

## ARTICLE X - ARTISTIC GYMNASTICS

The Official Special Olympics Sports Rules shall govern all Special Olympics Gymnastics competitions. As an international Sports Program, Special Olympics has created these rules based upon Federation Internationale de Gymnastiques (FIG) and National Governing Body (NGB) rules for Gymnastics. FIG rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply. The compulsory routines listed here are valid through 2011.

**An athlete with Down Syndrome who has been diagnosed with Atlanto-axial instability may not participate in artistic gymnastics events.**

### ARTISTIC GYMNASTICS

#### SECTION A - OFFICIAL EVENTS

1. Mixed Gender Events (Level A only)  
(local & regional /national competition only)
  - a. Vaulting
  - b. Wide Beam
  - c. Floor Exercise
  - d. Tumbling
  - e. Single Bar
  - f. All Around (combination of all five event scores)
  
2. Men's Events (Levels One, Two, Three, and Four)
  - a. Floor Exercise
  - b. Pommel Horse
  - c. Rings
  - d. Vaulting
  - e. Parallel Bars
  - f. Horizontal Bar
  - g. All Around (combination of all six event scores)
  
3. Women's Events (Levels One, Two, Three, and Four)
  - a. Vaulting
  - b. Uneven Bars
  - c. Balance Beam
  - d. Floor Exercise
  - e. All Around (combination of all four event scores)
  
4. Male and female gymnasts may compete in all events offered **within the same level (All Around)** or may be **Specialists**, competing in one, two, or more events but not all events.

5. **Order of events** for competition.

- a. In men's artistic competition, the order of events is:

Floor Exercise, Pommel Horse, Rings, Vaulting, Parallel Bars, and Horizontal Bar. In large meets, an athlete may be scheduled to start on any event, but they must continue their rotation in order.

- b. In women's artistic competition, the order of events is:

Vaulting, Uneven Bars, Balance Beam, and Floor Exercise. Women may be scheduled to start the meet on any event, but must continue their rotation in order.

**SECTION B - DIVISIONING/RULES OF COMPETITION**

1. Age group divisions will be followed.

2. There are five levels of competition:

- a. Level A (Compulsory routines for gymnasts who have ambulatory problems, etc. but are too advanced for the MATP program.)
- b. Level I (Beginner compulsory routines)
- c. Level II (Intermediate compulsory routines)
- d. Level III (Advanced compulsory routines)
- e. Level IV (optional routines)

3. For all Levels:

- 1) Coaches will determine in what level of competition to place their athletes. The athletes must be able to safely perform all of the skills in that level.
- 2) In all-around competition, athletes must compete at the same level in all events (National or International competition).
- 3) At the Program level, an artistic gymnast specializing in less events than the all around total (i.e. Three) may compete on two different levels, with a one level difference between. In International competition, an athlete must be on the same level in all events entered.

4. Female gymnasts who compete in artistic gymnastics may not compete in rhythmic gymnastics in the same competition.

5. **The written text is the official version.** Visual aids such as floor pattern, illustrations and video tapes or DVD are provided as a supplement. If a difference exists between the text and visual aid, the text must be followed.
6. **Modifications for gymnasts with visual impairments.**
  - a. In order to aid the athlete, the following types of assistance are permissible for all levels of competition:
    - 1) Audible cues such as clapping may be used in all routines.
    - 2) Music may be played at any close point outside of the mat, or the coach may carry the music source around the perimeter of the mat. (Floor exercise)
    - 3) In vaulting, the gymnast has the choice of not taking a run, using one step, two steps, multiple bounce on the board (with hands starting on horse), or a gymnast may hold onto a rope alongside the runway.
    - 4) Coaches must notify the meet director and judges of their athlete's visual impairment before the meet and prior to each event.
7. **Modifications for athletes with hearing impairments.**
  - a. In women's floor exercise, the coach may signal the athlete to begin the routine without penalty.
  - b. Coaches must notify the meet director and judges of their athlete's hearing impairment before the meet and floor exercise event.
8. **Modifications for athletes using canes or walkers.**
  - a. In floor exercise, coaches may walk onto the floor and remove (and replace) walkers and other aids as needed without any deduction.

## **SECTION C - EQUIPMENT**

### **1. Attire**

- a. Male gymnasts shall wear tank tops (leotards) and long gymnastic pants or gymnastic shorts depending on the event. Tee shirts that are tucked in may replace the tank tops. Gymnasts may compete in socks, with gymnastic slippers, or bare feet.

- b. Female gymnasts shall wear a long sleeve leotard, have bare legs and have bare feet or gymnastic slippers. Flesh colored tights with bare feet are permitted, but not recommended. Sleeveless leotards may be worn if the temperature warrants it. Rhythmic gymnasts may wear a unitard or skirted leotard. **The only jewelry allowed is stud earrings.**

## 2. Men's and Women's Artistic Equipment

- a. Generally, see FIG equipment specifications and mat specifications for competition equipment. Modifications have been made to meet skill and size requirements for Special Olympic athletes.
  - 1) Additional mats may be used to accommodate smaller gymnasts or for added safety **without deductions unless specified in the specific event.**
  - 2) Boards may be placed on top of the allowed matting around the equipment to help gymnasts mount, but should be removed immediately.
- b. Floor Exercise mat may be sprung or unsprung.
- c. No vaulting horses or tables are used in Level A or Level One.
- d. Any standard vaulting board is permitted; there is no height or size requirement. **A vaulting collar must be used for inverted, optional vaults.**
- e. The heights of the uneven bars, parallel bars, and high bar may be adjusted to meet the size of the gymnast. Where the height cannot be lowered sufficiently, additional mats may be used to raise the floor.
- f. **Balance beam**
  - 1) Level A beam is 12.25 cm (6") wide and no more than 10 cm (4") above the panel mat it sits on. The beam may be covered with suede cloth or indoor/outdoor carpeting.
  - 2) Levels I and II may use a floor beam with a 10cm (4") width and 4.88m (16') length. The top is no more than 30cm (12") off the ground and 10cm(4") from the mats or they may use a Level III beam.
  - 3) Level III uses a regulation beam with a 10cm (4") width and 4.88m(16') length. It's height may range from 88cm (34 5/8") to 1.2m (47 1/4").

## **SECTION D - SAFETY CONSIDERATIONS**

### **1. Overview**

- a. Consistent with the Special Olympics philosophy that the athlete is all-important, the safety of the athletes is the primary concern when establishing sports rules. The establishment of international guidelines for Special Olympics Gymnastics compulsory and optional routines will ensure that the athletes follow a proper progression of instruction in gymnastics skills. This will reduce the incidence of injuries. Athletes who safely perform all skills in a specific level of compulsory routines should compete at that level. Competition in optional routines has been limited to advanced level gymnasts only.
- b. Learning the proper progressions of skill instruction and correct spotting techniques is the responsibility of the volunteer gymnastics coach. Special Olympics International commends those National/Chapter programs in which certified gymnastics instructors use the proper progression for teaching advanced gymnastics skills which is set forth in the Sports Skills Program Guides, these rules and elsewhere. However, many volunteers begin coaching with limited gymnastics expertise. These volunteers should start by teaching only the compulsory Level I routines. Those skills that are included in the more advanced levels should be taught by coaches with at least two years of general gymnastics coaching experience. It is recommended that coaches of advanced Level IV gymnasts have additional training in gymnastics from what Special Olympics offers at this time.

### **2. Special Olympics Safety Position**

- a. No matter how much safety is provided, coaches should not entice or encourage their athletes to perform skills that are beyond their reasonable ability or skills that are beyond the coaches' ability to teach. Special Olympic International, Inc. recommends that all gymnastics coaches become safety-certified in accordance with the policy endorsed by the appropriate National Governing Body . Special Olympics International, Inc. concurs with the following responsibility statement:

"Even though gymnastics safety is everyone's responsibility, the instructor or coach must bear much of it, including the responsibility to see that others do their share: the parents, the doctor, the athletes. Prevention and remediation are major responsibilities in a broad umbrella-type program under which many other points must be included: the environment, the prescribed learning progression, and the physical preparedness of the

athlete. These are the areas where the instructor/coach bears much of the moral and legal responsibility. It is not enough to warn and inform; all concerned must have an appreciation and understanding of the risk in every vigorous gymnastics activity."

- b. As written in the compulsory routines, coaches must be under the rings, high bar (see specific requirement for each high bar level) and uneven bars, prepared to spot, before an athlete may compete in these events. The coach must remain there during the routine. If the coach does not remain in a spotting position from start to end the following deductions will occur:
  - 1) Gymnast will not be judged while the coach is not spotting.
  - 2) Judge will "call" the coach to be there. A .3 deduction will be taken for undisciplined behavior.
  - 3) Assuming that the coach returns to the spotting position, the gymnast will be judged from that point. All skills performed prior to that will be considered as omitted parts and deductions taken.
  - 4) If the gymnast decides to start over, he/she may. If the athlete leaves the apparatus or the coach touches the athlete in order to start over, a 0.5 deduction will be taken in addition to the .2 for delay of meet.
  - 5) If the coach does not return to a spotting position and the gymnast completes his routine, the gymnast will score zero (0).

c. ***During Vault and Parallel Bars competition, the coach must be present at the event during the gymnast's routines for reasons of safety.***

## SECTION E - JUDGING/ SCORING

### 1. General Judging

- a. Two to six judges are used to evaluate each event. When four to six judges are involved in the scoring of a routine, the high and low scores are eliminated and the remaining scores are averaged to result in the final score. The judges place themselves around the event mat or apparatus, and are not allowed to consult among themselves unless ordered to do so by the head judge. (If the judges scores are not "in range" there is a consultation.) The final average score is flashed.

b. ***Judges are not allowed to talk with coaches concerning a gymnast's routine once the competition begins.***

c. ***When judging compulsory routines, there will not be A and B panels. Judges must judge the entire routine to arrive at the score for everything.***

***The out of range guidelines for compulsory judging are:***

***9.5 – 10.0.....0.1***

<u>9.0 – 9.45.....</u>	<u>0.2</u>
<u>7.55 – 8.95.....</u>	<u>0.3</u>
<u>0.00 – 7.5.....</u>	<u>0.5</u>

- d. Neutral deductions are taken off the final score. Examples include:
- |    |   |                   |
|----|---|-------------------|
| 1) | Improper attire   | -0.1 each routine |
| 2) | Improper equipment and use of aids<br>Coach may petition in cases of special need | -0.5 each routine |
| 3) | Undisciplined or unsportsmanlike behavior   | -0.3 each time    |
| 4) | Overtime and undertime  | -0.1 each time    |
| 5) | Failure to present to judges before or after                                      | -0.2 each time    |
| 6) | Failure to remove board or mounting surface                                       | -0.3 each time    |
| 7) | Coaching assistance (S.O. modifications:)   |                   |
|    | a) Physical assistance  | -0.5 each time    |
|    | b) Verbal assistance  | -0.3 each time    |
|    | c) Signals to gymnast   | -0.2 each time    |

There is a four point maximum to these deductions.

- |           |   |                              |
|-----------|---|------------------------------|
| <b>8)</b> | <b><i>Not starting within 30 seconds of judges signal</i></b> | <b><i>-0.2 each time</i></b> |
| <b>9)</b> | <b><i>Not wearing competition number (if provided)</i></b>    | <b><i>-0.2 each time</i></b> |

2. **Protests.** There are General Protest Forms for non-judging issues.  
(These should be provided by the Games Organizers)

3. **Scoring**

- a. The averaged scores are sent to the scoring table where they are placed and compared with gymnasts in that event, level, age group and skill group for medals. (See Divisioning.)

#### 4. Judging Compulsory Artistic Routines

- a. The judges may give a maximum score of 10 points for a compulsory routine. The score of 10 is broken down as seen in each individual event/scoresheet. In a few specific routines, an additional .5 bonus may be given as noted, however, the athlete will still only receive a maximum of 10 points.
- b. Value of routines/elements
  - 1) There are 9.5 points to this category in both men's and women's routines. In Level A, there are 10 points to this category.
  - 2) The deduction for omission of an element = value of the element + .5 off. (Same as if the athlete barely tried it, but had to be spotted to do it).
  - 3) Execution deductions are taken off each individual element. Specific deductions are noted; in addition, general deductions are:
    - a) Small errors = 0.1 and include bent arms, knees, leg separation, loss of balance, wrong hand placement, etc.
    - b) Medium errors = 0.2 and include the same as small errors, but done to a greater extent.
    - c) **Large errors = 0.3 and include excessive or extreme bending of arms and/or knees; leg separation or loss of balance.**
    - d) **Very Large errors and falls = 0.5 and include falls on and off equipment.**
  - 4) Amplitude deductions are taken off each individual element using the above execution guidelines. Amplitude includes the range of motion- how large or compressed the skill shown is compared to the ultimate.
  - 5) Rhythm deductions are taken off each individual element also. These deductions include unwanted stops (-0.1) to a whole series or the whole routine showing poor rhythm.
- c. Bonus/ Virtuosity
  - 1) There is 0.5 points to this category in both the men's and women's routines. (In Level A there is no bonus/virtuosity category.)
  - 2) Virtuosity means the precise technical execution of a skill(s) with

exceptional height and /or extension.

- 3) In some cases a specific bonus of 0.5 is noted (i.e. height of beam) the athlete will receive this bonus in addition to the .5 bonus/virtuosity that may be awarded. However, a maximum of 10 points is the highest score one may receive.
- d. An entire routine may be reversed without deductions and a single element may be reversed without deductions as long as it does not change the floor pattern (floor exercise).

## 5. Judging Artistic Optional Routines

***The same routine must be performed in preliminaries and finals.***

(Men's & women's judging has been simplified to use one format for both, since many Special Olympic coaches coach both men & women and FIG rules continue to get more difficult)

- a. In evaluating each optional routine the judge gives a score for difficulty, execution/presentation, combination, and additive value bonus of the routine. The maximum score a judge can give is 10 points and this score is given only if, in the judge's opinion, the routine is performed with full difficulty and without flaw. A score of 10 would be broken down in the following manner:

<b><i>Panel A:</i></b>	<b><i>Difficulty of the skills/value parts</i></b>	<b><i>(1.0)</i></b>
	<b><i>Combination/specific requirements</i></b>	<b><i>(1.0)</i></b>
	<b><i>Bonus/additive value</i></b>	<b><i>(0.5)</i></b>
	<b><i>SubTotal</i></b>	<b><i>(2.5)</i></b>

<b><i>Panel B:</i></b>	<b><i>Execution/presentation/performance</i></b>	<b><i>(7.5)</i></b>
	<b><i>TOTAL</i></b>	<b><i>(10.0)</i></b>

***NOTE: In many instances, the same judge(s) will judge both A and B.***

### 1) Difficulty of the skills/ value parts (1.0)

A maximum of one point may be given for rating the difficulty of the skills in a routine.

Difficulty lies not only in the skill itself, but also in the manner it is performed and combined in a routine. Difficulties are rated either A, B, C or above. The complete table of difficulties may be found in the FIG books. A routine that is too simple to have any difficulty, but done well, may still receive a high score (ie. 9.0)

A skills are worth 0.1 each

B skills are worth 0.3 each

C skills are worth 0.5 each

The FIG rule governing repetition and the rules governing layaways, empty and intermediate swings do not apply for Special Olympics. These can be used as elements.

**2) Combination/ specific event requirements (1.0)**

A maximum of one point may be given for evaluating the combination of the skills in a routine especially with regard to any specific requirements for the event. Each completed requirement is rewarded with 0.2. The maximum points rewarded will be 1.0.

**MEN'S REQUIREMENTS:**

FX	PH	SR
Flexibility, Balance, Strength	Single leg element(s)	Hold(s) 2 sec.
Jump(s) and Turn(s)	Double leg circle(s)	Element(s) in support
Forward element(s)	Face at least 2 directions	Strength
Backward element(s)	Use all 3 parts of the horse	Swing
Side element(s)		Dismount
	HB	
	Release re-grasp of 1 or 2 hands	
	Turn(s)	
	Long hang swing(s)	
	Element(s) near the bar	
	Dismount	

**WOMEN'S REQUIREMENTS:**

FX	BB	UB
Acrobatic skill(s)	Turn(s)	Bar change(s)
Dance skills	Leap(s)	Casts
Forward element(s)	low and high element(s)	kip(s)
Backward element(s)	dance/acro connection	Forward & backward movements
Flexibility, balance	Dismount	Dismount

NOTE: A certain level of difficulty is not needed in order to meet the requirement. The requirement could be fulfilled with a simple element that has no purported value by FIG, such as a forward roll, leg cut, etc. .

**3) Bonus/ additive value (0.5)**

Each gymnast will have the opportunity to earn Bonus Points up to a maximum of 0.5. The entire 0.5 points shall be earned if the gymnast:

Has lost no more than 0.5 of his 7.5 points in Execution/Presentation

OR

If he/she performs more difficulty than the allotted 1.0

**4) Execution/ presentation/ performance (7.5)**

Each gymnast will start his/her routine with 7.5 points in the area of Exercise Presentation (Technical Execution and Body Position). Gymnasts will lose points for each execution error, based on the rules for execution in the FIG Codes.

NOTE: If a gymnast uses any three consecutive elements from a compulsory routine in his/her optional routine, there will be a deduction of 1.0.

**b. Vaulting**

- 1) Optional vaulting is judged differently than other optional routines.
- 2) Male gymnasts may use long or side horse or Table. Female gymnasts may use side horse or table.
- 3) The gymnast is allowed 1,2, or 3 attempts at vaulting, in all competitions, as follows:
  - i. One balk allowed if gymnast does not touch board or horse/table.
  - ii. One vault over the horse/table.
  - iii. A second vault over the horse/table which may be the same as the first vault or a different vault.

The best vault counts.

- 1) The gymnast may not use any of the compulsory vaults for optionals.
- 2) Scoring the execution of the vault is the same as in the FIG codes.
- 3) Start values of the vault(s) are listed below or are in the FIG codes. If it is not listed in either place, present the vault to the judges prior to the competition for value determination.

Horizontal squat vault	7.0
Horizontal straddle vault	7.0
Layout squat vault	7.5
Layout straddle vault	7.5

## **Level A**

**Vault**  
**Single Bar**  
**Balance Beam**  
**Tumbling**  
**Floor Exercise**

## LEVEL A

Note- Level A is not a preliminary to level 1. It is for non-ambulatory or very low functioning gymnasts who are too advanced for the MATP, but may never be level 1 gymnasts. Many may need manual assistance to perform these “routines”.

### MEN’S AND WOMEN’S LEVEL A – VAULT

Value	Skill Description
2.0	1. Stand at attention several steps from board.
2.0	2. <i>Walk or run up to and onto board.*</i>
2.0	3. Place two feet together near end of board.
2.0	4. Stretch jump into air and off of board.
<u>2.0</u>	<u>5. Land on mat, stretch to attention.</u>
10.0	<i>TOTAL VALUE</i>

- *\*Junior board is acceptable to use based on small size and weight.*
- This vault is repeated two times, the best of the two is used for scoring.

**LEVEL A - VAULTING (MEN/WOMEN)**

<b>Vault # 1</b>				<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymnt #</b>	<b>Gymn #</b>
<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deduction</b>								
Stand at attention	2.0										
Walk toward board	2.0	Crooked walk	up to 0.5								
Hurdle onto board	2.0	One foot landing Double Bounce	0.5 1.0								
Stretch jump in air	2.0	Lack of stretch Lack of height	up to 1.0 up to 0.5								
Land on mat Stretch to attention	2.0	No distance Each step Fall	0.5 0.1 0.5								
<b>Total Score #1</b>	<b>10.0</b>										
<b>Vault #2</b>				<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>
<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deduction</b>								
Stand at attention	2.0										
Walk toward board	2.0	Crooked walk	up to 0.5								
Hurdle onto board	2.0	One foot landing Double bounce	0.5 1.0								
Stretch jump in air	2.0	Lack of stretch Lack of height	up to 1.0 up to 0.5								
Land on mat Stretch to attention	2.0	No distance Each step Fall	0.5 0.1 0.5								
<b>Total Score #1</b>	<b>10.0</b>										
<b>Best Score</b>											
<i>*This vault is repeated two times; the best of the two attempts is used.</i>											
<b>General Faults will be applied to all skills. Neutral Deductions for Coaching</b>											
Small	0.1	Physical assistance	0.5 ea time	These have a four point maximum (4.0)							
Medium	0.2	Verbal assistance	0.3 ea time	All other neutral deductions are the same as FIG							
Large	0.3	Signals	0.2 ea time								
Falls	0.5										

## **MEN'S AND WOMEN'S SINGLE BAR – LEVEL A**

<b>Value</b>	<b>Skill Description</b>
<i>Start sitting (wheelchair or folded mat) or in piked hang with feet touching ground, under bar (bar should be set within comfortable reach)</i>	
1.0	1. Reach up and grab bar in overgrip.
2.0	2. Bend knees up to tuck position while holding on bar.
1.0	3. Straighten legs to pike sit while holding bar.
2.0	4. Open legs to straddle sit while holding bar.
1.0	5. Bring legs together and lower to floor.
2.0	6. Attempt a chin up.
1.0	7. Release bar & raise arms overhead.
10.0	<b>TOTAL VALUE</b>

*Note: If range of motion is limited, bar may be slightly in front, rather than directly overhead. Coach may have to assist with leg positions, but spotting deductions will apply.*

## LEVEL A - SINGLE BAR (MEN/WOMEN)

<b>Reach up and grab bar in overgrip</b>	1.0	gymnast # _____
<b>Bend knees to tuck position</b>	2.0	
<i>lack of bend</i>		<i>up to 0.5</i>
<b>Pike position</b>	1.0	
<b>Straddle position</b>	2.0	
<i>lack of straddle</i>		<i>up to 1.0</i>
<b>Bring legs together, lower to floor</b>	1.0	
<b>Attempt a chin up</b>	2.0	
<i>chin not coming up to bar</i>		<i>up to 1.5</i>
<b>Release bar and raise arms overhead</b>	1.0	
		gymnast # _____

<b>TOTAL SCORE</b>	<b>10.00</b>
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**General faults will be applied to all skills.**

Small	0.1
Medium	0.2
Large	0.3
Falls	0.5

**Neutral deductions for Coaching**

Physical assistance	0.5 each time
Verbal assistance	0.3 each time
Signals	0.2 each time

These have a four point maximum.  
All other neutral deductions are the same as Fig.

## MEN'S AND WOMEN'S LEVEL A – BALANCE BEAM

<b>Value</b>	<b>Skill Description</b>
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Start by standing at end of beam.

2.0	1. Step on end of beam.
2.0	2. Forward walking to middle of beam.
2.0	3. One point balance (optional foot and arm placement)
2.0	4. Forward walking to end of beam.
2.0	5. Stretched jump off end of beam.
<u>10.0</u>	<i>TOTAL VALUE</i>

Note: At this level, the floor beam is six inches wide (15 cm) and no more than four inches (10 cm) above the mats.

## LEVEL A - Balance Beam

<b>Step on end of Beam</b>	<b>2.0</b>	gymnast # _____
<b>Forward Walking to Middle of Beam</b>	<b>2.0</b>	
<i>Lack of continuity</i>	<i>0.3</i>	
<b>One Point Balance (Optional Foot and Arm Placement)</b>	<b>2.0</b>	
<i>Balance held one second</i>	<i>0.5</i>	
<i>No hold</i>	<i>1.0</i>	
<b>Forward Walking to End of Beam</b>	<b>2.0</b>	
<i>Lack of continuity</i>	<i>0.3</i>	
<b>Stretched Jump Off End of Beam</b>	<b>2.0</b>	gymnast # _____
<i>No height</i>	<i>up to 0.5</i>	
<i>No stretch</i>	<i>up to 0.5</i>	

**TOTAL SCORE** **10.00**

\*At this level, the floor beam is 15cm (6") wide and no more than 10cm (4") above the mats

\*\*If athlete uses walker to progress through routine, the same deduction is given as if the coach supported the gymnast during the routine.

**General faults will be applied to all skills.**

**Neutral deductions for Coaching**

Small	0.1
Medium	0.2
Large	0.3
Falls	0.5

Physical assistance	0.5 each time
Verbal assistance	0.3 each time
Signals	0.2 each time

These have a four point maximum.

All other neutral deductions are the same as Fig.

## MEN'S AND WOMEN'S TUMBLING – LEVEL A

<b>Value</b>	<b>Skill Description</b>
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First pass - start near end of strip mat:

2.0	1. <i>sitting , show tuck position and perform a back rock &amp; up, holding knees.</i>
2.0	2. <i>Release knees, show pike position, reach toward toes,</i>
2.0	3. <i>Lie back, showing straddle with legs elevated 10-45 degrees</i>
	4. <i>Lower legs ,bring legs together to straight lying position</i>
2.0	5. <i>Two log (pencil) rolls sideways right</i>
2.0	6. <i>Two log (pencil) rolls sideways left</i>
10.0	<i>TOTAL VALUE</i>

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Mats set up as a strip mat or floor exercise mat may be used.

Coach may remove athlete from wheelchair or remove walker and replace such without penalty.

Note: Salute to the judge may be from floor at start and end of routine, if gymnast is non ambulatory.

## LEVEL A - TUMBLING (MEN/WOMEN)

<b>Back rock and up</b>		<b>2.0</b>	gymnast # _____
<i>not tucked</i>	<i>up to 0.5</i>		
<i>not getting up</i>	<i>up to 1.0</i>		
<b>Pike position</b>		<b>2</b>	
<i>not piked</i>	<i>up to 0.5</i>		
<i>no reach</i>	<i>up to 1.0</i>		
<b>Leg lift in straddle (10-90&lt;)</b>		<b>2.0</b>	
<i>lack of straddle</i>	<i>up to 1.0</i>		
<b>Stretched sideways roll</b>		<b>2.0</b>	
<i>lack of stretch</i>	<i>up to 1.0</i>		
<i>crooked roll</i>	<i>up to 1.0</i>		
<b>Stretched sideways roll</b>		<b>2.0</b>	gymnast # _____
<i>lack of stretch</i>	<i>up to 1.0</i>		
<i>crooked roll</i>	<i>up to 1.0</i>		

**TOTAL SCORE** **10.00**

\*Mats set on a strip mat or floor exercise mat may be used.

\*\*Coach may remove athlete from wheelchair or remove walker and replace such at end of routine without penalty.

**General faults will be applied to all skills. Neutral deductions for Coaching**

Small	0.1	Physical assistance	0.5 each time	These have a four point maximum.
Medium	0.2	Verbal assistance	0.3 each time	All other neutral deductions are the same as Fig.
Large	0.3	Signals	0.2 each time	
Falls	0.5			

## MEN'S AND WOMEN'S FLOOR EXERCISE – LEVEL A

<b>Value</b>	<b>Skill Description</b>
2.0	1. Beginning pose (optional)
2.0	2. Stretched sideways roll (log/pencil roll)
2.0	3. Balance (optional – i.e. Arched supine hold- “superman” pose)
2.0	4. Locomotor movement (optional – ie. Scooting)
<u>2.0</u>	<u>5. Ending pose (optional)</u>
10.0	TOTAL VALUE

Note: Routine may be performed on folding mats or on a floor exercise mat.

Coach may remove athlete from wheelchair or remove walker and replace such at end of routine without penalty.

*Music may be used (optional)*

This routine, other than beginning and ending pose, may be done in any order and in any direction.

## LEVEL A - FLOOR EXERCISE (MEN/WOMEN)

<b>Beginning Pose (Optional)</b>	<b>2.0</b>	gymnast # _____
<b>Stretched Sideways Roll (Log/Pencil Roll)</b>	<b>2.0</b>	
<i>Lack of stretch</i>	<i>up to 0.5</i>	
<i>Crooked roll</i>	<i>0.5</i>	
<b>Balance (optional-I.e. arched supine hold-- "Superman" hold)</b>	<b>2.0</b>	
<i>One second hold</i>	<i>0.5</i>	
<i>No hold</i>	<i>1.0</i>	
<b>Locomotor movement optional (optional- ie. Scooting)</b>	<b>2.0</b>	
<b>Ending Pose (optional)</b>	<b>2.0</b>	
		gymnast # _____

**TOTAL SCORE** **10.00**

\*Mats set on a strip mat or floor exercise mat may be used.

\*\*Coach may remove athlete from wheelchair or remove walker and replace such at end of routine without penalty.

**General faults will be applied to all skills. Neutral deductions for Coaching**

Small	0.1	Physical assistance	0.5 each time	These have a four point maximum.
Medium	0.2	Verbal assistance	0.3 each time	All other neutral deductions are the same as Fig.
Large	0.3	Signals	0.2 each time	
Falls	0.5			

**WOMEN'S LEVEL I**  
**ARTISTIC**  
**VAULT**  
**UNEVEN BARS**  
**BALANCE BEAM**  
**FLOOR EXERCISE**

## LEVEL I VAULTING- MALE AND FEMALE

2 Different vaults: must do one of each in order, *value of each is 10 points with the best vault counting.*

Vault #1- Tuck jump from board

1. Stand at attention no more than 10m (33') from the board.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms as the knees lift toward a momentary tuck position.
5. Open the body and land on the mat, bending the knees slightly on impact.
6. Straighten the body and raise the arms overhead without taking steps.

Vault #2- Straddle jump from board

1. Stand at attention no more than 10m (33') from the board.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms as the hips remain straight and straddle the legs in the air (*a pike straddle receives bonus if reaches horizontal to ground*).
5. Close the legs and land on the mat, bending the knees slightly on impact.
6. Straighten the body and raise the arms overhead without taking steps.

*All levels- one balk allowed if do not touch board/horse.*

LEVEL 1 – VAULTING (MEN/WOMEN)											
Vault # 1 Tuck Jump Board				Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #
Element	Value	Faults	Deduction								
Run and hurdle	2.0	Alternate foot takeoff	up to 0.5								
Height in air	2.0	Less than 1 3/4' Less than 1'	up to 0.5 up to 1.0								
Body position in flight	3.0	Lack of tuck	up to 1.0								
Distance of flight	2.0	Less than 3' Less than 1'	up to 0.5 1.0								
Landing	1.0	Each step Fall	0.1 0.5								
Total Score #1	10.0										
Vault #2 Straddle Jump From Board				Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #
Element	Value	Faults	Deduction								
Run and hurdle	2.0	Alternate foot takeoff	up to 0.5								
Height in air	2.0	Less than 1 3/4' Less than 1'	up to 0.5 up to 1.0								
Body position in flight	3.0	Lack of straddle: Piked straddle =bonus of up to 1.0	up to 1.0								
Distance of flight	2.0	Less than 3' Less than 1'	up to 0.5 1.0								
Landing	1.0	Each step Fall	0.1 0.5								
Total Score #2	10.0										
<b>Best Vault counts</b>	<b>10.0</b>										
<b>*Out of order – 0.5 off total score</b>											
<b>General Faults will be applied to all skills. Neutral Deduction for Coaching</b>											
Small	0.1	Physical assistance	0.5 ea time	These have a four point maximum (4.0)							
Medium	0.2	Verbal assistance	0.3 ea time	All other neutral deductions are the same as FIG							
Large	0.3	Signals	0.2 ea time								
Falls	0.5										

## LEVEL I UNEVEN BARS

Note: Only a single low bar is needed for this routine. The low bar should be chest height for the gymnast. Lowering the bar and additional mats may be used to achieve this.

### Skill Description

1. With an overgrip hand position, jump to a straight arm support position.
2. Flex arms slightly, pike, then cast clear of the bar and return to a front support position.
3. Raise right leg over the bar, placing the right hand outside right hip on the bar to achieve a stride position. Lift body (free stride) and stretch legs to momentarily hold the position.
4. Replace right hand on the bar inside the right leg and swing the right leg backward over the bar to return to a front support position.
5. Tucked forward roll over the bar and with control, slowly lower legs in tuck to the ground.
6. Stand on legs, release bar and assume a final stretched position.

Special spotting requirement: In order for the gymnast to be scored, the coach must be in the proper spotting position for the entire routine. The coach must be within arms reach of the upright for spotting “in bar” skills and should move forward or backward for “swinging skills,” based on the skill.



## LEVEL I BALANCE BEAM

Note: Routine may be done on a low or high beam (see section c.f. for heights) Performing on a high beam will result in a .5 bonus.

Low Beam- Stand near left end of beam, facing length of beam.

High Beam- Stand in same position. Perform a front support mount. (front support, leg over, hook toes, lift to knees, stand)

1. Step right, then left foot onto beam, hands on hips.
2. 3 steps sideways to right.
3. 1/4 turn left
4. 3 steps backwards
5. raise arms to overhead crown- passé balance (knee is forward)
6. place foot in front.
7. 1/2 pivot turn (arms overhead)
8. Arms to side, march forward with high knee lift to end of beam.
9. Stand with feet together on end of beam- tuck jump off of beam to landing.
10. Stretch

## LEVEL I - Balance Beam

<b>Step on Beam/ front support mount to stand</b>	<b>0.5</b>	gymnast # _____
<b>3 steps sideways</b>	<b>1.5</b>	
<i>lack of continuity in steps</i>	<i>up to 0.2 ea</i>	
<b>1/4 turn</b>	<b>1.0</b>	
<i>lack of turn or overturn</i>	<i>up to 0.5</i>	
<i>Lack of continuity in turn</i>	<i>up to 0.5</i>	
<b>3 steps backward</b>	<b>2.0</b>	
<i>lift on each step</i>	<i>0.1 ea</i>	
<i>Lack of continuity in steps</i>	<i>up to 0.2 ea</i>	
<i>arm position</i>	<i>up to .3</i>	
<i>chest up</i>	<i>up to 0.3</i>	
<b>Passe balance</b>	<b>1.0</b>	
<i>Balance not held(2 sec)</i>	<i>up to 1.0</i>	
<b>Two Foot Pivot Turn</b>	<b>1.5</b>	gymnast # _____
<i>Turn incomplete</i>	<i>up to 0.5</i>	
<i>Not on toe</i>	<i>up to 0.5</i>	
<b>Marching Steps Forward</b>	<b>1.0</b>	
<i>Lack of knee lift</i>	<i>up to 0.5</i>	
<i>Lack of continuity</i>	<i>up to 0.2</i>	
<b>Tuck Jump Dismount</b>	<b>1.0</b>	
<i>Lack of tuck</i>	<i>up to 0.5</i>	
<i>Lack of height</i>	<i>up to 0.2</i>	
<i>deep squat</i>	<i>up to 0.3</i>	
<b>Bonus-High Beam or Virtuosity</b>	<b>0.5</b>	

<b>TOTAL SCORE</b>	<b>10.00</b>
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**General faults will be applied to all skills.**

Small	0.1
Medium	0.2
Large	0.3
Falls	0.5

**Neutral deductions for Coaching:**

Physical assistance	0.5 each time
Verbal assistance	0.3 each time
Signals	0.2 each time

These have a four point maximum.  
All other neutral deductions are the same as Fig.

## LEVEL I FLOOR EXERCISE

*Music: Yo Ho Ho (movie theme- Rugrats) Barrie Nease*

*Starting position- lying on front, elbows bent, hands under chin.*

- 1- bend right knee, straighten*
- 2- bend left knee, straighten.*
- 3- One and ½ stretched sideways roll (log), ending on back.*
- 4- Spread arms to high oblique then sit up, bending left foot under body and right foot in front.*
- 5- Back body wave, finishing arms overhead.*
- 6- Step right foot forward to lunge.*
- 7- Handstand with 1 leg up (teeter-totter) finish in rt. Lunge*
- 8- Place hands on hips, touch right foot to left knee*
- 9- 2 chasse – same foot, keeping hands on hips; feet together.*
- 10- Dig right heel to front right. Side; feet together.*
- 11- Dig left heel to front left side; feet together.*
- 12- Step right, left, assemble, straddle jump (arms up)*
- 13- Forward roll to sitting.*
- 14- Back rock, touching hands to ground on either side of the head..*
- 15- Bend knees, roll ¼ turn left to kneeling. Circle arms to left and overhead, down right to in front, then to left and slide along ground as lower body to side lying position, lifting right. Leg.*
- 16- Lower right leg, bend knees and lift upper body to side sitting pose. Right arm is diagonally upper right, look at right hand.*

## LEVEL I - FLOOR EXERCISE (WOMEN)

<b>1 1/2 log roll</b>		<b>1.0</b>	gymnast # _____
<i>Lack of continuity in roll</i>	<i>up to 0.3</i>		
<i>lack of stretch</i>	<i>up to 0.5</i>		
<b>back body wave</b>		<b>0.5</b>	
<i>lack of continuity</i>	<i>up to 0.3</i>		
<i>lack of arch</i>	<i>up to 0.3</i>		
<b>lunge</b>		<b>0.5</b>	
<b>1 leg handstand</b>		<b>1.5</b>	
<i>Lack of amplitude</i>	<i>up to 1.0</i>		
<b>2 chasse</b>		<b>1.5</b>	
<i>Lack of continuity</i>	<i>up to 0.3 ea</i>		
<i>Lack of amplitude</i>	<i>up to 0.2 ea</i>		
<b>heel digs</b>		<b>0.5</b>	gymnast # _____
<b>Assemble, Straddle Jump</b>		<b>1.0</b>	
<i>Insufficient height</i>	<i>up to 0.2</i>		
<i>Lack of continuity</i>	<i>up to 0.3</i>		
<i>Lack of straddle</i>	<i>up to 0.3</i>		
<b>Forward Roll to Sit</b>		<b>1.0</b>	
<i>Lack of continuity</i>	<i>up to 0.3</i>		
<i>Failure to roll straight</i>	<i>up to 0.3</i>		
<b>Backward Rock</b>		<b>1.0</b>	
<i>Incomplete tuck</i>	<i>up to 0.2</i>		
<i>Incorrect hand placement</i>	<i>up to 0.3</i>		
<b>Arm circle and slide</b>		<b>0.5</b>	
<i>Lack of continuity</i>	<i>up to 0.3</i>		
<b>Pose</b>		<b>0.5</b>	
<b>Bonus/ Virtuosity</b>		<b>0.5</b>	

<b>TOTAL SCORE</b>		<b>10.00</b>
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**General faults will be applied to all skills.**

Small	0.1
Medium	0.2
Large	0.3
Falls	0.5

**Neutral deductions for Coaching:**

Physical assistance	0.5 each time
Verbal assistance	0.3 each time
Signals	0.2 each time

These have a four point maximum.

All other neutral deductions are the same as Fig.

WOMEN'S LEVEL II  
ARTISTIC  
VAULT  
UNEVEN BARS  
BALANCE BEAM  
FLOOR EXERCISE

## LEVEL II VAULTING- MALE AND FEMALE

Note: within the next 8 years, many gyms may remove their “traditional”  
Horses and only have a vaulting table, so...

*Using either horse or table, the gymnast may choose to perform 2 vaults, which may be the same or different. The best of the two tries counts.*

*All levels- one balk allowed if the gymnast does not touch the board/horse.*

Vault #1- (uses the Horse) Squat on, Jump off

1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the horse, tuck the body and land in a momentary squat position on the horse with feet between hands.
6. Jump off the horse, reaching arms in air and extending body to stretch.
7. Land on the mat by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

10.0 Value

Vault # 2- (uses the Horse) Straddle on, Jump off

1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the horse, pike the hips and straddle the legs and land on top of the horse in a straddle position with feet outside the hands.
6. Jump off the horse, bringing feet together in the air, reaching arms in air and extending body to stretch.
7. Land on the mat by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

10.0 Value

*Vault #3- (uses the Table) Squat on, steps, Jump off*

- 1. Stand at attention at the end of the runway.*
- 2. Run forward down the runway.*
- 3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.*
- 4. Rebound off the board, reaching in the air with the arms.*
- 5. Place hands on top of the table, tuck the body and land in a momentary squat position on the table with feet between hands.*
- 6. Take two steps to end of table.*
- 7. Jump off the table, reaching arms in air and extending body to stretch.*
- 8. Land on the mat by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.*

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*10.0 Value*

*Note: The coach must be in a position to spot the gymnast.*

**LEVEL 2 - VAULTING (MEN/WOMEN)**

<b>Vault # 1 Squat on Jump Off</b>				<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>
<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deduction</b>								
Rebound and Flight	1.0	Alternate foot takeoff Insufficient flight	up to 0.5 up to 0.5								
Body position on horse	1.0	Lack of straddle Use of one arm/hand Landing on knees	up to 0.5 up to 1.0 0.5								
Off flight	2.5	Lack of height 0.3m(1')	up to 0.5								
		Lack of distance 0.9-1.05m (3-3.5')	up to 1.0								
		Body Position	up to 1.0								
Landing	0.5	Each step Fall	0.1 0.5								
<b>Total Score #1</b>	<b>5.0</b>										
<b>Vault #2 Straddle on Jump off</b>											
<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deduction</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>
Rebound and Flight	1.0	Alternate foot takeoff Insufficient flight	up to 0.5 up to 0.5								
Body position on horse	1.0	Lack of straddle Use of one arm/hand Landing on knees	up to 0.5 up to 1.0 0.5								
Off flight	2.5	Lack of height 0.3m(1')	up to 0.5								
		Lack of distance 0.9-1.05m (3-3.5')	up to 1.0								
		Body Position	up to 1.0								
Landing	0.5	Each step Fall	0.1 0.5								
<b>Total Score #2</b>	<b>5.0</b>										
<b>Total Score #1 &amp; 2</b>	<b>10.0</b>										
<b>*Out of order - 0.5 off total score</b>											
<b>General Faults will be applied to all skills. Neutral Deduction for Coaching</b>											
Small	0.1	Physical assistance	0.5 ea time	These have a four point maximum (4.0)							
Medium	0.2	Verbal assistance	0.3 ea time	All other neutral deductions are the same as FIG							
Large	0.3	Signals	0.2 ea time								
Falls	0.5										

## LEVEL II UNEVEN BARS

Stand behind high bar.

1. Jump to catch bar and swing forward.
2. Swing back, forward and lift one leg over the low bar.
3. Lift other leg over the low bar. Stretch body.
4. Straddle back and off the bar.
5. Swing forward- place feet on low bar.
6. Stand on low bar- as stand perform a ½ turn to face high bar.
7. Jump to straight arm support on high bar.
8. Forward roll over bar.
9. Tuck hang.
10. Release and stand.

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9.5 Value

.5 Bonus/ virtuosity

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10.0 Total score

Special spotting requirement: In order for the gymnast to be scored, the coach must be in the proper spotting position for the entire routine. The coach must be within arms reach of the upright for spotting “in bar skills” and should move forward or backward for “swinging skills,” based on the skill.

## LEVEL II - Uneven Bars

<b>LEVEL II - Uneven Bars</b>			
<b>Jump to mount with swing</b>		<b>1.0</b>	gymnast # _____
<i>Lack of swing</i>	<i>up to 0.3</i>		
<i>incomplete grip</i>	<i>up to 0.2</i>		
<b>Swings with leg lift</b>		<b>1.0</b>	
<i>insufficient swing (back, forth)</i>	<i>up to 0.1 ea</i>		
<i>lack of continuity</i>	<i>up to 0.2</i>		
<b>Leg lift over bar with stretch</b>		<b>1.0</b>	
<i>lack of stretch</i>	<i>up to 0.3</i>		
<b>Straddle Back to Swing (out-in-out)</b>		<b>1.5</b>	
<i>lack of leg lift</i>	<i>up to 0.3</i>		
<i>alternate foot placement</i>	<i>0.2</i>		
<b>Squat to stand on Low Bar with 1/2 turn</b>		<b>1.5</b>	
<i>lack of continuity</i>	<i>up to 0.5</i>		
<b>Jump Straight Arm Support</b>		<b>0.5</b>	gymnast # _____
<i>Lack of body stretch</i>	<i>up to 0.2</i>		
<b>Roll Forward to Long Hang</b>		<b>1.5</b>	
<i>Lack of continuity of roll</i>	<i>up to 0.3</i>		
<i>Lack of body stretch</i>	<i>up to 0.3</i>		
<i>Lack of control</i>	<i>up to 0.5</i>		
<b>Tuck Hang</b>		<b>1.0</b>	
<i>Insufficient hold (2secs)</i>	<i>up to 0.3</i>		
<b>Release to Stretch dismount</b>		<b>0.5</b>	
<b>Bonus/Virtuosity</b>		<b>0.5</b>	

<b>TOTAL SCORE</b>		<b>10.00</b>	
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**General faults will be applied to all skills.**

Small	0.1
Medium	0.2
Large	0.3
Fall	0.5

**Neutral deduction for Coaching:**

Physical assistance	0.5 each time
Verbal assistance	0.3 each time
Signals	0.2 each time

These have a four point maximum.

All other neutral deductions are the same as Fig.

**NOTE: Coach must be in the required spotting position (see text) and be prepared to spot or the routine will not be scored.**

## LEVEL II BALANCE BEAM

LOW BEAM- Stand on side of beam with right side facing beam, 2/3 down beam.

1. Step on beam with right foot, place left in front.

HIGH BEAM- place board in same location as low beam.

2. Take several steps to board, place hand on beam & step on right, then left. Stand.
3. 1/4 turn right, three sideways steps right. As step right- arms out to sides shoulder height, as left steps together arms raise to overhead crown. Repeat for all steps.
4. 1/4 turn left.
5. 3 steps backward with straight leg lift forward (knee height)
6. Forward body wave. Arms finish in high crown position.
7. 3 steps forward, lifting a high knee, then kick.
8. Scale balance on straight R leg. Arms out to sides.
9. Lower leg behind, releve as arms bend into body, then lift overhead.
10. Arms to sideways stretched position as chasse forward with same leg until reach the end of the beam.
11. Feet together. Straddle jump dismount.
12. Land. Stretch.

9.5	Value
.5	Bonus for using high beam.
10.0	Total

## LEVEL II - Balance Beam

<b>Low-step on Beam; High- step on to squat, stand</b>	<b>1.0</b>	gymnast # _____
<i>Lack of continuity</i>	<i>up to 0.2</i>	
<i>Poor body position</i>	<i>up to 0.2</i>	
<b>1/4 turn</b>	<b>0.5</b>	
<b>3 sideways steps</b>	<b>1.0</b>	
<i>continuity of arm movements</i>	<i>up to 0.5</i>	
<b>1/4 turn</b>	<b>0.5</b>	
<b>3 steps backward</b>	<b>1.0</b>	
<i>Kick not hip height</i>	<i>up to 0.3</i>	
<b>Forward body wave</b>	<b>1.0</b>	
<i>Lack of continuity in arms/body</i>	<i>up to 0.3</i>	
<b>Steps forward</b>	<b>1.0</b>	
<i>extension of leg</i>	<i>up to 0.2 ea</i>	
<b>Scale Balance</b>	<b>1.5</b>	
<i>Leg not 30 degrees</i>	<i>up to 0.3</i>	
<i>Not held</i>	<i>up to 0.3</i>	
<i>Poor body position</i>	<i>up to 0.3</i>	
<b>Chasse to end</b>	<b>1.0</b>	gymnast # _____
<i>Lack of continuity</i>	<i>up to 0.3 ea</i>	
<i>height</i>	<i>up to 0.3 ea</i>	
<i>extension</i>	<i>up to 0.2 ea</i>	
<b>Straddle Jump Dismount</b>	<b>1.0</b>	
<i>Lack of straddle</i>	<i>up to 0.5</i>	
<i>Lack of height</i>	<i>up to 0.2</i>	
<b>BONUS/HIGH BEAM or Virtuosity</b>	<b>0.5</b>	

**TOTAL SCORE** **10.00**

**General faults will be applied to all skills.**

Small	0.1
Medium	0.2
Large	0.3
Falls	0.5

**Neutral deductions for Coaching:**

Physical assistance	0.5 each time
Verbal assistance	0.3 each time
Signals	0.2 each time

These have a four point maximum.  
All other neutral deductions are the same as Fig.

## LEVEL II FLOOR EXERCISE

*MUSIC- Gypsy Kalinka (Russian Folk song) Barry Nease*

*Start standing, looking down, feet in 4<sup>th</sup> position, right. foot in front.*

1. *Place arms straight in front, shoulder height, look straight ahead.*
2. *Bring feet together, forward body wave, finishing with arms overhead. (feet flat)*
3. *Cross arms down in front of body and to waist, then lift left arm up overhead and right. arm low, side oblique.*
4. *keeping arms stretched, tip toe turn right with small steps- 360 degrees.*
5. *bring arms to side stretched, grapevine steps right. (step right, cross left in back, step right, cross left in front, step right, bring left together)*
6. *kick right (battement) to right lunge.*
7. *Switch leg handstand finish in left lunge.*
8. *bend elbows, placing right hand on left elbow and left hand on right elbow with arms lifted shoulder height in front.*
9. *4 skip steps forward (right, left ,right ,left)*
10. *Lift arms overhead and jump to heel dig left, jump to heel dig right.*
11. *Jump  $\frac{3}{4}$  turn left.*
12. *Land and push hands out to side (shoulder height.)*
13. *side chasse right to right cartwheel, chasse right to right cartwheel.*
14.  *$\frac{1}{4}$  turn and 4 small steps backward, arms push out at shoulder height.*
15. *Scale on right foot to forward roll step out with right foot forward to knee stand. Cross arms overhead & open to sides.*
16. *Sit back and perform back shoulder roll, bringing legs together in roll to kneeling.*
17. *Contract forward as raise up on high knees.*
18. *Step right foot forward, arms overhead and stand, feet together.*
19. *Push arms out to side, raise on toes , flick wrists.*
20. *Chasse forward with left foot, cat leap  $\frac{1}{2}$  turn.*
21. *Chasse right forward, Chasse left forward.*
22. *Lift right leg up and stamp it next to left.*
23. *Run, run, leap, step hitchkick.*
24. *Step and kneel on back leg (arms crossed in front)*
25. *Drop front leg down to kneeling position.*
26. *Sit on feet. Look right and lower right hand to ground and left hand up diagonally left. Hold final pose.*

9.5	Value
.5	Bonus/ Virtuosity
10.0	Total

## LEVEL II - FLOOR EXERCISE (WOMEN)

<b>Forward Body Wave</b>		<b>0.5</b>	gymnast # _____
<i>Lack of continuity</i>	<i>up to 0.2</i>		
<b>360 degree turn</b>		<b>0.5</b>	
<i>not on toes</i>	<i>up to 0.3</i>		
<b>Grapevine steps</b>		<b>0.5</b>	
<i>Lack of continuity</i>	<i>0.1 each</i>		
<b>Battement to lunge</b>		<b>0.2</b>	
<i>lack of height in kick</i>	<i>up to 0.2</i>		
<b>Switch leg handstand</b>		<b>1.5</b>	
<i>Lack of continuity</i>	<i>up to 0.3</i>		
<b>4 skips forward</b>		<b>0.3</b>	
<b>Jump 3/4 turn left</b>		<b>0.5</b>	
<i>lack of turn</i>	<i>up to 0.3</i>		
<b>Chasse to Cartwheel, Chasse to Cartwheel</b>		<b>2.0</b>	
<i>Piked or arched</i>	<i>up to 0.2 ea</i>		
<i>Insufficient split of legs</i>	<i>up to 0.2 ea</i>		
<i>Rhythm Unbalanced</i>	<i>up to 0.2 ea</i>		
<i>General Continuity</i>	<i>up to 0.5</i>		
<b>Front Scale to forward roll</b>		<b>1.0</b>	gymnast # _____
<i>Not 45 degree angle</i>	<i>up to 0.2</i>		
<i>Poor Body position</i>	<i>up to 0.2</i>		
<i>uncontrolled roll</i>	<i>up to 0.2</i>		
<b>Back shoulder roll</b>		<b>0.5</b>	
<i>Roll not continuous</i>	<i>up to 0.3</i>		
<b>Chasse, cat leap</b>		<b>0.5</b>	
<i>Lack of continuity</i>	<i>up to 0.3</i>		
<b>run, leap</b>		<b>1.0</b>	
<i>insufficient height of leap</i>	<i>up to 0.2</i>		
<i>insufficient split- less than 90 deg</i>	<i>up to 0.3</i>		
<b>Step, hitchkick</b>		<b>0.5</b>	
<i>Lack of continuity</i>	<i>up to 0.3</i>		
<i>legs too low (waist)</i>	<i>up to 0.2</i>		
<b>Bonus/Virtuosity</b>		<b>0.5</b>	

**TOTAL SCORE** **10.00**

**General faults will be applied to all skills.**

Small	0.1
Medium	0.2
Large	0.3
Falls	0.5

**Neutral deductions for Coaching:**

Physical assistance	0.5 each time
Verbal assistance	0.3 each time
Signals	0.2 each time

These have a four point maximum.

All other neutral deductions are the same as Fig.

WOMEN'S LEVEL III  
ARTISTIC  
VAULT  
UNEVEN BARS  
BALANCE BEAM  
FLOOR EXERCISE

## LEVEL III VAULTING- MALE AND FEMALE

Note: within the next 8 years, many gyms may remove their “traditional” horses and only have a vaulting table, so...

*Using either horse or table, the gymnast may choose to perform 2 vaults, which may be the same or different. The best of the two tries counts.*

*All levels- one balk allowed if do not touch board/horse.*

### Vault #1-(uses the Horse or Table) Squat Vault

1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the horse or table, tuck the body.
6. Keeping the head and chest up, rebound off the hands as the knees pass over the horse or table without touching it.
7. Lift the arms and stretch the body in the off-flight.
8. Land on the mat by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

---

10.0 Value

### Vault # 2- (uses the Horse or Table) Straddle Vault

1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the horse or table, pike the hips and straddle the legs.
6. Keeping the head and chest up, rebound off the hands as the legs pass over the horse or table in a straddle position without the legs touching it.
7. Lift arms, bring legs together, and stretch body in the off-flight.
8. Land on the mat by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

---

10.0 Value

*Vault #3- uses a board and a 12" mat. Handstand to Back Lying position.*

- 1. Stand at attention close to, or a short distance from the board.*
- 2. Lunge or hurdle with none or one lead up step, bending and placing both hands (at the same time) onto the top of the board.*
- 3. Kick the legs toward a handstand.*
- 4. As the body passes through an extended handstand position, the gymnast should quickly extend the shoulders, resulting in a lift off the board (gymnast should not stop the handstand).*
- 5. Keeping the body in a tight and extended position, the gymnast lands onto the back of his/her entire body at the same time, onto the 12" (25cm) mat; then holds this extended landed position for 1-2 seconds.*
- 6. the gymnast gets up and shows an attention position. Note: the gymnast should show control, with a minimum of excess movement while getting from the back to the feet.*

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*10.0 Value*

**LEVEL 3 - VAULTING (MEN/WOMEN)**

<b>Vault #</b>				<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>
<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deduction</b>								
First Flight	3.0	Insufficient height Insufficient flight Leg separation (squat) Body Twisted	up to 0.3 up to 0.5 0.2 0.2								
Support Phase	2.0	Not top of horse Use of one arm/hand Leg Position incorrect	up to 0.3 up to 1.0 0.3								
Second Flight	4.0	Lack of height Lack of body stretch Lack of Distance	up to 1.0 up to 0.3 up to 1.0								
General	0.5	Direction	up to 0.3								
Landing	0.5	Each step Deep Squat or pike^90 Fall	0.1 0.3 0.5								
Total Score #1	10.0										

Continued on next page

<b>Vault #2</b>				<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>	<b>Gymn #</b>
<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deduction</b>								
First Flight	3.0	Insufficient height Insufficient flight Leg separation (squat) Body Twisted	up to 0.3 up to 0.5 0.2 0.2								
Support Phase	2.0	Not top of horse Use of one arm/hand Leg Position incorrect	up to 0.3 up to 1.0 0.3								
Second Flight	4.0	Lack of height Lack of body stretch Lack of Distance	up to 1.0 up to 0.3 up to 1.0								
General	0.5	Direction	up to 0.3								
Landing	0.5	Each step Deep Squat or pike Fall	0.1 0.3 0.5								
<b>Total Score #2</b>	<b>10.0</b>										
<b>Best Score</b>	<b>10.0</b>										
<b>General Faults will be applied to all skills. Neutral Deduction for Coaching</b>											
Small	0.1	Physical assistance	0.5 ea time	These have a four point maximum (4.0)							
Medium	0.2	Verbal assistance	0.3 ea time	All other neutral deductions are the same as FIG							
Large	0.3	Signals	0.2 ea time								
Falls	0.5										

## LEVEL III UNEVEN BARS

Stand in front of low bar, facing bars.

1. Pullover mount.
2. Cast, back hip circle.
3. Single leg cut.
4. Reach forward, grab one hand in undergrip.
5.  $\frac{1}{2}$  turn to face out, place other hand on bar, leg over bar to stretched sit.
6. Straddle back
7. Swing forward, swing back.
8. Swing forward & place feet on low bar.
9. Pullover to high bar. Straight arm support.
10. Underswing to feet on low bar, knees bent.
11. Stand on low bar, as stand perform a  $\frac{1}{2}$  turn to face high bar.
12. Straddle legs, place one hand, then other on low bar as perform a straddle sole circle dismount.

---

9.5	Value
<u>.5</u>	Bonus/virtuosity
10	Total

Special Spotting Requirement: In order for the gymnast to be scored, the coach must in the proper spotting position for the entire routine. The coach must be within arms reach of the upright for spotting “in bar skills” and should move forward or backward for “swinging skills,” based on the skill.

### LEVEL III - Uneven Bars

<b>Pullover Mount</b>	<b>1.0</b>	gymnast # _____
<i>lack of continuity</i>	<i>up to 0.2</i>	
<i>Lack of stretch/st. arms</i>	<i>up to 0.5</i>	
<b>Cast, back hip circle</b>	<b>2.0</b>	
<i>Insufficient cast (hip clearance)</i>	<i>up to 0.2</i>	
<i>Lack of body stretch</i>	<i>up to 0.2</i>	
<i>lack of continuity</i>	<i>up to 0.3</i>	
<b>Single leg cut</b>	<b>0.5</b>	
<b>1/2 turn to sit</b>	<b>0.5</b>	
<b>Straddle back</b>	<b>0.5</b>	
<i>unequal lift of legs</i>	<i>up to 0.3</i>	
<b>Swings</b>	<b>0.5</b>	
<b>Pullover</b>	<b>1.0</b>	gymnast # _____
<i>Lack of continuity</i>	<i>up to 0.3</i>	
<i>lack of stretch in support</i>	<i>up to 0.3</i>	
<b>Underswing</b>	<b>1.0</b>	
<i>alternate placement of feet</i>	<i>up to 0.3</i>	
<b>1/2 Turn</b>	<b>0.5</b>	
<b>Sole circle dismount</b>	<b>2.0</b>	
<i>Incomplete circle</i>	<i>up to 0.5</i>	
<i>Incorrect timing of legs</i>	<i>up to 0.2</i>	
<i>Insufficient height</i>	<i>up to 0.3</i>	
<i>Insufficient distance</i>	<i>up to 0.3</i>	
<b>Bonus/Virtuosity</b>	<b>0.5</b>	

**TOTAL SCORE** **10.00**

**General faults will be applied to all skills.**

Small	0.1
Medium	0.2
Large	0.3
Falls	0.5

**Neutral deductions for Coaching:**

Physical assistance	0.5 each time
Verbal assistance	0.3 each time
Signals	0.2 each time

These have a four point maximum.  
All other neutral deductions are the same as Fig.

**Note: Coach must be in the required spotting position (see text) and be prepared to spot or the routine will not be scored.**

## LEVEL III BALANCE BEAM

Using high beam, stand with R side to beam,  $\frac{3}{4}$  way down.

1. Scissor kick over beam (rt leg, L leg) to side sitting position. Hands on beam.
2. Bring legs forward. Perform V sit. Hold
3. Straddle legs & lower down & in back. Place toes on beam behind body.
4. Lift to 1 knee. Raise back leg. Hold knee scale position.
5. Swing back leg down side of beam & place foot in front of knee. Stand.
6.  $\frac{1}{4}$  turn R.
7. Step sideways R to R lunge. R arm up, L in front.
8. 1 Grapevine step sideways crossing L foot in front of R, step R to side. (end of first pass)
9.  $\frac{1}{4}$  turn L, arms out to side.
10. 3 back steps with forward kicks.
11. Body wave to releve. Arms circle to overhead.
10. Hands on waist, 3 skip steps forward with high knees. Place foot down.
11. Attitude balance. Arms are out to the side, free leg is bent.
12. Straight jump, changing feet (changement)
13. Step to assemble, straight jump. (end of pass)
14.  $\frac{1}{2}$  pivot turn, toe near ankle.
15. run, run, leap.
16. steps to round off dismount.

9.5	Value
.5	bonus/virtuosity
10.0	Total

## LEVEL III - Balance Beam

<b>Mount/ scissor kick</b>		<b>0.5</b>	gymnast # _____
<i>Land heavy and unsure</i>	<i>up to 0.2</i>		
<i>Poor Body position</i>	<i>up to 0.2</i>		
<b>V sit</b>		<b>0.5</b>	
<b>Knee Scale</b>		<b>0.5</b>	
<b>R lunge</b>			
<b>Grapevine step</b>			
<b>3 Backward steps</b>		<b>0.5</b>	
<i>lack of leg kick</i>	<i>up to .1 each</i>		
<b>Body wave</b>		<b>0.5</b>	
<i>no releve</i>	<i>up to .2</i>		
<i>continuity of body/arms</i>	<i>up to 0.2</i>		
<b>3 Skip steps</b>		<b>0.5</b>	
<i>Lack of height in skips</i>	<i>up to 0.3</i>		
<b>Attitude balance</b>		<b>0.5</b>	
<i>not held</i>	<i>up to 0.3</i>		
<i>low height</i>	<i>up to 0.2</i>		
<b>Changement Jump</b>		<b>1.0</b>	gymnast # _____
<i>Insufficient height of jump</i>	<i>up to 0.2</i>		
<i>Lack of Continuity</i>	<i>up to 0.2</i>		
<i>Poor body position</i>	<i>up to 0.2</i>		
<b>Assemble, straight jump</b>		<b>1.0</b>	
<i>Lack of Continuity</i>	<i>up to 0.2</i>		
<i>Insufficient height</i>	<i>up to 0.2</i>		
<b>1/2 pivot turn</b>		<b>1.0</b>	
<b>run, run, leap</b>		<b>1.5</b>	
<i>insufficient height of leap</i>	<i>up to 0.2</i>		
<i>Lack of Continuity</i>	<i>up to 0.2</i>		
<i>insufficient split (45degree angle)</i>	<i>up to 0.5</i>		
<b>Roundoff</b>		<b>1.5</b>	
<i>Roundoff not thru vertical</i>	<i>up to 0.5</i>		
<i>Insufficient height</i>	<i>up to 0.3</i>		
<i>Insufficient push off hands</i>	<i>up to 0.3</i>		
<i>Insufficient stretch of body</i>	<i>up to 0.3</i>		
<b>Bonus/Virtuosity</b>		<b>0.5</b>	

**TOTAL SCORE** **10.00**

**General faults will be applied to all skills.**

Small	0.1
Medium	0.2
Large	0.3
Falls	0.5

**Neutral deductions for Coaching:**

Physical assistance	0.5 each time
Verbal assistance	0.3 each time
Signals	0.2 each time

These have a four point maximum.  
All other neutral deductions are the same as Fig.

## LEVEL III FLOOR EXERCISE

Music- Blue Moon (50's) Barry Nease

Starting position- kneeling, hands on knees. Chest and head looking straight ahead.

1. 2 knee slaps, 2 claps, right thumb to right, left thumb to left (hand jive)
2. Place hands on ground, lean forward and kick legs up, straddling them; drop back to knees.
3. sideways  $\frac{1}{2}$  roll right on knees ending sitting with knees bent, feet on floor in front.
4. Straighten knees alternately as kick legs.
5. Step up on right foot, place feet together. Arms outward to sides.
6. 2 Right cartwheels. Finish in left lunge.
7. Place weight on left leg. One full pivot turn right, arms in crown.
8. Feet together. Side body wave right then left. Arm going down & up. Finish arms overhead.
9. Step right (ball, heel) as bend arms & snap fingers.
10. Step left (ball, heel) as bend arms & snap fingers.
11. 3 steps back- right, left, together. Clap.
12. Step left forward with arms overhead, kick right to right lunge.
13. Handstand, forward roll ending sitting in straddle.
14. Arm sweep left to left foot, place left hand behind left leg and lift bottom off ground, looking back left.
15. Lower, bring left leg to right and perform 360 degree seat spin.
16. Step up left foot,  $\frac{1}{2}$  turn right
17. 2 slide steps right, arms go in and up.
18.  $\frac{3}{4}$  turn right with 3 small steps, kicking rear. Step 4- place feet together.
19. 4 runs to leap, step leap, step hitchkick.
20. Step left, bring right leg up with knee bend, drop head back, arms down at side, wrists flexed. Hesitate.
21. 3 prance steps in place, feet together.
22. Chasse, tour jete to sit back.
23. Roll back to shoulder stand, arms overhead, roll forward and bend legs to lifting up on knees.
24. Sideways roll, step forward right. Stand
25. Step right to side on toe, raising right arm overhead (fingers spread) jazz hand
26. Step left to side on toe, raising left arm overhead fingers spread.
27. Step right to side on toe, lower right arm (fingers spread).
28. Step left to side on toe, lower left arm (finger spread).
29. Toe, heel @ with bent arm and double finger snap.
30. Toe, heel left with bent arm and double finger snap.
31. Run right, left, hurdle, roundoff straddle jump, backward roll to stand with right leg in front.
32. lean forward and slide to belly with arms overhead.
33.  $1 \frac{1}{4}$  sideways roll right to end on right side- drop left arm to side, bend top knee. Hold final pose.

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9.5 Value

.5 Bonus/virtuosity

10.0 Total Score

### LEVEL III - FLOOR EXERCISE (WOMEN)

<b>Straddle kick of legs</b>		<b>0.2</b>	gymnast # _____
<b>1/2 roll sideways</b>			
<b>Two Right Cartwheels</b>		<b>1.5</b>	
<i>Lack of continuity</i>	<i>up to 0.5</i>		
<i>cartwheels not vertical</i>	<i>up to .3 ea</i>		
<b>Full Pivot turn</b>		<b>1.0</b>	
<i>Incomplete turn</i>	<i>up to 0.5</i>		
<b>Side Body wave</b>		<b>0.3</b>	
<b>Dance Steps</b>		<b>0.2</b>	
<b>Handstand, forward roll</b>		<b>1.0</b>	
<i>Failure to make vertical</i>	<i>up to 0.5</i>		
<i>Roll uncontrolled</i>	<i>up to 0.3</i>		
<b>Seat Spin</b>		<b>0.3</b>	
<b>Slide Steps</b>		<b>0.3</b>	
<b>Runs, leap, leap, hitchkick</b>		<b>1.5</b>	
<i>lack of continuity</i>	<i>up to 0.3</i>		
<i>lack of split (90 degrees)</i>	<i>up to 0.2 ea</i>		
<b>Chasse, tour jete</b>		<b>0.5</b>	
<i>Incomplete Turn</i>	<i>up to 0.3</i>		
<b>Shoulder stand</b>		<b>0.2</b>	gymnast # _____
<b>Round off, straddle jump, backward roll</b>		<b>2.0</b>	
<i>legs failing to pass through vertical up to 0.3</i>	<i>up to 0.3</i>		
<i>legs coming together late</i>	<i>up to 0.2</i>		
<i>lack of repulsion from hands</i>	<i>up to 0.2</i>		
<i>lack of continuity</i>	<i>up to 0.3</i>		
<i>lack of amplitude on jump</i>	<i>up to 0.2</i>		
<b>1 1/4 sideways roll</b>		<b>0.5</b>	
<b>Bonus/Virtuosity</b>		<b>0.5</b>	

<b>TOTAL SCORE</b>		<b>10.0</b>
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**General faults will be applied to all skills.**

Small	0.1
Medium	0.2
Large	0.3
Falls	0.5

**Neutral deductions for Coaching:**

Physical assistance	0.5 each time
Verbal assistance	0.3 each time
Signals	0.2 each time

These have a four point maximum.  
All other neutral deductions are the same as Fig.

MEN'S LEVEL I  
ARTISTIC  
FLOOR EXERCISE  
POMMEL HORSE  
STILL RINGS  
VAULT  
PARALLEL BARS  
HORIZONTAL BAR

Men's Floor Exercise- Level 1 (Beginner)

Value	Skill Description
	<u>First Pass (A-B)</u>
0.3	1. Start in a corner facing the diagonal- take three or four running steps to an <u>assemble hurdle</u> (one foot take off, two foot landing), stretch.
1.5	2. Perform a <u>forward tuck roll</u> finishing in a stretched standing position.
1.5	3. Lower arms side outward, abduct one leg 30-45 degrees and perform a <u>modified side scale</u> (hold two seconds.). Return to stretched stand.
0.5	4. Squat down with hands in proper position for a backward roll, <u>roll backward</u> to a momentary <u>candle position</u> then roll forward and...
1.0	5. Assume a " <u>V</u> " <u>sit</u> position with support of the hands. Hold two seconds.
0.5	6. Slowly lower body to a back layout position with arms stretched overhead and perform a <u>1 and 1/2 stretched sideways roll</u> (log roll) to stomach.
	<u>Second pass (B-C)</u>
0.2	7. Push up through a <u>knee stand</u> to a <u>standing stretched</u> position.
1.0	8. Perform a <u>tuck jump</u> .
1.0	9. Perform a <u>straddle jump</u> .
0.5	10. Take two forward chasse landing the second chasse <i><b><u>in a lunge</u></b></i>
1.0	11. Perform a 'teeter totter' (1 leg up handstand) landing back in a lunge.
<u>0.5</u>	<u>12.</u> Bring back leg up to front leg and assume a final standing stretched position.
9.5	Value
<u>.5</u>	Bonus points (virtuosity)
10.0	

## Level 1 Floor Exercise

X Indicates that a change(s) was made in that row from the '03 rules. Changes in *italics*.

		<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deductions</b>
	1	Assemble hurdle	0.3		
	2	Forward tuck roll	1.5	Failure to roll straight Use of hands to stand	Up to 0.3 0.3
	3	Modified side scale	1.5	Lack of amp 30-45 Lack of one sec hold No hold	Up to 0.5 0.5 1.0
	4	Roll backward to candle position	0.5	Wrong hand placement Lack of amplitude	Up to 0.3 Up to 0.3
	5	“V” sit	1.0	Insufficient pike of legs Lack of 1 sec hold No hold	Up to 0.5 0.5 1.0
X	6	<i>One and a half</i> stretched sideways roll	0.5	Lack of continuity	Up to 0.5
	7	Knee stand to standing stretched	0.2		
	8	Tuck jump	1.0	Lack of tuck Insufficient height	Up to 0.3 Up to 0.3
	9	Straddle jump	1.0	Lack of straddle Insufficient height	Up to 0.3 Up to 0.3
X	10	<i>2 forward chasses to lung</i>	0.5	Lack of continuity	Up to 0.3
X	11	<i>Teeter Totter to lunge</i>	1.0	Lack of continuity Leg not to handstand	Up to 0.3 Up to 0.5
	12	Final standing stretch position	0.5		
		Bonus/Virtuosity	0.5		
		<b>Total Score</b>	<b>10.0</b>		
General faults will be applied to all skills.          Neutral Deductions for Coaching					
Small	0.1	Physical Assistance	0.5	These have a four point maximum	
Medium	0.2	Verbal Assistance	0.3	All other neutral deductions are the same as FIG	
Large	0.3	Signals	0.2		
Falls	0.5				

Men's Pommel Horse- Level I (Beginner)

Value	Skill Description
1.0	1. From a stand with one hand on each pommel, jump to a <u>straight arm front support</u> .
1.0	2. <i>Shift weight to left and momentarily lift right hand off pommel (with legs together)</i>
1.0	3. <i>Shift weight to right and momentarily lift left hand off pommel (with legs together):</i>
2.0	4. <i>Initiate two support swings in straddle position starting with the right leg.</i>
1.0	5. Perform a <u>right single leg cut backward</u> (ending in stride support) into a:
1.0	6. <u>Left single leg cut forward</u> (ending in rear support).
0.5	7. <u>Hold rear support position (2 seconds)</u>
1.0	8. <i>Lift knees to <u>tuck support</u> position.</i>
1.0	9. <i>Push off horse with hands and extend legs toward ground. Assume a stretched stand.</i>

9.5 Value  
 0.5 Bonus points (virtuosity)

---

10.0

## Level 1 Pommel Horse

X Indicates that a change(s) was made in that row from the '03 rules. Changes in *italics*.

		<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deductions</b>
X	1	Straight arm front support	1.0	<i>Lack stretched position</i>	<i>Up to 0.3</i>
X	2	<i>Shift weight, lift right hand</i>	1.0	<i>Lack of rhythm and control</i>	<i>Up to 0.3</i>
X	3	<i>Shift weight, lift left hand</i>	1.0	<i>Lack of rhythm and control</i>	<i>Up to 0.3</i>
X	4	Two <i>full</i> straddle swings	2.0	Lack of continuity	Up to 1.0
X				<i>Legs coming together</i>	<i>0.3 each time</i>
	5	Right single leg cut forward	1.0	Lack of amplitude	Up to 0.3
X				<i>Touch or stop during cut</i>	<i>Up to 0.5</i>
	6	Left single leg cut forward	1.0	Lack of amplitude	Up to 0.3
X				<i>Touch or stop during cut</i>	<i>Up to 0.5</i>
X	7	<i>Hold rear support 2 seconds</i>	0.5	<i>Lack stretched position</i>	<i>Up to 0.3</i>
X				<i>Lack 1 second hold</i>	<i>0.3</i>
X				<i>No hold</i>	<i>0.5</i>
X	8	<i>Tuck support</i>	1.0	<i>Insufficient tuck</i>	<i>Up to 0.3</i>
X	9	<i>Push off to stretched stand</i>	1.0	Lack of control	<i>Up to 0.3</i>
		Bonus/Virtuosity	0.5		
		<b>Total Score</b>	<b>10.0</b>		
General faults will be applied to all skills.      Neutral Deductions for Coaching					
Small	0.1	Physical Assistance	0.5	These have a four point maximum	
Medium	0.2	Verbal Assistance	0.3	All other neutral deductions are the same as FIG	
Large	0.3	Signals	0.2		
Falls	0.5				

## Men's Still Rings - Level I (Beginner)

Value	Skill Description
.5	1. Jump to a <u>long hang</u> with momentary hold.
2.0	2. Flex arms, hips and knees and assume a <u>tucked pull-up position</u> (chin-up). Hold two seconds.
1.5	3. Extend arms slowly and lower to a <u>straight arm tuck hang</u> .
2.0	4. Extend legs and <u>swing backward, forward, backward, and forward</u> to:
1.0	5. An <u>inverted tuck hang</u> . Hold two seconds.
1.0	6. Keep arms extended and slowly lower body forward to a <u>pike L hang position</u> . Hold two seconds.
1.0	7. Legs lower to a stretched hang
.5	8. <u>Release and drop to a stand</u> . Assume a final stretch position.

---

9.5 Value

.5 Bonus points (virtuosity)

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10.0

**Special Spotting Requirement:** In order for the gymnast to be scored, the coach must spot. The coach must be within arms reach of where the gymnast mounts the rings and remain that distance throughout the entire routine.

## Level 1 Still Rings

X Indicates that a change(s) was made in that row from the '03 rules. Changes in *italics*.

		<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deductions</b>
	1	Jump to long hang	0.5		
X	2	Tucked pull-up <i>hold 2 seconds</i>	2.0	Lack of tuck <i>Chin not at ring height</i> Lack of 1 second hold No hold	Up to 0.3 <i>Up to 0.5</i> 0.5 1.0
	3	Straight arm tucked hang	1.5	Lack of tuck Lack of continuity	Up to 0.3 Up to 0.3
X	4	<i>2 full swings</i>	2.0	Lack of amplitude Lack of continuity	Up to 0.3 each Up to 0.3
X	5	Inverted <i>tucked</i> hand hold 2 seconds	1.0	Lack of tuck Lack of 1 second hold No hold	Up to 0.3 0.5 1.0
X	6	<i>Slowly lover to pike L hand hold 2 seconds</i>	1.0	<i>Lack of rhythm</i>	<i>Up to 0.3</i>
X				<i>Legs not horizontal</i>	<i>Up to 0.5</i>
X				<i>Lack of 1 second hold</i>	0.5
X				<i>No hold</i>	1.0
X	7	Lower stretched hang <i>momentary hold</i>	1.0	<i>Lack momentary hold</i>	0.2
	8	Release and drop to stand	0.5		
		Bonus/Virtuosity	0.5		
		<b>Total Score</b>	10.0		

General faults will be applied to all skills. Neutral Deductions for Coaching

x

Small	0.1		Physical assistance	0.5	These have a four point maximum
Medium	0.2	x	Verbal assistance	0.3	All other neutral deductions are the same as FIG
Large	0.3		Signals	0.2	
Falls	0.5				

## Men's Vaulting - Level I (Beginner)

Value Skill Description

Vault #1- Tuck jump from board

- |                |    |  |
|----------------|----|--|
|                | 1. | Stand at attention no more than 10m (33') from the board.                                |
| .3             | 2. | Run forward down the runway.   |
| .7             | 3. | Hurdle from the runway to the board, landing with feet together and knees slightly bent. |
| 1.0 (height)   | 4. | Rebound off the board, reaching in the air with the arms as the                          |
| 1.5 (tuck)     |    | knees lift toward a momentary tuck position.   |
| 1.0 (distance) | 5. | Open the body and land on the mat, bending the knees slightly on impact.                 |
| .5             | 6. | Straighten the body and raise the arms overhead without taking steps.                    |

---

5.0 Value

Vault #2 - Straddle jump from board

- |                |    |   |
|----------------|----|---|
|                | 1. | Stand at attention no more than 10m (33') from the board.   |
| .3             | 2. | Run forward down the runway.  |
| .7             | 3. | Hurdle from the runway to the board, landing with feet together and knees slightly bent.                                    |
| 1.0 (height)   | 4. | Rebound off the board, reaching in the air with the arms.   |
| 1.5 (position) |    | Keep the hips straight and straddle the legs in the air. ( a pike straddle receives bonus if reaches horizontal to ground). |
| 1.0 (distance) | 5. | Close the legs and land on the mat by bending the knees slightly on impact.   |
| .5             | 6. | Straighten the body and raise the arms overhead without taking any steps.   |

---

5.0 Value

All levels: one balk allowed if do not touch board/horse.

Note: the two vault scores are added together for a possible score of 10.0.

LEVEL 1 – VAULTING (MEN/WOMEN)											
Vault # 1 Tuck Jump Board				Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #
Element	Value	Faults	Deduction								
Run and hurdle	2.0	Alternate foot takeoff	up to 0.5								
Height in air	2.0	Less than 1 3/4' Less than 1'	up to 0.5 up to 1.0								
Body position in flight	3.0	Lack of tuck	up to 1.0								
Distance of flight	2.0	Less than 3' Less than 1'	up to 0.5 1.0								
Landing	1.0	Each step Fall	0.1 0.5								
Total Score #1	10.0										
Vault #2 Straddle Jump From Board				Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #
Element	Value	Faults	Deduction								
Run and hurdle	2.0	Alternate foot takeoff	up to 0.5								
Height in air	2.0	Less than 1 3/4' Less than 1'	up to 0.5 up to 1.0								
Body position in flight	3.0	Lack of straddle: Piked straddle =bonus of up to 1.0	up to 1.0								
Distance of flight	2.0	Less than 3' Less than 1'	up to 0.5 1.0								
Landing	1.0	Each step Fall	0.1 0.5								
Total Score #2	10.0										
Best Vault counts	10.0										
<b>*Out of order – 0.5 off total score</b>											
<b>General Faults will be applied to all skills. Neutral Deduction for Coaching</b>											
Small	0.1	Physical assistance	0.5 ea time	These have a four point maximum (4.0)							
Medium	0.2	Verbal assistance	0.3 ea time	All other neutral deductions are the same as FIG							
Large	0.3	Signals	0.2 ea time								
Falls	0.5										

## Men's Parallel Bars Level I (Beginner)

Value	Skill Description
0.5	1. From stand at end of bars, jump to <u>straight arm support</u> .
1.0	2. <u>Hand walks</u> (3-6 penguin walks) to middle of bars, with legs extended down.
2.0	3. <u>Swings</u> back, forward, back, and forward to straddle sit.
1.0	4. <u>Straddle seat travel</u> to end in a rear straddle support position. Extend position.
2.0	5. Lift legs to <u>tuck support</u> with knees and feet together. (2 second hold)
2.0	6. Extend legs forward to <u>swings</u> – back, forward, back, forward to sit on one rail.
1.0	7. Change hand to undergrip, and jump ½ turn dismount.

---

9.5 Value

0.5 Bonus points (virtuosity)

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10.0

Note: the height of the bars should be adjusted so that the gymnast can easily jump to a straight arm support position.

## Level 1 Parallel Bars

X Indicates that a change(s) was made in that row from the '03 rules. Changes in *italics*.

		<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deductions</b>
X	1	Straight arm support	0.5	<i>Lack of body alignment</i>	<i>Up to 0.2</i>
X	2	<i>Hand walks</i>	<i>1.0</i>	<i>Lack of continuity throughout</i>	<i>Up to 0.5</i>
X	3	<i>2 full swings</i>	<i>2.0</i>	<i>Lack of amplitude</i>	<i>Up to 0.3 each</i>
X				<i>Lack of continuity</i>	<i>Up to 0.3 each</i>
	4	Straddle seat travel	1.0	Lack of amplitude Pike in support	Up to 0.3 Up to 0.3
X	5	Tuck support <i>hold 2 seconds</i>	2.0	Lack of tuck Lack of 1 second hold No hold	Up 0.3 0.5 1.0
X	6	<i>2 full swings</i>	<i>2.0</i>	Lack of amplitude Lack of continuity	Up to 0.3 each Up to 0.3 each
X	7	<i>Grip change, ½ turn rear vault dismount</i>	<i>1.0</i>	Lack of amplitude Body not straight Lack of turn	Up to 0.3 each Up to 0.3 each Up to 0.3 each
		Bonus/Virtuosity	0.5		
		<b>Total Score</b>	<b>10.0</b>		

General faults will be applied to all skills. Neutral Deductions for Coaching

x

Small	0.1	Physical assistance	0.5
Medium	0.2	Verbal assistance	0.3
Large	0.3	Signals	0.2
Falls	0.5		

These have a four point maximum

All other neutral deductions are the same as FIG

## Men's Horizontal Bar - Level I (Beginner)

Value		Skill Description
0.5	1.	Jump to Hang
2.0	2.	1 full swing
2.0	3.	Swing forward with ½ turn, change right hand
1.5	4.	Swing Forward
1.0	5.	Back swing, change left hand
2.0	6.	1 full swing
0.5	7.	Release to stand

---

9.5 Value

.5 Bonus points (virtuosity)

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10.0

Note: The bar should be adjusted to be chest height for the gymnast. Additional mats may also be utilized to reach the proper setting.

Note: A coach must be in a position to spot this routine and must remain in that position for the entire performance.

## Level 1 Horizontal Bar

X Indicates that a change(s) was made in that row from the '03 rules. Changes in *italics*.

		<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deductions</b>
X	1	<i>Jump to hang</i>	0.5	<i>Excessive body adjustments</i>	0.1
X	2	<i>1 full swing</i>	2.0	<i>Lack of amplitude</i>	<i>Up to 0.3</i>
X				<i>Lack of continuity</i>	<i>Up to 0.3</i>
X	3	<i>Swing fwd. w/½ turn, change right hand</i>	2.0	<i>Lack of amplitude</i>	<i>Up to 0.3</i>
X				<i>Lack of continuity</i>	<i>Up to 0.3</i>
X				<i>Swing not aligned</i>	<i>Up to 0.3</i>
X	4	<i>Swing forward</i>	1.5	<i>Lack of amplitude</i>	<i>Up to 0.3</i>
X	5	<i>Back swing, change left hand</i>	1.0	<i>Lack of amplitude</i>	<i>Up to 0.3</i>
X				<i>Lack of continuity</i>	<i>Up to 0.3</i>
X				<i>Swing not aligned</i>	<i>Up to 0.3</i>
X	6	<i>1 full swing</i>	2.0	<i>Lack of amplitude</i>	<i>Up to 0.3</i>
X				<i>Lack of continuity</i>	<i>Up to 0.3</i>
X	7	<i>Release to stand</i>	0.5	<i>Lack of control</i>	<i>Up to 0.3</i>
		Bonus/Virtuosity	0.5		
		<b>Total Score</b>	10.0		

Coaches MUST be in required spotting position for entire routine.

General faults will be applied to all skills. Neutral Deductions for Coaching

x

Small	0.1		Physical assistance	0.5	These have a four point maximum
Medium	0.2	x	Verbal assistance	0.3	All other neutral deductions are the same as FIG
Large	0.3		Signals	0.2	
Falls	0.5				

**MEN'S LEVEL II**  
**ARTISTIC**  
**FLOOR EXERCISE**  
**POMMEL HORSE**  
**STILL RINGS**  
**VAULT**  
**PARALLEL BARS**  
**HORIZONTAL BARS**

Men's Floor Exercise - Level II (Intermediate)

Value	Skill Description
<u>First Pass (A-B)</u>	
1.2	1. Start in a corner, facing the diagonal, at attention. Step to a <u>lunge</u> then lift the back leg off the floor and assume a <u>front scale position</u> (arms side outward and back leg at least 45 degrees towards horizontal). Hold two seconds. Return to attention position.
1.2	2. Take three or four running steps and a <u>step hop (hurdle)</u> to a <u>cartwheel</u> with a sideward landing (in a straddle position with no turn in or out). Hold straddle stand momentarily, then:
1.0	3. Turn out 90 degrees to a lunge position and perform a <u>forward roll</u> to a standing stretch position.
2.0	4. Step through a lunge and kick towards the <u>handstand</u> position (feet should come together above waist height). Note: a vertical momentary handstand position could show virtuosity. <u>Tuck down</u> to a squat position and:
1.2	5. Perform a <u>backward roll</u> from a squat ending in a <u>pike straddle stand</u> with arms side outward. Hold momentarily.
1.0	6. Place hands on the floor and perform a <u>straddle forward roll</u> , bringing legs together and finishing in a knee lunge. Hold momentarily, then stand.
0.5	7. Execute a <u>vertical jump with a 135 degree turn</u> (right or left) to face a corner.
<u>Second Pass (B-C)</u>	
1.2	8. Take three or four running steps to a step hop ( <u>hurdle</u> ) <u>cartwheel 1/4 turn inward to a lunge</u> . Hold momentarily then...
0.2	9. Bring back foot forward to join the front and perform an immediate <u>jump/punch 1/2 turn</u> . Stick and assume a final attention position.
<hr/>	
9.5	Value
.5	Bonus points (virtuosity)
<hr/>	
10.0	

## Level 2 Floor Exercise

X Indicates that a change(s) was made in that row from the '03 rules. Changes in *italics*.

		<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deductions</b>
X	1	<i>Lunge, front scale hold 2 seconds</i>	1.2	Lack of amplitude – 45 degrees Lack of 1 second hold No hold	Up to 0.3 0.5 1.0
X	2	<i>3-4 steps, hurdle, cartwheel</i>	1.2	Lack of continuity Insufficient split of legs Piked or arched	Up to 0.3 Up to 0.2 Up to 0.2
X	3	Turn fwd. roll to stand	1.0	<i>Turn too far or too short</i> Roll not straight Use of hands to stand	<i>Up to 0.3</i> Up to 0.3 0.3
X	4	Lunge, kick towards handstand, tuck down	2.0	Body not straight Lack of amplitude <i>Insufficient tuck</i>	Up to 0.3 Up to 0.3 <i>Up to 0.3</i>
	5	Backward roll to pike straddle stand	1.2	Lack of continuity Failure to lift hips/straddle	Up to 0.3 Up to 0.3
	6	Straddle forward roll to knee lunge	1.0	Roll not straight Lack of continuity	Up to 0.3 Up to 0.3
X	7	Vertical jump with 135 degree turn	0.5	<i>Turn too far or too short</i>	Up to 0.3
	8	3-4 steps, hurdle cartwheel ¼ turn to lunge	1.2	Lack of continuity Insufficient split of legs Piked or arched	Up to 0.3 Up to 0.2 Up to 0.2
X	9	Jump/punch ½ turn to final stand	0.2	<i>Turn too far or too short</i> <i>Jump lacks amplitude</i>	<i>Up to 0.3</i> <i>Up to 0.3</i>
		Bonus/Virtuosity	0.5		
		<b>Total Score</b>	10.0		

General faults will be applied to all skills. Neutral Deductions for Coaching

x

Small 0.1

Medium 0.2

Large 0.3

Falls 0.5

Physical assistance

Verbal assistance 0.3

Signals

0.5

0.2

These have a four point maximum

All other neutral deductions are the same as FIG

## Men's Pommel Horse - Level II (Intermediate)

Value	Skill Description
.5	1. From a stand with the left hand on the right pommel in a clockwise overgrip position and the right hand on the end of the horse, <u>jump to a straight arm front support.</u>
1.5	2. Swing left leg around left arm while simultaneously pushing off with the right hand to turn the body 180 degrees clockwise ending in a right stride support with one hand on each pommel ( <u>single leg back stock in</u> ).
1.0	3. <u>Right single leg cut backward</u> to front support.
2.0	4. <u>Right single leg cut forward (swing), immediate right single leg cut backward.</u>
2.0	5. <u>Left single leg cut forward (swing), immediate left single leg cut backward.</u>
1.0	6. <u>Right single leg cut forward</u>
1.5	7. <u>Left single leg flank dismount with a 1/4 turn right</u> (clockwise). Note: the gymnast's right hand may remain on the pommel until the landing is completed.
<hr/>	
9.5	Value
.5	Bonus points (virtuosity)
<hr/>	
10.0	

## Level 2 Pommel Horse

X Indicates that a change(s) was made in that row from the '03 rules. Changes in *italics*.

		<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deductions</b>
X	1	Jump to straight arm support	0.5	<i>Lack stretch position</i>	<i>Up to 0.3</i>
X	2	Single leg back Stockli in	1.5	Extra hand placement <i>Touch or stop during turn</i>	0.3 each <i>Up to 0.5</i>
X X	3	<i>Right leg cut backward</i>	1.0	Lack of amplitude <i>Touch or stop during cut</i>	0.3 each <i>Up to 0.5</i>
X X	4	<i>Right leg cut forward and backward</i>	2.0	Lack of amplitude <i>Touch or stop during cuts</i> Lack of <i>rhythm</i>	Up to 0.3 <i>Up to 0.5 each</i> Up to 0.3
X X	5	<i>Left leg cut forward and backward</i>	2.0	Lack of amplitude <i>Touch or stop during cuts</i> Lack of <i>rhythm</i>	Up to 0.3 <i>Up to 0.5 each</i> Up to 0.3
X	6	Right leg cut forward	1.0	Lack of amplitude <i>Touch or stop during cut</i>	0.3 each <i>Up to 0.5</i>
	7	Left leg flank dismount with ¼ turn right	1.5	Extra hand placement Lack of turn Failure to join legs	0.3 Up to 0.5 Up to 0.3
		Bonus/Virtuosity	0.5		
		<b>Total Score</b>	10.0		

General faults will be applied to all skills. Neutral Deductions for Coaching

x

Small 0.1

Medium 0.2

Large 0.3

Falls 0.5

Physical assistance

Verbal assistance 0.3

Signals

0.5

0.2

These have a four point maximum

All other neutral deductions are the same as FIG

## Men's Still Rings- Level II (Intermediate)

Value	Skill description
2.0	1. <u>Jump to a long hang</u> with momentary hold: flex arms and assume a <u>pull up</u> (chin up) position. Hold two seconds.
2.0	2. <u>Roll backward</u> , extending arms slowly, and assume an <u>inverted straight body hang</u> . Hold two seconds. Note: 0.5 bonus points awarded if skill is done with straight legs.
0.5	3. Lower to an <u>inverted pike position</u> (legs parallel to the floor). Hold momentarily, then:
2.0	4. Open and lower to pike L-hang (2 second hold). Cast to:
1.5	5. <u>Swings</u> : backward, forward, backward, and forward to:
1.5	6. A <u>back tuck flyaway dismount</u> .
<hr/>	
9.5	Value
.5	Bonus points (virtuosity)
<hr/>	
10.0	

Special Spotting Requirement: In order for the gymnast to be scored, the coach must spot. The coach must be within arm's reach of where the gymnast mounts the rings and remain that distance throughout the entire routine.

## Level 2 Still Rings

X Indicates that a change(s) was made in that row from the '03 rules. Changes in *italics*.

		<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deductions</b>
X	1	Jump to long hang, <i>pull up, hold 2 seconds</i>	2.0	Lack of amplitude Lack of 1 second hold No hold	Up to 0.5 0.5 1.0
X X	2	Roll backward to inverted straight body Han, <i>hold 2 seconds</i> BONUS – straight legs = + 0.5	2.0	Lack of continuity Body not stretched Lack of 1 second hold No hold	Up to 0.3 Up to 0.3 0.5 1.0
X	3	Inverted pike momentary hold	0.5	Not momentary hold Legs not horizontal	Up to 0.3 <i>Up to 0.5</i>
X X X	4	<i>Lower to pike L hand 2 seconds hold, cast</i>	2.0	<i>Legs not horizontal</i> <i>Lack of 1 second hold</i> <i>No hold</i>	<i>Up to 0.3</i> <i>0.5</i> <i>1.0</i>
X X	5	<i>Two full swings</i>	1.5	Lack of amplitude Lack of continuity	Up to 0.3 <i>each</i> Up to 0.3 <i>each</i>
	6	Back tuck flyaway dismount	1.5	Late release of hands Lack of amplitude Lack of stretch	0.5 Up to 0.3 Up to 0.3
		Bonus/Virtuosity	0.5		
		<b>Total Score</b>	10.0		

Coached MUST be in proper spotting position for the entire routine.

General faults will be applied to all skills. Neutral Deductions for Coaching

x

Small	0.1	Physical assistance	0.5	These have a four point maximum
Medium	0.2	Verbal assistance	0.3	All other neutral deductions are the same as FIG
Large	0.3	Signals	0.2	
Falls	0.5			

## LEVEL II VAULTING- MALE AND FEMALE

Note: within the next 8 years, many gyms may remove their “traditional” Horses and only have a vaulting table, so...

*Using either horse or table, the gymnast may choose to perform 2 vaults, which may be the same or different. The best of the two tries counts.*

*All levels- one balk allowed if the gymnast does not touch the board/horse.*

Vault #1- (uses the Horse) Squat on, Jump off

1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the horse, tuck the body and land in a momentary squat position on the horse with feet between hands.
6. Jump off the horse, reaching arms in air and extending body to stretch.
7. Land on the mat by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

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10.0 Value

Vault # 2- (uses the Horse) Straddle on, Jump off

1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the horse, pike the hips and straddle the legs and land on top of the horse in a straddle position with feet outside the hands.
6. Jump off the horse, bringing feet together in the air, reaching arms in air and extending body to stretch.
7. Land on the mat by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

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10.0 Value

*Vault #3- (uses the Table) Squat on, steps, Jump off*

- 1. Stand at attention at the end of the runway.*
- 2. Run forward down the runway.*
- 3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.*
- 4. Rebound off the board, reaching in the air with the arms.*
- 5. Place hands on top of the table, tuck the body and land in a momentary squat position on the table with feet between hands.*
- 6. Take two steps to end of table.*
- 7. Jump off the table, reaching arms in air and extending body to stretch.*
- 8. Land on the mat by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.*

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*10.0 Value*

*Note: The coach must be in a position to spot the gymnast.*

**LEVEL 2 - VAULTING (MEN/WOMEN)**

<b>Vault #1 Squat on Jump Off</b>				Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #
Element	Value	Faults	Deduction								
Rebound and Flight	1.0	Alternate foot takeoff Insufficient flight	up to 0.5 up to 0.5								
Body position on horse	1.0	Lack of straddle Use of one arm/hand Landing on knees	up to 0.5 up to 1.0 0.5								
Off flight	2.5	Lack of height 0.3m(1')	up to 0.5								
		Lack of distance 0.9-1.05m (3-3.5')	up to 1.0								
		Body Position	up to 1.0								
Landing	0.5	Each step Fall	0.1 0.5								
Total Score#1	5.0										
<b>Vault #2 Straddle on Jump off</b>				Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #
Element	Value	Faults	Deduction								
Rebound and Flight	1.0	Alternate foot takeoff Insufficient flight	up to 0.5 up to 0.5								
Body position on horse	1.0	Lack of straddle Use of one arm/hand Landing on knees	up to 0.5 up to 1.0 0.5								
Off flight	2.5	Lack of height 0.3m(1')	up to 0.5								
		Lack of distance 0.9-1.05m (3-3.5')	up to 1.0								
		Body Position	up to 1.0								
Landing	0.5	Each step Fall	0.1 0.5								
Total Score#2	5.0										
<b>Total Score #1 &amp; 2</b>	<b>10.0</b>										
<b>*Out of order - 0.5 off total score</b>											
<b>General Faults will be applied to all skills. Neutral Deduction for Coaching</b>											
Small	0.1	Physical assistance	0.5 ea time	These have a four point maximum (4.0)							
Medium	0.2	Verbal assistance	0.3 ea time	All other neutral deductions are the same as FIG							
Large	0.3	Signals	0.2 ea time								
Falls	0.5										

Men's Parallel Bars - Level II (Intermediate)

Value	Skill Description
2.0	1. From a standing position at the end of the bars, or from a running start; <u>jump to an upper arm support position, swing forward and execute a front uprise to a rear straddle support (sit) position.</u>
1.0	2. Place hands well in front of hips, bring legs together, swing forward and perform a large <u>straddle travel to a rear straddle support position.</u>
2.0	3. Bring legs together to an " <u>L hold</u> " (two seconds). Then...
0.5	4. <u>Swing</u> legs backward, forward and at the end of the second backward swing.
2.0	5. Perform a reverse scissors to end in a rear straddle support position (skill is also known as a <u>reverse "baby stutz"</u> ).
0.5	6. Bring legs together, <u>swings</u> : backward, forward, and at the end of the second backward swing.
1.5	7. Execute a <u>front vault dismount</u> in a <u>tuck</u> position.
9.5	Value
.5	Bonus points (virtuosity)
<hr/>	
10.0	

Note: The height of the bars should be adjusted so as to allow the gymnast to swing freely in an upper arm support position.

## Level 2 Parallel Bars

X Indicates that a change(s) was made in that row from the '03 rules. Changes in *italics*.

		<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deductions</b>
	1	Front uprise to a rear straddle support	2.0	Lack of amplitude Lack of continuity Pike in support	Up to 0.3 Up to 0.3 Up to 0.3
	2	Straddle travel	1.0	Lack of amplitude Pike in support	Up to 0.3 Up to 0.3
X	3	L hold 2 <i>secs</i>	2.0	Legs not horizontal Lack of one second hold No hold	Up to 0.5 0.5 1.0
X	4	<i>One and a half swings</i>	0.5	Lack of amplitude Lack of continuity	Up to 0.3 each Up to 0.3 each
	5	Reverse "Baby Stutz" to rear straddle	2.0	Turn not before leg hits Lack of continuity Lack of amplitude	Up to 0.3 Up to 0.3 Up to 0.3
X	6	<i>One and a half swings</i>	0.5	Lack of amplitude Lack of continuity	Up to 0.3 each Up to 0.3 each
X	7	Front vault dismount <i>tuck</i>	1.5	Lack of amplitude Lack of tuck Lack of continuity	Up to 0.3 Up to 0.3 Up to 0.3
		Bonus/Virtuosity	0.5		
		<b>Total Score</b>	10.0		

General faults will be applied to all skills. Neutral Deductions for Coaching

x

Small 0.1

Medium 0.2

Large 0.3

Falls 0.5

Physical assistance 0.5

Verbal assistance 0.3

Signals 0.2

These have a four point maximum

All other neutral deductions are the same as FIG

## Men's Horizontal Bar - Level II (Intermediate)

Value	Skill Description
2.0	1. Jump to a long hang with an overgrip hand position and perform a <u>back hip pullover to front support</u> . Note: the gymnast may initiate the hip pullover as soon as he grasps the bar. He does not have to show a long hang with straight arms prior to starting the hip pullover action.
1.0	2. Perform a <u>single leg cut</u> (right or left) ending in a stride support.
2.0	3. Push hips backward, hook front knee on the bar and swing backward and downward, then forward and upward to return to a stride support ( <u>single knee upswing</u> , also known as a hock swing).
0.5	4. <u>Single leg cut backward</u> to a front support position.
2.0	5. <u>Cast to a back hip circle</u> , to an immediate:
1.0	6. <u>Underswing forward</u> , then swing backward and:
1.0	7. At the END/TOP of the back ward swing, <u>release to a stand</u> .
9.5	Value
.5	Bonus points (virtuosity)
<hr/>	
10.0	

Note: The bar must be set high enough to allow for long hang swings.

**Special Spotting Requirement:** In order for the gymnast to be scored, the coach must spot the entire routine. The coach must be within arm's reach of the upright for spotting in bar skills and should move forward or backward for swinging skills, based on the skill.

## Level 2 Horizontal Bar

X Indicates that a change(s) was made in that row from the '03 rules. Changes in *italics*.

		<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deductions</b>
	1	Back hip pullover	2.0	Excessive pike Bent arms in support	Up to 0.3 Up to 0.3
X	2	Single leg cut	1.0	Lack of continuity Sitting in stride position <i>Touch or stop during cut</i>	Up to 0.3 Up to 0.5 <i>Up to 0.5</i>
X	3	Single knee upswing to stride position	2.0	Lack of amplitude Extra swing	Up to 0.3 <i>0.5 each</i>
X	4	Single leg cut backward	0.5	Lack of continuity Bent arms in support <i>Touch or stop during cut</i>	Up to 0.3 Up to 0.3 <i>Up to 0.5</i>
	5	Cast to back hip circle	2.0	Insufficient cast Excessive pike Lack of continuity	Up to 0.3 Up to 0.3 Up to 0.3
X	6	Underswing forward, <i>then swing backward</i>	1.0	Hips drop too quickly Lack of amplitude/swings	Up to 0.5 Up to 0.3 each
X	7	<i>End of back swing</i> release to stand	1.0	Failure to stretch Lack of control	Up to 0.3 Up to 0.3
		Bonus/Virtuosity	0.5		
		<b>Total Score</b>	<b>10.0</b>		

Coaches **MUST** be in required spotting position for entire routine.

General faults will be applied to all skills. Neutral Deductions for Coaching

x

Small	0.1	Physical assistance	0.5	These have a four point maximum
Medium	0.2	Verbal assistance	0.3	All other neutral deductions are the same as FIG
Large	0.3	Signals	0.2	
Falls	0.5			

MEN'S LEVEL III  
ARTISTIC  
FLOOR EXERCISE  
POMMEL HORSE  
STILL RINGS  
VAULT  
PARALLEL BARS  
HORIZONTAL BAR

Men's Floor Exercise - Level III (Advanced)

Value	Skill Description
<u>First pass (A-B)</u>	
1.2	1. Start in corner A facing the diagonal: take two to four running steps and a step hop ( <u>hurdle</u> ) to a <u>cartwheel</u> with a sideward landing followed by a <u>cartwheel 1/4 turn in</u> to a lunge facing corner A. Hold lunge momentarily, then...
.5	2. Turn towards the back leg while pivoting 180 degrees and perform a <u>Swedish fall</u> ending in a bent arm stretched prone position. Bring feet together, then move immediately to a squat position and...
.2	3. Execute a <u>straight jump with 135 degree turn</u> (right or left) to face down a side.

Second pass (B-C)

1.0	4. From a stretch position initiate a <u>piked forward roll</u> (straight legs) to end in a <u>straddle stand</u> with arms to side high oblique. (pike to straddle out)
1.2	5. Kick to a <u>handstand</u> (Straddle press to a handstand = virtuosity) Hold two seconds.
.5	6. Roll out through a <u>knee lunge to a stand</u> (bring legs together).
.2	7. Step to a <u>hitchkick</u> (scissors kick), then step through a lunge and...
1.0	8. Kick to a <u>handstand forward roll</u> , followed by an immediate...
.4	9. <u>Straddle jump</u> , then a <u>straight jump with 135 degree turn</u> to face the diagonal.

Third pass (C-D)

1.0	10. Perform a <u>side scale</u> with arms out to side. Hold two seconds.
1.0	11. Take three and four running steps, <u>hurdle</u> , <u>roundoff</u> , <u>rebound</u> followed by:
1.3	12. Immediate <u>back extension roll</u> through a handstand, (if straight arm to handstand = .1 virtuosity), <u>pike down</u> to a stand and assume a <u>final attention position</u> .

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9.5	Value
.5	Bonus points (Virtuosity)

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10.0

### Level 3 Floor Exercise

X Indicates that a change(s) was made in that row from the '03 rules. Changes in *italics*.

		<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deductions</b>
	1	Hurdle cartwheel Cartwheel ¼ turn in	1.2	Lack of continuity Insufficient split of legs Piked or arched	Up to 0.3 Up to 0.2 ea Up to 0.2 ea
	2	Pivot to Swedish fall	0.5	Incomplete turn body Not straight in fall	Up to 0.3 Up to 0.3
	3	Jump 135 turn	0.2	Incomplete turn	Up to 0.2
	4	Pike forward roll Straddle stand	1.0	Roll not straight Lack of straddle	Up to 0.3 Up to 0.3
X	5	Kick to hand stand hold 2 seconds <i>Straddle press to HS hold 2 seconds = virtuosity</i>	1.2	Jump off feet Body not stretched Lack of 1 second hold No hold	0.2 Up to 0.3 0.5 1.0
	6	Knee lunge to stand	0.5	Lack of continuity Use of hands to stand	Up to 0.3 0.3
	7	Hitch kick	0.2		
	8	Handstand forward roll	1.0	Failure to make vertical Roll uncontrolled	Up to 0.5 Up to 0.3
	9	Straddle jump, straight jump with 135 turn	0.4	Lack of continuity Lack of amplitude	Up to 0.2 Up to 0.2
	10	Side scale	1.0	Lack of amplitude 30 degrees Lack of 1 second hold No hold	Up to 0.3 0.5 1.0
X	11	Hurdle roundoff <i>rebound</i>	1.0	Lack of continuity Legs failing to pass vertical Lack of repulsion from hands Legs coming together late	Up to 0.3 Up to 0.3 Up to 0.2 Up to 0.2
X	12	Back extension roll through HS pike down <i>If straight arm to HS ++ .1 virtuosity</i>	1.3	Lack of continuity Failure to reach vertical Stretch in HS Lack of control pike	Up to 0.3 Up to 0.3 Up to 0.3 Up to 0.3
		Bonus/Virtuosity	0.5		
		<b>Total Score</b>	<b>10.0</b>		

General faults will be applied to all skills. Neutral Deductions for Coaching

x

Small	0.1	Physical assistance	0.5	These have a four point maximum
Medium	0.2	Verbal assistance	0.3	All other neutral deductions are the same as FIG
Large	0.3	Signals	0.2	
Falls	0.5			

Men's Pommel Horse - Level III (Advanced)

Value	Skill Description
.8	1. Place left hand on the right pommel and the right hand on the end of the horse, <u>jump to a 1/2 circle mount</u> (clockwise) to end in a rear support. Immediately, perform a:
.5	2. <u>Right single leg cut backward.</u>
.5	3. <u>Left single leg cut backward.</u>
1.5	4. <u>Right single leg cut forward</u> followed by a <u>single leg uphill travel</u> ending in a front support position with one hand on each pommel.
1.5	5. <u>Right single leg circle.</u>
1.5	6. Cut right leg forward and swing left leg around left pommel then push off the right pommel with the right hand; the right hand then joins the left hand in a double under grip position on the left pommel. As the body continues to swing clockwise, the gymnast releases the left hand to reach for the free pommel and swings the right leg over the horse to a front support. The gymnast has now completed a 180 degree turn and has returned to a front support position with one hand on each pommel. This skill is known as a " <u>Baby</u> " or " <u>Swing</u> " <u>Moore.</u>
.7	7. Immediately do a left single leg cut forward with a 90 degree right (clockwise) turn of the body with the left hand joining the right hand in a double overgrip position on the pommel. Release the right hand and regrab the free pommel while continuing to turn the body another 90 degrees (the gymnast is now in a right stride position in the saddle.) This skill is known as a <u>single leg Swiss.</u>
1.5	8. Swing left leg forward straddling the left pommel- swing right leg back while moving right hand in front of left hand on left pommel. Swing left leg back. Then move left hand to end of horse finishing in front support. ( <u>Single leg downhill travel</u> ).
1.0	9. <u>Right single leg cut forward</u> , then swing left leg forward releasing left hand and perform a <u>single leg flank dismount with a 1/4 turn right.</u> (clockwise).

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9.5 Value

.5 Bonus points (Virtuosity)

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10.0

Note: Video/DVD shows 2 routines, one done from the left and one from the right.

### Level 3 Pommel Horse

X Indicates that a change(s) was made in that row from the '03 rules. Changes in *italics*.

		<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deductions</b>
X	1	Jump half circle mount	0.8	Excessively piked Extra hand placement <i>Touch</i> or stop in rear support	Up to 0.3 0.3 each Up to 0.5
X	2	Right leg cut backward	0.5	<i>Touch</i> or stop in rear support Lack of amplitude	<i>Up to 0.5</i> Up to 0.3
X	3	Left leg cut backward	0.5	<i>Touch</i> or stop in rear support Lack of amplitude	<i>Up to 0.5</i> Up to 0.3
X	4	Right leg cut forward to single leg up hill Travel	1.5	Extra hand placement <i>Touch</i> or stop during cut Lack of continuity Lack of amplitude	0.3 each <i>Up to 0.5</i> Up to 0.3 Up to 0.3
X	5	Right leg circle	1.5	<i>Touch</i> or during stop Lack of amplitude	<i>Up to 0.5</i> Up to 0.3
X	6	“Baby” or “swing” more	1.5	Extra hand placement <i>Touch</i> or stop during cut Lack of continuity Lack of amplitude on swings	0.3 each Up to 0.5 Up to 0.3 Up to 0.3
X	7	Single leg swiss to front support	0.7	Extra hand placement <i>Touch</i> or stop Lack of continuity Lack of amplitude swing/cut	0.3 each <i>Up to 0.5</i> Up to 0.3 Up to 0.3
X	8	Single leg downhill travel	1.5	Extra hand placement <i>Touch</i> or stop during cut Lack of continuity Lack of amplitude	0.3 each <i>Up to 0.5</i> Up to 0.3 Up to 0.3
X	9	Single leg flank dismount with ¾ turn	1.0	Extra hand placement Lack of turn Failure to join legs <i>Touch or stop during cut</i> Lack of continuity Lack of amplitude in cut	0.3 each Up to 0.5 Up to 0.3 <i>Up to 0.5</i> Up to 0.3 Up to 0.3
		Bonus/Virtuosity	0.5		
		<b>Total Score</b>	<b>10.0</b>		

General faults will be applied to all skills. Neutral Deductions for Coaching

Small           0.1  
Medium        0.2  
Large          0.3  
Falls          0.5

Physical assistance   0.5  
Verbal assistance    0.3  
Signals               0.2

These have a four point maximum  
All other neutral deductions are the same as FIG

## Men's Still Rings - Level III (Advanced)

Value	Skill Description
2.0	1. Jump to a long hang and execute a pull-up and press to a straight arm support position ( <u>muscle up</u> ). Note: .5 bonus points awarded if skill is done unassisted.
1.0	2. Flex hips and assume an " <u>L</u> " support position. Hold two seconds.
1.5	3. <u>Slowly roll backward</u> to an <u>inverted pike hang</u> position: hold momentarily then...
1.0	4. Lower to a <u>German hang position</u> , <u>pullout</u> through an inverted pike position, cast to...
.5	5. Swing backward, then forward to an <u>inverted straight body hang</u> position. Hold two seconds.
1.5	6. Flex one knee and lower forward to a <u>stag front lever</u> position. Hold for two seconds, then extend the flexed knee and...
1.0	7. Perform <u>swings</u> : backward, forward, backward, and forward to...
1.0	8. A <u>backward pike flyaway</u> dismount.

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9.5 Value

.5 Bonus points (virtuosity)

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10.0

**Special Spotting Requirement:** In order for the gymnast to be scored, the coach must spot. The coach must be within arm's reach of where the gymnast mounts the rings and remain that distance throughout the entire routine.

## Level 3 Still Rings

X Indicates that a change(s) was made in that row from the '03 rules. Changes in *italics*.

		<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deductions</b>
X	1	Muscle up BONUS – <i>if done unassisted + 0.5</i>	2.0	Uneven push Lack of continuity	Up to 0.5 Up to 0.5
X	2	L support hold <i>2 seconds</i>	1.0	Legs not horizontal Lack of 0.1 second hold No hold	Up to 0.3 0.5 1.0
X	3	Slowly roll backward to inverted pike hang <i>Momentary hold</i>	1.5	Legs not horizontal <i>No momentary hold</i> Lack of continuity	Up to 0.3 <i>0.3</i> Up to 0.3
	4	German hang pullout	1.0	Lack of stretch Stop Lack of continuity	Up to 0.3 0.3 Up to 0.3
X X X	5	<i>One full swing</i> Inverted straight body hang <i>hold 2 seconds</i>	0.5	<i>Lack of amplitude</i> on swing Lack of stretch Lack of <i>1 second hold</i> No hold	<i>Up to 0.3</i> Up to 0.3 <i>0.3</i> 0.5
X	6	Stag front lever <i>hold 2 seconds</i>	1.5	Lack of stretch Lack of <i>1second hold</i> No hold	Up to 0.3 0.5 1.0
X	7	<i>Two full swings</i>	1.0	Lack of amplitude	Up to 0.3
	8	Backward pike flyaway	1.0	Late release of hands Lack of amplitude Tuck position	Up to 0.5 Up to 0.5 1.0
		Bonus/Virtuosity	0.5		
		<b>Total Score</b>	<b>10.0</b>		

Coaches MUST be in proper spotting position for the entire routine.

General faults will be applied to all skills. Neutral Deductions for Coaching

Small 0.1

Medium 0.2

Large 0.3

Falls 0.5

Physical assistance

Verbal assistance 0.3

Signals

0.5

All other neutral deductions are the same as FIG

0.2

These have a four point maximum

### LEVEL III VAULTING- MALE AND FEMALE

Note: within the next 8 years, many gyms may remove their “traditional” horses and only have a vaulting table, so...

*Using either horse or table, the gymnast may choose to perform 2 vaults, which may be the same or different. The best of the two tries counts.*

*All levels- one balk allowed if do not touch board/horse.*

Vault #1-(uses the Horse or Table) Squat Vault

1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the horse or table, tuck the body.
6. Keeping the head and chest up, rebound off the hands as the knees pass over the horse or table without touching it.
7. Lift the arms and stretch the body in the off-flight.
8. Land on the mat by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

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10.0 Value

Vault # 2- (uses the Horse or Table) Straddle Vault

1. Stand at attention at the end of the runway.
2. Run forward down the runway.
3. Hurdle from the runway to the board, landing with feet together and knees slightly bent.
4. Rebound off the board, reaching in the air with the arms.
5. Place hands on top of the horse or table, pike the hips and straddle the legs.
6. Keeping the head and chest up, rebound off the hands as the legs pass over the horse or table in a straddle position without the legs touching it.
7. Lift arms, bring legs together, and stretch body in the off-flight.
8. Land on the mat by bending the knees slightly. Straighten the body and raise the arms overhead without taking any steps.

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10.0 Value

Vault #3- uses a board and a 12” mat. Handstand to Back Lying position.

1. Stand at attention close to, or a short distance from the board.
2. Lunge or hurdle with none or one lead up step, bending and placing both hands (at the same time) onto the top of the board.
3. Kick the legs toward a handstand.
4. As the body passes through an extended handstand position, the gymnast should quickly extend the shoulders, resulting in a lift off the board (gymnast should not stop the handstand).
5. Keeping the body in a tight and extended position, the gymnast lands onto the back of his/her entire body at the same time, onto the 12” (25cm) mat; then holds this extended landed position for 1-2 seconds.
6. the gymnast gets up and shows an attention position. Note: the gymnast should show control, with a minimum of excess movement while getting from the back to the feet.

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10.0 Value

LEVEL 3 - VAULTING (MEN/WOMEN)											
Vault # 1				Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #
Element	Value	Faults	Deduction								
First Flight	3.0	Insufficient height Insufficient flight Leg separation (squat) Body Twisted	up to 0.3 up to 0.5 0.2 0.2								
Support Phase	2.0	Not top of horse Use of one arm/hand Leg Position incorrect	up to 0.3 up to 1.0 0.3								
Second Flight	4.0	Lack of height Lack of body stretch Lack of Distance	up to 1.0 up to 0.3 up to 1.0								
General	0.5	Direction	up to 0.3								
Landing	0.5	Each step Deep Squat or pike^90 Fall	0.1 0.3 0.5								
Total Score#1	10.0										
Vault #2				Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #	Gymn #
Element	Value	Faults	Deduction								
First Flight	3.0	Insufficient height Insufficient flight Leg separation (squat) Body Twisted	up to 0.3 up to 0.5 0.2 0.2								
Support Phase	2.0	Not top of horse Use of one arm/hand Leg Position incorrect	up to 0.3 up to 1.0 0.3								
Second Flight	4.0	Lack of height Lack of body stretch Lack of Distance	up to 1.0 up to 0.3 up to 1.0								
General	0.5	Direction	up to 0.3								
Landing	0.5	Each step Deep Squat or pike^90 Fall	0.1 0.3 0.5								
Total Score#2	10.0										
<b>Best Score</b>	<b>10.0</b>										
<b>General Faults will be applied to all skills. Neutral Deduction for Coaching</b>											
Small	0.1	Physical assistance	0.5 ea time	These have a four point maximum (4.0)							
Medium	0.2	Verbal assistance	0.3 ea time	All other neutral deductions are the same as FIG							
Large	0.3	Signals	0.2 ea time								
Falls	0.5										

## Men's Parallel Bars - Level III (Advanced)

<b>Value</b>	<b>Skill Description</b>
1.5	1. From a standing position at the end of the bars, or from a running start jump well down the bars to an upper arm support, swing forward to an inverted pike position and perform an <u>above bar kip to a rear straddle support</u> position.
1.0	2. Reach forward with both hands and <u>layaway</u> to an upper arm support, bring legs together, swing forward and execute a <u>front uprise</u> to a rear straddle support.
1.0	3. Lift legs off the bars and assume an " <u>L</u> " position. Hold two seconds.
.5	4. Perform <u>swings</u> : backward, forward, and at the end of the second back swing:
1.2	5. Perform a reverse scissors ( <u>reverse baby back stutz</u> ) to a rear straddle support.
1.5	6. Move hands to a position on the bars in front of the hips and <u>press</u> through the straddle position to an <u>upper arm stand</u> (shoulder stand). Hold two seconds.
1.3	7. <u>Roll forward</u> out of the shoulder stand position and perform a <u>modified back uprise</u> to a straight arm support position with one thigh resting on each bar (push up position). Note: .5 bonus points are awarded if the gymnast performs the back uprise without support of his thighs on the bars.
1.5	8. Swing forward, backward and forward to execute a rear vault dismount with a 1/2 turn ( <u>stutz dismount</u> ).
<hr/>	
9.5	Value
.5	Bonus (Virtuosity)
<hr/>	
10.0	

Note: The height of the bars should be adjusted so as to allow the gymnast to swing freely in an upper arm support position.

### Level 3 Parallel Bars

X Indicates that a change(s) was made in that row from the '03 rules. Changes in *italics*.

		<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deductions</b>
	1	Kip to rear straddle support	1.5	Lack of amplitude Lack of continuity Peak in support	Up to 0.3 Up to 0.3 Up to 0.3
	2	Layaway to front uprise	1.0	Lack of amplitude Lack of continuity Peak in support	Up to 0.3 Up to 0.3 Up to 0.3
X	3	L hold <i>2 seconds</i>	1.0	Legs not horizontal Lack of 1 second hold No hold	Up to 0.5 0.5 1.0
X	4	<i>One and a half</i> swings	0.5	Lack of amplitude Lack of continuity	Up to 0.3 each Up to 0.3 each
	5	Reverse "Baby Stutz"	1.2	Turn not before leg hits Lack of continuity Lack of amplitude	Up to 0.3 Up to 0.3 Up to 0.3
X	6	Press to upper arm stand, <i>hold 2 seconds</i>	1.5	Body not vertical Lack of 1 second hold No hold	Up to 1.0 0.5 1.0
	7	Roll forward to modified back uprise	1.3	Excessive pike or roll Lack of amplitude Lack of continuity	Up to 0.5 Up to 0.3 Up to 0.3
	8	<i>One and a half</i> swings, half turn rear vault dismount	1.5	Lack of amplitude Body not straight Lack of turn	Up to 0.3 Up to 0.3 Up to 0.3
		Bonus/Virtuosity	0.5		
		<b>Total Score</b>	<b>10.0</b>		

Coaches should be in a position to spot this routine.

General faults will be applied to all skills. Neutral Deductions for Coaching

Small	0.1	Physical assistance	0.5
Medium	0.2	Verbal assistance	0.3
Large	0.3	Signals	0.2
Falls	0.5		

These have a four point maximum

All other neutral deductions are the same as FIG

## Men's Horizontal Bar - Level III (Advanced)

Value	Skill Description
2.0	1. Jump to a long hang with an under grip (reverse grip) hand position and execute a <u>hip pullover to a front support</u> .
Note:	the gymnast may initiate the hip pullover as soon as he grasps the bar. He does not have to show a long hang with straight arms prior to starting the hip pullover action.
1.0	2. <u>Cast forward over the bar</u> and...
1.0	3. At the END of the backswing <u>hop both hands</u> to an overgrip position,
0.5	4. Swing forward and execute a <u>1/2 turn to a mixed grip hand position</u> ,
1.0	5. <u>Swing forward</u> , then backward with a mixed grip, and at the end of the backward swing <u>hop the second hand to an overgrip position, swing forward</u> and...
1.5	6. Perform a <u>single leg kip (shoot) to a stride support</u> .
0.5	7. Execute a <u>1/2 turn</u> (towards the back leg), then <u>single leg over backward</u> to end in a front support.
1.0	8. <u>Cast, back hip circle</u> .
1.0	9. <u>Cast, straddle on, sole circle (underswing) dismount</u> .

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9.5 Value

.5 Bonus points (Virtuosity)

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10.0

**Special Spotting Requirement:** In order for the gymnast to be scored, the coach must spot the entire routine. The coach must be within arm's reach of the upright for spotting in bar skills and should move forward or backward for swinging skills, based on the skill.

Note: The bar must be set high enough to allow for long hang swings.

Note: A coach must be in a position to spot this routine and must remain in that position for the entire performance.

### Level 3 Horizontal Bar

X Indicates that a change(s) was made in that row from the '03 rules. Changes in *italics*.

		<b>Element</b>	<b>Value</b>	<b>Faults</b>	<b>Deductions</b>
	1	Back hip pullover mount	2.0	Excessive pike Bent arms in support	Up to 0.3 Up to 0.3
	2	Cast forward over bar	1.0	Lack of amplitude Lack of stretch	Up to 0.5 Up to 0.5
	3	Hop both hands	1.0	Lack of amplitude/swing Alternate hand placement	Up to 0.3 Up to 0.5
X	4	½ turn to <i>mixed grip</i>	0.5	Lack of amplitude/swing Turn misaligned	Up to 0.3 Up to 0.3
	5	One full swing hop hand to over grip swing forward	1.0	Lack of amplitude/swing Lack of continuity	Up to 0.3 each Up to 0.3
	6	Single leg kip to stride support	1.5	Bent leg during kip Sitting in stride support	Up to 0.5 0.5
X	7	½ turn, <i>leg cut backward</i> to front support	0.5	Lack of continuity Sitting during skill	Up to 0.3 0.5
X				<i>Touch or stop during cut</i>	<i>Up to 0.5</i>
	8	Cast back hip circle	1.0	Lack of amplitude on cast Excessive pike on circle	Up to 0.3 Up to 0.3
X	9	Cast <i>straddle</i> sole circle dismount	1.0	Lack of amplitude on cast Lack of height Lack of distance Failure to stretch Excessive pike on circle	Up to 0.3 Up to 0.3 Up to 0.3 Up to 0.3 Up to 0.3
		Bonus/Virtuosity	0.5		
		<b>Total Score</b>	<b>10.0</b>		

Coaches MUST be in required spotting position for entire routine.

General faults will be applied to all skills. Neutral Deductions for Coaching

Small	0.1	Physical assistance	0.5
Medium	0.2	Verbal assistance	0.3
Large	0.3	Signals	0.2
Falls	0.5		

These have a four point maximum

All other neutral deductions are the same as FIG

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