMENT:** High Beam [FIG Height 125cm] Plus 2 x 30cm Crash Mat underneath - **No Choreography**

**Start Value:** 10.00

Jump to Japan - Swing Leg Over - Squat to Stand - Bend Extend Step to kick back leg straight jump on both legs - Releve Hold (h) **connected** Half Spin, Squat Half Turn - Split Handstand to Knee Landing Drill - Straight Jump 1.2 Turn Dismount

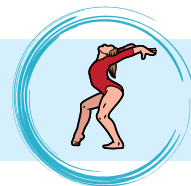
## TABLE OF FAULTS

Execution Dedication	Deduction
Lack of flexibility on jump to japan mount	0.1/0.3
Lack of correct body form in the Releve holds	0.1/0.3 each time
Failure to show correct knee position in Releve holds	0.1/0.3 each time
Lack of correct body form in the Straight Jumps	0.1/0.3 each time
Arabesque not held for 2 seconds	0.3
Failure to hold landing position	0.1

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Gymnast completes routine with no falls	0.3 Awarded

## FLOOR



**EQUIPMENT:** Floor Area - **No Choreography**

**Start Value:** 10.00

Handstand Forward Roll Pike to Stand - Straight Jump 1/2 **connected** Split Jump  
- Releve (h) step full spin - R/off Backward Roll Front Support - Front Prone (h) to  
squat position - Chasse Split Leap Chase Catleap

## TABLE OF FAULTS

Execution Dedication	Deduction
Bent arms in handstand forward roll & backward roll	<b>0.1/0.3/0.5</b>
Incorrect body form in handstand before forward roll	<b>0.1/0.3/0.5</b>
Holds (h) not held for 2 seconds	<b>0.3</b>
Lack of correct body form in the Straight Jump	<b>0.1/0.3</b>
Split leap failing to reach 14 degree split (Leap & jumps)	<b>0.3</b>
Deviation between R/off connection	<b>0.3</b>
Lack of second flight on R/off	<b>0.3</b>
Failure of knee's to reach chest in cat leap	<b>0.1/0.3</b>

## BONUS POINTS

180 degree splits in Split Jump	<b>0.5 awarded</b>
Less than 1.5 in deductions	<b>0.5 Awarded</b>

## FLEXIBILITY & BALANCE



**EQUIPMENT:** Floor Area

**Start Value:** 10.00

Backward roll to front prone (h) - Press Up - Splits L - Splits R - Swing back leg round - Pike fold - Pike Lever (h) - Straddle fold - Straddle Lever (h) - Swimthrough - Bridge (h) - One Leg Bridge Split (h) - Show other bridge split (h) - Kickover

### TABLE OF FAULTS

Execution Dedication	Deduction
Bent Arms in the backward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 each time
Lack of Flexibility shown in straddle/pike and splits	0.1/0.3 each time
Lack of correct body form in front prone position	0.1/0.3 each time
Lack of Flexibility show in the bridge position	0.1/0.3
Knee's rolled in on the straddle fold	0.1
Lack of flexibility on Bridge Split - Leg below vertical	0.3

### BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Splits past the vertical in the bridge split	0.3 Awarded Each Split
Bridge kickover showing 180 degree split	0.5 Awarded



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**CITRINE**

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## VAULT



**EQUIPMENT:** 1.10m Vault + Stacked Mats

Half on to feet or Handspring to stand

**Start Value:** 10.00

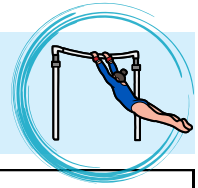
### TABLE OF FAULTS

Execution Dedication	Deduction
Lack of acceleration or deceleration during run up	0.1/0.3
Feet not landing in the correct place on the springboard	0.1
Incorrect arm swing on the springboard	0.3
Lack of correct body form in the first flight	0.1/0.3/0.5
Closed shoulders in half on/handspring phase	0.1/0.3/0.5
Lack off second flight in repulsion phase to feet	0.1/0.3/0.5

### BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
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## BARS



**EQUIPMENT:** Metal High Bar

**Start Value:** 10.00

Dish (h) - Arch (h) - 3 x Arch Taps - Trolley Swing - 3 x Swings

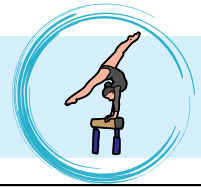
## TABLE OF FAULTS

Execution Dedication	Deduction
Failure to hold the holds for 2 seconds	0.3 each time
Lack of correct body form throughout the routine	0.1/0.3 each time
Swings below horizontal	0.3 each swing
Lack of kick during the swing	0.1/0.3
Head out in the Trolley Swing	0.3

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Swings above horizontal	0.3 Awarded Once

## BEAM



**EQUIPMENT:** High Beam [FIG Height 125cm] Plus 1 x 30cm Crash Mat underneath - Choreography

**Start Value:** 10.00

Jump to Japana - Swing Leg Over - Squat to Stand - Bend Extend Step to kick back leg  
Split Jump on both legs - Releve Hold (h) **connected** Full Spin - Cartwheel to Knee  
Landing Drill - R/off Dismount

## TABLE OF FAULTS

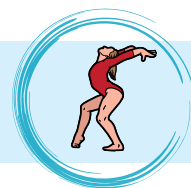
Execution Dedication	Deduction
Lack of flexibility on jump to japana mount	0.1/0.3
Lack of correct body form in the Releve holds	0.1/0.3 each time
Failure to show correct knee position in Releve holds	0.1/0.3 each time
Lack of split in split jumps (must be above 140 degree's)	0.1/0.3 each time
Lack of second flight in R/off Dismount	0.1/0.3
Failure to hold landing position	0.1
Failure to hold the holds (h) for 2 seconds	0.3 each missing hold

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Gymnast completes routine with no falls	0.3 Awarded
Split Jumps performed in 180 split	0.5 Awarded



## FLOOR



**EQUIPMENT:** Floor Area - 1min 30 second Floor  
Music - Moves do not need to be in order

**Start Value:** 10.00

R/off Flick - Handspring - Chasse Split Leap **connected** Chasse Hop (Leg at Horizontal) - Full Spin **connected** 1/2 Back Spin, Back Walkover, Split Jump on both legs **connected**.

## TABLE OF FAULTS

Execution Dedication	Deduction
Bent knee's inbetween R/off Flick	0.1/0.3/0.5
Lack of second flight in Handspring	0.1/0.3
Failure to show leg at horizontal in chasse hop	0.3
Lack of body form in Spin	0.1/0.3 each time
Split Jump's not reaching 140 degree split	0.3 each time
Lack of height in leaps and jumps	0.1/0.3 each time

## BONUS POINTS

Backward Walkover performed showing splits in handstand phase	0.3 awarded
Both split jumps performed in splits	0.5 awarded
Less than 1.5 in deductions	0.5 Awarded

## FLEXIBILITY & BALANCE



**EQUIPMENT:** Floor Area & Parallettes

**Start Value:** 10.00

Pike lever (h) - Lift to straight legs to stand - Lower to straddle lever (h) - Lift to straight leg stand - Backward roll to front prone - Press Up - Splits L - Sitting Box Splits - Splits R - Swing Leg Round to Pike Fold (h) - Bridge (h) - Show both leg bridge split (h) - Kickover

### TABLE OF FAULTS

Execution Dedication	Deduction
Legs below horizontal on Pike Lever Hold	0.3
Legs resting on arms in straddle hold	0.3
Bent Arms in the backward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 each time
Lack of Flexibility shown in straddle/pike and splits	0.1/0.3 each time
Lack of correct body form in front prone position	0.1/0.3 each time
Lack of Flexibility show in the bridge position	0.1/0.3
Knee's rolled in on the straddle fold	0.1
Lack of flexibility on Bridge Split - Leg below vertical	0.3

### BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Splits past the vertical in the bridge split	0.3 Awarded Each Split
Bridge kickover showing 180 degree split	0.5 Awarded



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**AMETHYST**

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## VAULT



**EQUIPMENT:** Springboard plus 2 x 20cm crash mats

Yurechenko Straight Back or Straight Front

**Start Value:** 10.00

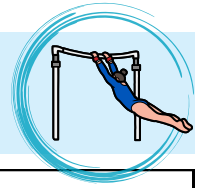
### TABLE OF FAULTS

Execution Dedication	Deduction
Lack of acceleration or deceleration during run up	<b>0.1/0.3</b>
Feet not landing in the correct place on the springboard	<b>0.1</b>
Yurechenko - bent knee's on springboard	<b>0.1/0.3</b>
Lack of height in both vaults	<b>0.1/0.3</b>
Lack of correct body form during somersaults	<b>0.1/0.3/0.5</b>
Lack of rotation - Not landing on tummy/falling to back	<b>0.1/0.3/0.5</b>

### BONUS POINTS

Less than 1.5 in deductions	<b>0.5 Awarded</b>
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## BARS



**EQUIPMENT:** Metal High Bar

**Start Value:** 10.00

Dish (h) - Arch (h) - 3 x Arch Taps - Trolley Swing - Upstart - Cast to horizontal - 3 x Swings

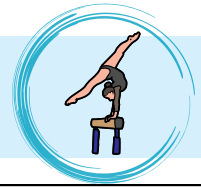
## TABLE OF FAULTS

Execution Dedication	Deduction
Failure to hold the holds for 2 seconds	0.3 each time
Lack of correct body form throughout the routine	0.1/0.3 each time
Swings below horizontal	0.3 each swing
Lack of kick during the swing	0.1/0.3
Head out in the Trolley Swing	0.3
Cast below horizontal	0.3

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Swings above horizontal	0.3 Awarded Once
Cast above horizontal	0.3 Awarded

## BEAM



**EQUIPMENT:** High Beam [FIG Height 125cm] Plus 1 x 30cm Crash Mat underneath - Choreography

**Start Value:** 10.00

Squat through to sit - Pike Lever (h) - Straight Jump connected Split Jump - Full Spin connected to Releve (h) on other leg - Backward Walkover to landing drill - R/off

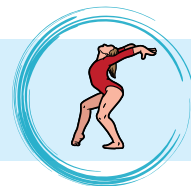
## TABLE OF FAULTS

Execution Dedication	Deduction
Brush of feet on squat through to sit	0.1/0.3
Lack of correct body form in the Releve holds	0.1/0.3 each time
Failure to show correct knee position in Releve holds	0.1/0.3 each time
Failure to hold the holds (h) for 2 seconds	0.3 each missing hold
Lack of split in split jump (must be above 140 degree's)	0.1/0.3 each time
Lack of second flight in R/off Dismount	0.1/0.3
Failure to hold landing position	0.1

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Gymnast completes routine with no falls	0.3 Awarded
Split Jump performed in 180 split	0.5 Awarded
Backward walkover showing 180 split	0.3 Awarded

## FLOOR



**EQUIPMENT:** Floor Area - 1min 30 Floor Music  
[Moves are not required to be in order]

**Start Value:** 10.00

R/off Flick Flic Flick - Handspring to 1 to 2 - Chasse Split Leap **connected** Chasse Hop (Leg at Horizontal) into Fouette Hop (h) scale - Full Spin **connected** Full Back Spin , Forward Walkover, Split Jump **connected** Straight Jump 1/2 turn.

## TABLE OF FAULTS

Execution Dedication	Deduction
Bent knee's inbetween R/off Flick	0.1/0.3/0.5
Lack of second flight in both Handsprings	0.1/0.3
Failure to show leg at horizontal in chasse hop	0.3
Failure to hold the holds (h) for 2 seconds	0.3
Lack of body form in Spin	0.1/0.3 each time
Split Jump's and leaps not reaching 140 degree split	0.3 each time
Lack of height in leaps and jumps	0.1/0.3 each time

## BONUS POINTS

Forward Walkover performed showing splits in handstand phase	0.3 awarded
Split Jumps or Leap hitting 180 split	0.5 awarded
Less than 1.5 in deductions	0.5 Awarded

## FLEXIBILITY & BALANCE



**EQUIPMENT:** Floor Area & Parallettes

**Start Value:** 10.00

Pike lever (h) - Lift to straight legs to stand - Lower to straddle lever (h) - Life to straight leg stand - Backward roll to front prone - Press Up - Splits L - Sitting Box Splits - Splits R - Swing Leg Round to Pike Fold (h) - Bridge (h) - Show both leg bridge split (h) - Kickover

### TABLE OF FAULTS

Execution Dedication	Deduction
Legs below horizontal on Pike Lever Hold	0.3
Legs resting on arms in straddle hold	0.3
Bent Arms in the backward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 each time
Lack of Flexibility shown in straddle/pike and splits	0.1/0.3 each time
Lack of correct body form in front prone position	0.1/0.3 each time
Lack of Flexibility show in the bridge position	0.1/0.3
Knee's rolled in on the straddle fold	0.1
Lack of flexibility on Bridge Split - Leg below vertical	0.3

### BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Splits past the vertical in the bridge split	0.3 Awarded Each Split
Bridge kickover showing 180 degree split	0.5 Awarded





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**SAPPHIRE**

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## VAULT



**EQUIPMENT:** Springboard plus 4 x 20cm crash mats

Yurechenko Straight Back or Straight Front

**Start Value:** 10.00

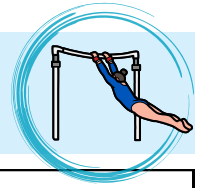
### TABLE OF FAULTS

Execution Dedication	Deduction
Lack of acceleration or deceleration during run up	<b>0.1/0.3</b>
Feet not landing in the correct place on the springboard	<b>0.1</b>
Yurechenko - bent knee's on springboard	<b>0.1/0.3</b>
Lack of height in both vaults	<b>0.1/0.3</b>
Lack of correct body form during somersaults	<b>0.1/0.3/0.5</b>
Lack of rotation - Not landing on tummy/falling to back	<b>0.1/0.3/0.5</b>

### BONUS POINTS

Less than 1.5 in deductions	<b>0.5 Awarded</b>
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## BARS



**EQUIPMENT:** Metal High Bar

**Start Value:** 10.00

Dish (h) - Arch (h) - 3 x Arch Taps - Trolley Swing - Upstart - Cast to horizontal - 3 x Swings - 1 x Giant Circle

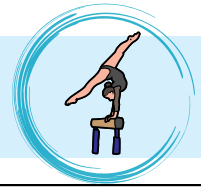
## TABLE OF FAULTS

Execution Dedication	Deduction
Lack of correct body form throughout the routine	0.1/0.3 each time
Cast below horizontal	0.3
Lack of kick during the swing	0.1/0.3
Head out in the Trolley Swing	0.3

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Swings above horizontal	0.3 Awarded Once
Cast above horizontal	0.3 Awarded

## BEAM



**EQUIPMENT:** High Beam [FIG Height 125cm] Plus 1 x 30cm Crash Mat underneath - Choreography

**Start Value:** 10.00

Squat through to sit to Pike Lever (h) - Straight Jump 1/2 **connected** Split Jump - Full Spin **connected** Half Spin Half turn - Handstand Split into Backward Walkover to knee drill - Cartwheel Straight Jump

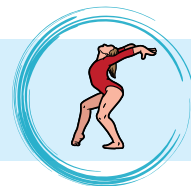
## TABLE OF FAULTS

Execution Dedication	Deduction
Brush of feet on squat through to sit	0.1/0.3
Pike Lever hold below horizontal	0.1/0.3
Failure to show correct knee position in full spin	0.1/0.3 each time
Failure to hold the holds (h) for 2 seconds	0.3 each missing hold
Lack of split in split jump (must be above 140 degree's)	0.1/0.3 each time
Lack of height in dismount	0.1/0.3
Deviation in dismount	0.1/0.3/0.5

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Gymnast completes routine with no falls	0.3 Awarded
Split Jump performed in 180 split	0.5 Awarded
Backward walkover & handstand showing 180 split	0.3 Awarded

## FLOOR



**EQUIPMENT:** Floor Area - 1min 30 Floor Music  
[Moves are not required to be in order]

**Start Value:** 10.00

R/off Flick Flic Flick Tuck Back - Tuck Front Rebound - Chasse Split Change  
**connected** Chasse Hop (Leg at Horizontal) into Fouette Hop (h) scale - Full Spin  
**connected** Full Back Spin , Free Cartwheel, Split Jump **connected** Straight Jump  
1/1 turn.

## TABLE OF FAULTS

Execution Dedication	Deduction
Bent knee's inbetween R/off Flick	0.1/0.3/0.5
Lack of second flight in all somersaults (fwd & back)	0.1/0.3
Failure to show leg at horizontal in chasse hop	0.3
Failure to hold the holds (h) for 2 seconds	0.3
Lack of body form in Spin	0.1/0.3 each time
Split Jump's and leaps not reaching 140 degree split	0.3 each time
Lack of height in leaps and jumps	0.1/0.3 each time

## BONUS POINTS

Split Jumps or Leap hitting 180 split	0.5 awarded
Less than 1.5 in deductions	0.5 Awarded

## FLEXIBILITY & BALANCE



**EQUIPMENT:** Floor Area & Parallettes

**Start Value:** 10.00

Pike lever (h) - Lift to straight legs to stand - Lower to straddle lever (h) - Lift to straight leg stand - Backward roll to front prone - Press Up - Splits L - Sitting Box Splits - Splits R - Swing Leg Round to Pike Fold (h) - Bridge (h) - Show both leg bridge split (h) - Kickover.

### TABLE OF FAULTS

Execution Dedication	Deduction
Legs below horizontal on Pike Lever Hold	0.3
Legs resting on arms in straddle hold	0.3
Bent Arms in the backward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 each time
Lack of Flexibility shown in straddle/pike and splits	0.1/0.3 each time
Lack of correct body form in front prone position	0.1/0.3 each time
Lack of Flexibility show in the bridge position	0.1/0.3
Knee's rolled in on the straddle fold	0.1
Lack of flexibility on Bridge Split - Leg below vertical	0.3

### BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Splits past the vertical in the bridge split	0.3 Awarded Each Split
Bridge kickover showing 180 degree split	0.5 Awarded



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**BRONZITE**

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## VAULT



**EQUIPMENT:** 2 x Blocks Stacked

Yurchenko Flick Tuck Back or Half On Tuck Back

**Start Value:** 10.00

### TABLE OF FAULTS

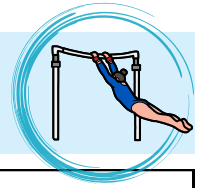
Execution Dedication	Deduction
Lack of acceleration or deceleration during run up	<b>0.1/0.3</b>
Feet not landing in the correct place on the springboard	<b>0.1</b>
Yurechenko - bent knee's on springboard	<b>0.1/0.3</b>
Lack of height in tuck back	<b>0.1/0.3</b>
Closed shoulders during the handstand phase on the vault	<b>0.1/0.3/0.5</b>
Deviation	<b>0.1/0.3/0.5</b>

### BONUS POINTS

Less than 1.5 in deductions	<b>0.5 Awarded</b>
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## BARS



**EQUIPMENT:** Metal High Bar

**Start Value:** 10.00

3 x Arch Taps - Trolley Swing - Upstart - Cast to horizontal - Circling Element to Horizontal Exit - Swing Forward Swing Back - 2 x Giant Circles

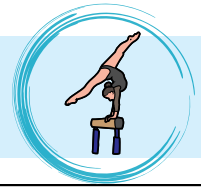
## TABLE OF FAULTS

Execution Dedication	Deduction
Lack of correct body form throughout the routine	0.1/0.3 each time
Cast below horizontal	0.3
Lack of kick during the swing	0.1/0.3
Head out in the Trolley Swing	0.3
Circling Element Below Horizontal	0.3

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Swings above horizontal	0.3 Awarded Once
Cast above horizontal	0.3 Awarded
Circling element above Horizontal	0.3 Awarded

## BEAM



**EQUIPMENT:** High Beam [FIG Height 125cm] Plus 1 x 30cm Crash Mat underneath - Choreography

**Start Value:** 10.00

Squat through to sit to Pike Lever or Straddle Russian (h) - Straight Jump 1/2 **connected**  
Split Jump - Full Spin - Forward Walkover - Flick to 1 - Cartwheel Tuck Back

## TABLE OF FAULTS

Execution Dedication	Deduction
Brush of feet on squat through to sit	0.1/0.3
Pike Lever hold below horizontal	0.1/0.3
Failure to show correct knee position in full spin	0.1/0.3 each time
Failure to hold the holds (h) for 2 seconds	0.3 each missing hold
Lack of split in split jump (must be above 140 degree's)	0.1/0.3 each time
Lack of height in dismount	0.1/0.3
Deviation in dismount	0.1/0.3/0.5

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Gymnast completes routine with no falls	0.3 Awarded
Split Jump performed in 180 split	0.5 Awarded
Forward walkover showing 180 split	0.3 Awarded

## FLOOR



**EQUIPMENT:** Floor Area - 1min 30 Floor Music  
[Moves are not required to be in order]

**Start Value:** 10.00

R/off Flick Straight Back - Straight Front Rebound - Chasse Split Change  
**connected** Chasse Tour-jete - Double Spin , W Hop **connected** Free Cartwheel,  
Split Jump **connected** W Jump or Straddle Jump 1/2

## TABLE OF FAULTS

Execution Dedication	Deduction
Bent knee's inbetween R/off Flick	0.1/0.3/0.5
Lack of height in all somersaults (fwd & back)	0.1/0.3
Lack of body form in Spin	0.1/0.3 each time
Split Jump's and leaps not reaching 140 degree split	0.3 each time
Lack of height in leaps and jumps	0.1/0.3 each time

## BONUS POINTS

Split Jumps or Leap hitting 180 split	0.5 awarded
Less than 1.5 in deductions	0.5 Awarded

## FLEXIBILITY & BALANCE



**EQUIPMENT:** Floor Area & Parallettes

**Start Value:** 10.00

Pike lever (h) - Lift to straight legs to stand - Lower to straddle lever (h) - Lift to straight leg stand - Backward roll to front prone - Press Up - Splits L - Sitting Box Splits - Splits R - Swing Leg Round to Pike Fold (h) - Bridge (h) - Show both leg bridge split (h) - Kickover.

### TABLE OF FAULTS

Execution Dedication	Deduction
Legs below horizontal on Pike Lever Hold	0.3
Legs resting on arms in straddle hold	0.3
Bent Arms in the backward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 each time
Lack of Flexibility shown in straddle/pike and splits	0.1/0.3 each time
Lack of correct body form in front prone position	0.1/0.3 each time
Lack of Flexibility show in the bridge position	0.1/0.3
Knee's rolled in on the straddle fold	0.1
Lack of flexibility on Bridge Split - Leg below vertical	0.3

### BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Splits past the vertical in the bridge split	0.3 Awarded Each Split
Bridge kickover showing 180 degree split	0.5 Awarded



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**TITANIUM**

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## VAULT



**EQUIPMENT:** 2 x Blocks Stacked

Yurchenko Flick Straight Back or Half On Straight Back

**Start Value:** 10.00

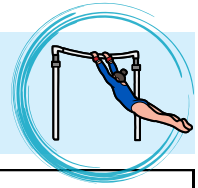
### TABLE OF FAULTS

Execution Dedication	Deduction
Lack of acceleration or deceleration during run up	<b>0.1/0.3</b>
Feet not landing in the correct place on the springboard	<b>0.1</b>
Yurechenko - bent knee's on springboard	<b>0.1/0.3</b>
Lack of height in straight back	<b>0.1/0.3</b>
Lack of correct body shape in straight back	<b>0.1/0.3/0.5</b>
Closed shoulders during the handstand phase on the vault	<b>0.1/0.3/0.5</b>
Deviation	<b>0.1/0.3/0.5</b>

### BONUS POINTS

Less than 1.5 in deductions	<b>0.5 Awarded</b>
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## BARS



**EQUIPMENT:** Metal High Bar

**Start Value:** 10.00

3 x Arch Taps - Trolley Swing - Upstart - Cast to handstand [Optional entry] - Circling Element to Handstand - 2 x Giant Circles

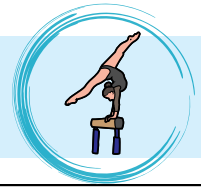
## TABLE OF FAULTS

Execution Dedication	Deduction
Lack of correct body form throughout the routine	0.1/0.3 each time
Missed Handstand	0.3
Lack of body form in circling element	0.1/0.3/0.5
Circling Element not to handstand	0.3
Lack of body form during giant circle	0.1/0.3/0.5 each time

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Both handstands achieved	0.5 Awarded

## BEAM



**EQUIPMENT:** High Beam [FIG Height 125cm] Plus 1 x 30cm Crash Mat underneath - Choreography

**Start Value:** 10.00

Mount - Split Jump **connected** Straddle Jump - Full Spin - Forward Walkover into Cartwheel - Backward Walkover **connected** Flick to 1 - R/off Straight Jump

## TABLE OF FAULTS

Execution Dedication	Deduction
Lack of split in split jump & straddle (must be above 140 degree's)	0.1/0.3
Failure to show correct knee position in full spin	0.1
Arm swing between Backward walkover connection	0.3
Lack of height in dismount	0.1/0.3
Deviation in dismount	0.1/0.3/0.5

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Gymnast completes routine with no falls	0.3 Awarded
Split Jump performed in 180 split	0.5 Awarded
Forward walkover or Backward Walkover showing 180 split	0.3 Awarded Each



## FLOOR



**EQUIPMENT:** Floor Area - 1min 30 Floor Music  
[Moves are not required to be in order]

**Start Value:** 10.00

R/off Flick Straight Back 1/2 Twist - Tuck Front Tuck Front - Chasse Split Change  
**connected** Chasse Tour-jete or Change 1/2 or Change 1/4 - Double Spin , W Hop  
**connected** Free Walkover, Split Jump 1/2

## TABLE OF FAULTS

Execution Dedication	Deduction
Bent knee's inbetween R/off Flick	0.1/0.3/0.5
Lack of height in all somersaults (fwd & back)	0.1/0.3
Lack of body form in Spin	0.1/0.3 each time
Split Jump's and leaps not reaching 140 degree split	0.3 each time
Lack of height in leaps and jumps	0.1/0.3 each time

## BONUS POINTS

Split Jumps or Leap hitting 180 split	0.5 awarded
Less than 1.5 in deductions	0.5 Awarded

## FLEXIBILITY & BALANCE



**EQUIPMENT:** Floor Area & Parallettes

**Start Value:** 10.00

Pike lever (h) - Lift to straight legs to stand - Lower to straddle lever (h) - Lift to straight leg stand - Backward roll to front prone - Press Up - Splits L - Sitting Box Splits - Splits R - Swing Leg Round to Pike Fold (h) - Bridge (h) - Show both leg bridge split (h) - Kickover.

### TABLE OF FAULTS

Execution Dedication	Deduction
Legs below horizontal on Pike Lever Hold	0.3
Legs resting on arms in straddle hold	0.3
Bent Arms in the backward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 each time
Lack of Flexibility shown in straddle/pike and splits	0.1/0.3 each time
Lack of correct body form in front prone position	0.1/0.3 each time
Lack of Flexibility show in the bridge position	0.1/0.3
Knee's rolled in on the straddle fold	0.1
Lack of flexibility on Bridge Split - Leg below vertical	0.3

### BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Splits past the vertical in the bridge split	0.3 Awarded Each Split
Bridge kickover showing 180 degree split	0.5 Awarded

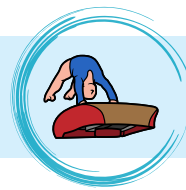


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**BLUE DIAMOND**

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## VAULT



**EQUIPMENT:** 125cm Vault + Stacked Mats

Yurchenko or Half On to Shoulder Stand

**Start Value:** 10.00

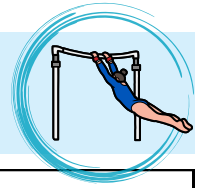
### TABLE OF FAULTS

Execution Dedication	Deduction
Lack of acceleration or deceleration during run up	<b>0.1/0.3</b>
Feet not landing in the correct place on the springboard	<b>0.1</b>
Yurechenko - bent knee's on springboard	<b>0.1/0.3</b>
Lack of second flight	<b>0.1/0.3</b>
Lack of correct body shape in second flight	<b>0.1/0.3/0.5</b>

### BONUS POINTS

Less than 1.5 in deductions	<b>0.5 Awarded</b>
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## BARS



**EQUIPMENT:** Metal High Bar

**Start Value:** 10.00

3 x Arch Taps - Trolley Swing - Upstart - Cast to handstand - 2 x Different Circling Elements to handstand - 1 x Giant Swing - 1 x Empty swing into 1 x Forward Giant

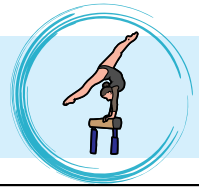
## TABLE OF FAULTS

Execution Dedication	Deduction
Lack of correct body form throughout the routine	0.1/0.3 each time
Missed cast to handstand	0.3
Lack of kick during the swing	0.1/0.3
Lack of body form during circling elements & Giant circles	0.3
Extra swing added in empty swing to complete forward giant	0.5

## BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Upstart Handstand	0.3 Awarded
Both Circling Elements hitting handstand	0.3 Awarded Once
Hecht Action in forward giant	0.5 Awarded

## BEAM



**EQUIPMENT:** High Beam [FIG Height 125cm] Plus 1 x 30cm Crash Mat underneath - Choreography

**Start Value:** 10.00

Min C coded mount - Split jump **connected** Straddle Jump - Full Spin - Free Walkover/Free Cartwheel/Tuck Back - Flick to 1 **connected** Flick to 1 - R/off Tuck Back

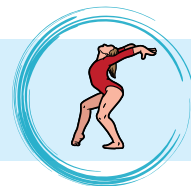
## TABLE OF FAULTS

Execution Dedication	Deduction
Failure to show correct knee position in full spin	<b>0.1/0.3 each time</b>
Lack of height in ariels	<b>0.1/0.3/0.5</b>
Lack of split in split jump (must be above 140 degree's)	<b>0.1/0.3 each time</b>
Lack of height in dismount	<b>0.1/0.3</b>
Deviation in dismount	<b>0.1/0.3/0.5</b>

## BONUS POINTS

Less than 1.5 in deductions	<b>0.5 Awarded</b>
Gymnast completes routine with no falls	<b>0.3 Awarded</b>
Split Jump performed in 180 split	<b>0.5 Awarded</b>

## FLOOR



**EQUIPMENT:** Floor Area - 1min 30 Floor Music  
[Moves are not required to be in order]

**Start Value:** 10.00

R/off Flick Straight Back 1/1 Twist - Straight Front Tuck Front - Chasse Split Change **connected** Chasse Tour-jete or Change 1/2 or Change 1/4 - Double Spin , W Hop **connected** Free Walkover connected free cartwheel, Split Jump 1/1 or Straddle 1/1

## TABLE OF FAULTS

Execution Dedication	Deduction
Bent knee's inbetween R/off Flick	0.1/0.3/0.5
Lack of height in all somersaults (fwd & back)	0.1/0.3
Lack of body form in Spin	0.1/0.3 each time
Split Jump's and leaps not reaching 140 degree split	0.3 each time
Lack of height in leaps and jumps	0.1/0.3 each time

## BONUS POINTS

Split Jumps or Leap hitting 180 split	0.5 awarded
Less than 1.5 in deductions	0.5 Awarded

## FLEXIBILITY & BALANCE



**EQUIPMENT:** Floor Area & Parallettes

**Start Value:** 10.00

Pike lever (h) - Lift to straight legs to stand - Lower to straddle lever (h) - Lift to straight leg stand - Backward roll to front prone - Press Up - Splits L - Sitting Box Splits - Splits R - Swing Leg Round to Pike Fold (h) - Bridge (h) - Show both leg bridge split (h) - Kickover.

### TABLE OF FAULTS

Execution Dedication	Deduction
Legs below horizontal on Pike Lever Hold	0.3
Legs resting on arms in straddle hold	0.3
Bent Arms in the backward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 each time
Lack of Flexibility shown in straddle/pike and splits	0.1/0.3 each time
Lack of correct body form in front prone position	0.1/0.3 each time
Lack of Flexibility show in the bridge position	0.1/0.3
Knee's rolled in on the straddle fold	0.1
Lack of flexibility on Bridge Split - Leg below vertical	0.3

### BONUS POINTS

Less than 1.5 in deductions	0.5 Awarded
Splits past the vertical in the bridge split	0.3 Awarded Each Split
Bridge kickover showing 180 degree split	0.5 Awarded