



2016 - 2020
Canadian Elite Pathways Program
One Team
Men's Artistic Gymnastics Coaches and
Judges Manual
September 1, 2019

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ACKNOWLEDGMENTS

This Elite Pathways Program has been developed by Tony Smith and Markos Baikas. GymCan would like to specially thank Richard Ikeda, Nick Blanton, Greg Jackson, John Carroll, Jason Woodnick, Patrick Beauchamp, Adrian Balan, Zhaohui Huang, Jonathon Okada, Jean Sebastien Tougas and Vaughn Arthur, Gary Isaacs, Norm Loaders, Mike Burns, Nistor Sandro, Alexandre Pozdniakov, CJ Keliher, Kader Mecellem and Eddie Van hoof National Head Coach for their contribution to this document. These routines are the property of GymCan and may not be reproduced in whole or in part without express permission of GymCan. Further resources may be available from the GymCan office as the program becomes developed.

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ELITE PATHWAY: GENERAL INFORMATION

This document describes the Compulsory and Optional programs for the Elite Pathway Categories. This program has been prepared with the goal of developing a higher level of elite performance for Canada. It has been reworked and is the product of a great deal of consultation from Canadian coaches involved with our National Team.

Our goal is to set out a pathway that will properly prepare our athletes who are able to follow the Elite Pathway towards international success in individual and team competitions. It is expected that within the Provinces there will be a coordinated effort to align our initiatives towards a common set of goals.

The revised Elite Pathways progressively develop the young talented gymnasts' technique and routine structure to define a Canadian style and prepare these athletes for international excellence. These routines will be challenging for all of our athletes and coaches, but are achievable for the talent pool in the country. The Provincial Pathways program will also provide a challenge and will be similar to the Elite program, though with reduced expectations to be developmentally appropriate.

The Elite Pathways Program is complimented by the Aspire camp structure, which focuses on fine-tuning the technical expectations for the program and will help to bring all clubs in line with a national direction. One of the anticipated outcomes is to improve upon Artistry in our performances through specific expectations and ongoing reinforcement of these in camp and competition environment

ARTICLE 1: PROGRAM DESCRIPTION

- I. The Elite Pathway program consists of 7 Categories of competition; Elite 1, Elite 2, Elite 3, Elite 4, Junior and Senior Next Gen and Senior.
- II. The goal of the compulsory routine program is to prepare Age Group gymnasts to successfully compete at the Senior International Level.
- III. Junior, Senior Next Gen and Senior categories, within the Elite Pathway, must participate at Elite Canada and the Canadian Championships.
- IV. Elite 4 athletes must participate in a Compulsories Screening Event as well as Western or Eastern Canadian Championships, and/or Elite Canada. They do not compete at Canadian Championships.
- V. Elite 3 athletes must participate at the Western and Eastern Canadian Championships, and do not compete at Canadian Championships or Elite Canada.
- VI. Elite 1 and Elite 2 athletes participate in Provincial level competitions.
- VII. For all categories except Junior and Senior, the physical evaluation scores will be added to the Optional and compulsory exercise scores to determine the final score.

Long Term Development in the Pathways

Category & Ages	Competition Stream	LTD Stage	Characteristics
Provincial 1 & 2 / Elite 1 & 2	Provincial	Learn to Train	Develop fundamental movement skills with emphasis on participation.
Provincial 3 / Elite 3	Regional / National	Learn to Train	Build up physical capacities including strength, speed and flexibility.
Provincial 4 & 5 / Elite 4	Regional / National	Learn to Train	Major fitness development stage; Greater attention to mental preparation.
Junior	National / International	Train to Compete	Specialized coaching and training environment.
Senior Next Gen	National / International	Train to Compete	Advanced mental preparations and practice under highly competitive conditions.
Senior	International	Train to Win	Focus is on podium performances at the highest level.
National Open	National	Competition for Life	Competitive athletes are striving to improve and win, and they train accordingly.

Elite Pathways Rules

Elite Path	Rules And Regulations
Senior	Senior FIG rules + Stick bonus
Senior Next Gen	Senior FIG rules + Stick bonus
Junior	Junior FIG rules + Stick bonus
Elite 4	Physical preparation routine & Compulsory routines & Optional Routine – 7 skills (with GymCan supplementary rules)
Elite 3	Physical preparation routine & Compulsory routines
Elite 2	Physical preparation routine & Compulsory routines
Elite 1	Physical preparation routine & Compulsory routines

Elite Pathway Methodology

	Provincial Competition	Canadian Compulsory/ Screening Activity	Elite Canada	Eastern and Western Championships	Canadian Championships
Senior	Optional Routines		Optional Routines Apparatus Final		Optional Routine Apparatus Final
Senior Next Gen	Optional Routines		Optional Routines Apparatus Final		Optional Routine Apparatus Final
Junior	Optional Routines		Optional Routines Apparatus Final		Optional Routine Apparatus Final
Elite 4	Physical Test Optional Routine	Physical Test Compulsory Routines	Physical Test Optional Routines	Physical Test Optional Routine	
Elite 3	Physical Compulsory Routines			Physical Test Compulsory Routine	
Elite 2	Physical Test Compulsory Routine				
Elite 1	Physical Test Compulsory Routine				

ARTICLE 2: COMPETITIVE AGE FOR ELITE PATHWAY

2.1 Age Determination

The competitor's age will be determined by their age in the year of the competition. The competition year will start on January 1st. Please refer to Appendix A.

Category	Competition Category (Years of Birth)	
	2020 Competition Saison	2021 Competition Saison
Senior	1999 or earlier	2000 or earlier
Senior Next Gen	2000 – 2001 - 2002	2001 – 2002 - 2003
Junior	2005 - 2006	2006 - 2007
	2002 – 2003 - 2004	2003 – 2004 - 2005
Elite 4	2006 – 2007 - 2008	2007 – 2008 - 2009
Elite 3	2008 – 2009 - 2010	2009 – 2010 - 2011
Elite 2	2010 - 2011	2011 - 2012
Elite 1	2011 - 2012	2012 - 2013

2.2 LTAD Compliance Restrictions

- I. Under no circumstances may an underage athlete participate in an Elite Pathway competition.
- II. Under no circumstances may an athlete move from Elite 3 to Elite 4 prematurely.
- III. Under no circumstances may an athlete move from Elite 4 to Junior prematurely.

The following are recommendations for training schedules appropriate to the Pathways levels:

- Elite 1 athletes should be training between 8 and 10 hours per week.
- Elite 2 athletes should be training between 10 to 14 hours per week.
- Elite 3 athletes should be training 14 to 18 hours per week.
- Elite 4 athletes should be training 16 and 20 hours per week.

ARTICLE 3: MODIFICATIONS AND COMMITTEE RESPONSIBILITIES

3.1 Competitions

Competitions for the Elite Pathways Program will be organized and run provincially and / or nationally. These regulations must be used for all events. GymCan reserves the right to make changes to the regulations, as needed.

3.2 Clarifications

Clarifications for the Program may take place several times over the competition year. Any clarifications will be circulated to all PTO's and Program members and will be posted on the GymCan website.

ARTICLE 4: COMPETITION REGULATIONS AND EQUIPMENT SPECIFICATIONS

4.1 Rules in Effect

- I. The current Men's Program Technical Regulations
- II. Unless otherwise stated, the current FIG Code of Points will be applied along with all related FIG MTC Newsletters.

4.2 Competitions and Warm ups

- I. Competition warm-ups may not begin prior to 8:00 am and competitions may not finish later than 10:00 pm.
- II. Athletes will receive a general warm up and apparatus warm-up prior to the start of the competition as follows:

Category	Elite 1 & 2	Elite 3 & 4	Junior & Senior
Warm up duration	45 minutes	60 minutes	90 minutes (Approximately 15 minutes general and a minimum of 2 minutes per athlete per apparatus)

- III. Elite 1 and 2 competitions may be run with the same warm up format and in conjunction with Provincial 1 and 2,
- IV. Elite 1, 2, 3 and 4 competitions should be scheduled to take place during daytime sessions whenever possible.
- V. Depends on the competition format, each gymnast is entitled to a touch warm-up prior to the Competition.
 - 30 sec: on all apparatus except the Vault and Parallel Bars.
 - 50 sec: on Parallel Bars, including bar preparation.
 - Two vaults warm-up are permitted for each gymnast.

4.3 Competition Duties of Gymnast

- I. Gymnasts must be attired according to the stipulations of the current FIG Code of Points. Note: Canadian Competitions dark colored longs (including Black and dark blue) are not allowed.
- II. Gymnasts are required to wear a shirt at all times during competition warm ups and whenever training in the competition gym.
- III. Athletes from the same Team or Club must wear the same competition attire.
 - All athletes and coaches at Canadian Championships compete for their Province and wear provincial uniforms.
 - All athletes and coaches at Regional Championships compete for their Province and wear provincial uniforms.
 - All athletes and coaches at Elite Canada and the Compulsories Selection Event compete for their club and will wear club uniforms.
 - National Team uniforms will be worn only when representing Canada (No exceptions)
- IV. Violation of the uniform requirements will result, without warning in a FIG Code penalty.

4.4 Spotting and Assistance

- I. For all categories, it is permitted to have a coach present on Horizontal Bar to act as a spotter.
- II. Whenever possible, the coach should stand such that the view of the judges is not obstructed.

4.5 Equipment

- I. The chart under 4.6 describes the specific equipment requirements for each category within the Elite Pathways.
- I. Unless noted in the chart of apparatus requirements, the use of additional 20 cm safety mats will result in a 0.5 deduction from the Final Score, on that apparatus. A similar deduction will be applied for use of any non-permitted supplementary equipment (**See the table in Article 7.1 concerning the use of the mats, apparatus regulations for each category**).

4.6 Measurement of Equipment and Specifications

- I. It is the responsibility of the local organizing committee (LOC) to make available and set up the equipment in accordance to the specifications in the Pathways program. Any change to these guidelines must be communicated to the participating clubs in the work plan.
- II. It is the responsibility of the Apparatus Head Judge, in conjunction with the LOC to check the equipment before the beginning of the warm up for each competition session.
- III. All landing mats used on Pommel Horse, Vault, Rings, Parallel Bars and Horizontal Bar must conform to FIG specifications.
- IV. Measurements of the equipment (FIG Standard in Brackets):

Floor	12m x 12m Measured from the outside of the Border Line
Pommel Horse	From the surface of the mat to the top of the horse body (105 cm)
Rings	From the mat to the inside bottom of the ring (260 cm)
Vault	From the floor to the top of the table body (135 cm). Markings should be clearly labelled for the range of 110-135 cm.
Parallel Bars	From the mat to the top of the rail (180 cm).
High Bar	From the mat to the top of the bar (260 cm).

Specific Rules for each category

	Elite 1	Elite 2	Elite 3	Elite 4	Junior	Senior
Floor	12 m x 2 m strip		FIG 12m x 12m			
Pommel Horse	Mushroom (40cm)	Floor Mushroom. Single pommel horse or Mushroom with one pommel (20 to 40cm)	Horse without pommels (Horse may be lowered to any height) or use a beat board to mount. Single pommel routine must be done on a S/A “Colt” or AAI Buck Horse (Single pommel mushroom will not be accepted). From the surface of the mat to the top of the body of the horse should be 20 to 40cm.		FIG (105 cm)	
Rings	FIG (260 cm)					
Vault	30 to 50 cm mats. Mandatory (Yurchenko) safety collar for all compulsory vaults.		50-70 cm mats. Mandatory (Yurchenko) safety collar for all compulsory vaults.	120 to 135cm with one beat board and stacked mats for compulsory Vault. 120cm to 135cm with FIG landing mats and the option of an additional 10cm landing mat for Optional vault.	120 to 135 cm	FIG (135 cm)
Parallel Bars	Adjustable Height and up to 20 cm additional mats.		Adjustable height: 170 cm up to FIG standard 180 cm.	FIG (180 cm)		
High Bar	Safety straps (High bar rail specifically for safety straps).		FIG (260 cm)			
Physical Preparation	12 m x 12 m strip					

ARTICLE 5: JUDGING RESPONSIBILITIES

5.1 Evaluation of Routines

- I. In optional routines, the D-jury will determine the Difficulty Value or Start Value (D- Score) of the routine.
- II. Execution errors for poor technique, poor body position, etc. are evaluated according to the current FIG Code of Points, unless otherwise stipulated in these rules.
- III. The Chair of the Apparatus Jury will be responsible for determining and applying bonus for stuck dismounts to the Final Score. Virtuosity and stick bonus will be included in the bonus column.
- IV. The Chair of the Apparatus Jury takes deductions for line, behavior and apparatus violations from the Final Score. See Article 4 and the current Code of Points.
- V. The expectation is that judges will submit the scores within 1 minute after a routine's completion.

5.2 Judging Panels

- I. For National and Regional (Eastern or Western Championships) competitions a minimum of 2, preferably 4 Judges per panel should be assigned. The panel should comprise of National or FIG Level judges.
- II. Chair of the Competition Jury must hold a current FIG Brevet.
- III. For all categories, the members of the judging panel will be responsible for both D-jury and E-jury unless 4 or more judges are assigned to the event.
- IV. Unless assigned separately or provided by the LOC, the judges on the jury for Floor and Vault will have the additional responsibility of Line Judge.

5.3 Scoring Regulations

- I. With two or three judges per event, all scores will count. The average of all scores will be calculated and the score will be calculated up to 3 decimal places. The average will be truncated to the third decimal and not rounded.
- II. When there are four judges the highest and lowest scores are eliminated and the two middle scores are averaged.

ARTICLE 6: EVALUATION OF EXERCISES AND ROUTINE CONSTRUCTION

6.1 D-Score

The D score for Optional routines is calculated as per the current FIG Code of Points.

6.2 E-Score

The E score for optional and compulsory routines is calculated by subtracting points for deficiencies in technical or aesthetic execution. The definitions of those deductions are as per the current FIG Code of Points:

- Small error = 0.1
- Medium error = 0.3
- Large error = 0.5
- Fall = 1.0

Specific E score deductions have been indicated for performance of sequences or elements in the compulsory routines.

6.3 Short Routines

- I. It is the duty of the D-jury to determine how many skills were credited.
- II. The Chair of the apparatus jury should give the scorer a deduction for the non-technical deductions prior to the Final Score (see the table below in Article 7 for specified rules about short routine for each category).

6.4 Repetition

- I. During the performance of any routine except Vault a gymnast may repeat an element for value following a fall (Major error) or stop except for the dismount (FIG rules).
- II. For Elite 1,2,3 and 4 ONLY: A second Vault may be repeated with a 1.0 penalty if the first Vault competed received a zero.
- III. **Special Repetition: For Elite 4: A gymnast cannot perform two element from the same variation of element for a value;**

Example:

High bar: A gymnast cannot perform a Kip to Handstand $\frac{1}{2}$ and Kip cast to 45° to get a credit for two different elements, in this case only one element will be credited. (See the table in Article 7.2 for Special Exception).

6.5 Landings

- I. For all categories of the Provincial Pathway Program a bonus will be applied to the Final Score for a stuck landing. A stuck landing is defined as a stable landing position with no movement of the feet (see the table below concerning bonus for each category).
- II. The cumulative landing deduction will be maximized at 1.0 for all events.

6.6 Physical Testing Routines

Elite 1 & 2:

Physical testing routines are recommended for Elite 1 & 2. It is not mandatory, but participation in the testing will help provide the tools necessary to transition into the Elite 3 & 4.

Elite 3 & 4:

Physical testing routines are mandatory for Elite 3 & 4. They will be performed as part of the all around competition, as a 7th apparatus at all domestic competitions.

6.7 Compulsory Routines

Additional elements included in any compulsory routine will have a 0.3 deduction for each occurrence. Unless otherwise noted, the current FIG execution deductions will apply to all levels.

6.8 Screening Activities

In order to be eligible to compete at Elite-Canada or Canadian Championships (**JR & SR**) or compete their optional routines at Easterns or Westerns and Elite-Canada (**Elite 4**), an athlete must meet one of the following standards for his category. GymCan recommended scores for Junior & Senior for the 2020 competition season (to be approved by PTO's for acceptance into this category):

-Junior 14-15 years old: 64.0 AA

-Junior 16-18 years old: 66.0 AA

-Senior Next Gen: 72.0 AA or 12.0 on an apparatus

-Senior: 75.0 AA or 12.5 on an apparatus

Elite 4: Must submit compulsory routines and physical testing video to the NT head Coach. Athletes should be in competition uniform in these videos. The objective is to have these done by the end of 2019 so they can focus on optional routines in the New Year. There will be a fee associated with these videos to encourage timely submissions. The deadlines for compulsory routine video submissions are as follows:

-Before November 1st – No charge.

-November 1st to 15th – \$25 per athlete.

-After November 15th – \$50 per athlete.

ARTICLE 7: Specified Rules and regulation

7.1 Competition Rules

Category	Rules of the routines	Number of Skills	FIG Element Groups (0.5)	FIG amendments Dismount	Special Group Bonus (0.5 Add to Start Value)	Stick Bonus / Virtuosity	Short routines Maximum E-score	Additional Landing Mats
Senior/ Senior Next Gen	Senior FIG rules	10	Senior FIG rules	Senior FIG rules	N/A	D = 0.1 E & higher = 0.2 Vault: 4.6 to 4.8 = 0.1 Vault: 5.0 & higher = 0.2	FIG deduction 7 elements or more = 10.0	Floor: Up to ONE 10 cm mat (can be removed) Not for rebound. Rings: Up to 10 cm High Bar: Up to 10 cm (for release moves only, and must be taken out prior to the dismount. Note: When an event is being used for selection to World Championships or Major Games, FIG mat restrictions may be enforced.
Junior	Junior FIG rules	8	Junior FIG rules	Junior FIG rules		C = 0.1 D & higher = 0.2 Vault: 3.2 to 4.4 = 0.1 Vault: 4.6 & higher = 0.2	5-6 elements = 6.0 3-4 elements = 4.0 1 to 2 elements = 2	
Elite 4	Optional Routine	7	3 Element Groups + dismount (A supplementary element = 0.3)	B & Higher = 0.5 FIG A = 0.3	Floor: Back layout full twist or more. Pommel: Any 3/3 travels. Ring: Press to Hdst 2 sec P. Bars: Press to Hdst 2sec. H. Bar: In bar element Min B-Value.	B = 0.1 C or higher = 0.2 Vault: under 3.2 = 0.1 Vault: 3.2 or higher = 0.2 Amplitude: One element = 0.1 Three or more = 0.2	6 element = 9.5 5 elements=9.0 4 elements=8.0 3 or less = 5.0	Floor: Up to ONE 10 cm mat (can be removed) Not for rebound. Rings: Up to 20 cm Vault: 10 cm P. Bars: Up to 20 cm High Bar: Up to 20 cm may be used on both sides of the bar
Elite 3	Compulsory Physical Testing	N/A	N/A	N/A	N/A	Compulsory routine = 0.1 Compulsory vault = N/A	N/A	Floor: Up to ONE 10 cm mat (can be removed) Not for rebound. Rings: Up to 20 cm. Vault: 50 to 70 cm P. Bars: Up to 20 cm. H. Bar: Up to 60 cm may be used on both sides of the bar if needed to feel safe.
Elite 2	Compulsory Physical Testing							Ring: Up to 60 cm. Vault: 30 to 50cm.
Elite 1	Compulsory Physical Testing							P. Bars: Up to 20 cm. H. Bar: Up to 60 cm may be used on both sides of the bar if needed to feel safe.

7.2 Supplementary Regulations

The following apply to Optional routines for Elite 4

Apparatus	Elite 4
Floor	Salto connection bonus: (A+B or C) (B+B or C) = 0.1. / (C+C) or (D+A or higher) = 0.2
Pommel Horse	-3/3 Travel – Judge's maximum is 0.5 -All dismount to handstand receive full credit (FIG deductions apply) -The FIG D-jury deduction for "Non-utilization of all 3 parts of the horse" will NOT apply.
Rings	-All static "B" strength elements (Swing to B strength hold, press upwards from a B strength hold, or B static hold) or greater = 0.2 Bonus -The bonus does not apply to any of these elements: Uprise to L-sit, Honma to L-sit, Kip to L-sit, ANY Press to Hdst, Straight body Slow roll forward or backward to L-sit, Or any "B" elements that finish in back lever. -The FIG deduction for "No swing to handstand 2sec" will NOT apply. -The FIG rule of maximum 3 strengths elements in succession will not apply. -Special Repetition: Gymnasts may perform a straddle lever and a lever with legs together for two "A" parts. However, these skills can't be performed in succession.
Vault	FIG
Parallel bars	-Giant + Giant or Giant element of C value or higher = C, C = 0.2 BONUS -Peach to handstand – Judge's maximum is 0.5 -One Layaway OR Empty swing is permitted on P. Bars
High Bar	-Flight elements of B = 0.2 -Flight elements of C or higher = 0.3 -You may repeat any C value or higher Flight element if successful on the first attempt = 0.2 BONUS -Angle deductions for all elements: 0-30 = no deduction 31-45 = 0.1 46-90 = 0.3. Over 90 = 0.5 and non recognition -Special Repetition: Gymnasts may perform a swing ½ turn above horizontal and Blind change element to receive two different values. -One Layaway OR Empty swing is permitted on H. Bars.

7.3 Developmental Regulations

Elite 4 Supplementary Parts and Difficulty: Supplementary 'A' parts (0.1 value).

In the Elite Pathway, all Supplementary 'A' parts will fulfill FIG requirements as would a regular FIG 'A' part, and receive partial value 0.3 of the requirement.

	EGR	Elite 4
FX	Non acrobatic	-Back roll to handstand.
	Elements forward	
	Elements backward & Arabian	-Round off.
	Dismount	
PH	Single Leg swings	
	Circle, flairs, fops, spindles, Russian Kehrs wings	-Flairs & circles will be considered separate element. -½ Stockli.
	Travel type elements	-1/3 Cross support travel forward.
	Dismount	
SR	Kip & swing elements & Swings through Or to handstand (2 sec.).	-Bent arm swing to handstand 2sec.
	Strength elements & hold elements (2 sec.).	-Straddle back lever or front lever. -Muscle up to support.
	Swings to Strength hold elements (2 sec.).	
	Dismount	-Any salto tucked.
		-Special Repetition: Gymnasts may perform a straddle lever and a lever with legs together for two "A" parts. However, these skills can't be performed in succession.
PB	Elements in support	-V-sit. -Stutzkehre to 45°.
	Elements starting in upper arm position	-Back Uprise to support (Heels at horizontal).
	Long swings in hang on 1 or 2 bars & Underswings.	-Moy to upper arm. -Peach basket to 45° = C value.
	Dismount	-Salto tucked off the side or end.
		One layaway or one empty swing is permitted for on P. Bars.
HB	Long hang swings with & without turns.	-Back Uprise with heels above bar. -Swing ½ turn above horizontal. - Blind Change immediate pirouette (done as a full turn) = B value.
	Flight elements	-Straddle cut from long hang swing.
	In bar & Adler elements.	-Stoop or straddle on & off backwards or forwards. -Kip, cast to 45°.
	Dismount	-Any salto tucked.
		-Special Repetition: Gymnasts may perform a swing ½ turn above horizontal and Blind change to receive two different values. -One layaway or one empty swing is permitted on High Bar.

Physical Preparation Program

Elite 1 Physical Preparation Program

Description	Value	Performance Expectations / Deductions
1. Begin with feet together and dowel on the floor behind back. Arms sequence. Both arms lift forwards (palms in) to shoulder height/width, open to side and raise arms to wide V position while rotating the palms down. Lower arms to side. Reach down and pick up dowel in under-grip, Stand up and Execute Inlocate/Dislocate of the shoulders. Bend at the waist and place the dowel on the floor behind feet.	0.5 1.0	Straight upright Posture, with chin up and precise arm positions. A smooth and continuous movement must be shown throughout the exercise Hands should be within 15° of shoulders Hands between 16° and 30° of shoulders – 0.1 ded. Hands between 31° and 45° of shoulders- 0.3 ded, Hands greater then 46° - 0.5 ded.
2. Pike forward, and place hands on floor and Straddle Press to momentary Handstand	1.5	Interrupted upward movement during press - 0.1, 0.3
3. Roll forward to Straddle pike stretch (Hold 3 sec)	1.0	Legs straddled 90°, Hands at shoulder width and Knees must remain vertical throughout the exercise. Angular deviations away from perfect hold positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5
4. Sit upright with arms at Horizontal, palms down and back flat, Raise arms upward and back and place outside of hips on floor. 5. Lift Legs to Straddle V-sit (hold 2 sec) close legs and extend to rear support, ½ turn to front kneel position (no deduction for Straddle past vertical (Manna))	0.5 1.5	Posture - Straight back with chin up Angular deviations away from perfect hold positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5 If legs are less than vertical after closing legs (0.30) ded
6. D- Shape (hold 3 sec)	1.0	Shoulders at least vertical above hands/heels, knees shoulder width apart. Hips forward at least vertical above knees If shoulders not vertical,; Angular deviations away from perfect hold positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5
7. Chest roll to momentary handstand, and lower to front support with hips on floor and arms straight	1.0	Body angle if handstand not achieved: Above 45° = 0.1, Above Horizontal° = 0.3 Lack of arm extension: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5 Interrupted upward movement - 0.1, 0.3
8. With straight legs, Move Legs forward to Middle Split (hold 3 sec)	1.0	Legs not flat: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5 Hips not square: 16°-30° = 0.1, 31°-45° = 0.3, >45° = 0.5
9. Swing Legs forward and lie flat on back, push up to Bridge (hold 3 sec) 10. Lower down, stand up, and present to judge	1.0	Shoulders should be a minimum of vertical over hands with legs straight and together. Angular deviations away from perfect hold positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5
TOTAL	10.0	

Coaches should emphasize a smooth rhythm focusing on artistic presentation with clean lines and proper posture.

Elite 2 Physical Preparation Program

Description	Value	Performance Expectations / Deductions
1. Begin with feet together and dowel on the floor behind back. Arms sequence. Both arms lift forwards (palms in) to shoulder height/width, open to side and raise arms to wide V position while rotating the palms down. Lower arms to side. Reach down and pick up dowel in under-grip, Stand up and Execute Inlocate/Dislocate of the shoulders. Bend at the waist and place the dowel on the floor behind feet.	0.5 1.0	Straight upright Posture, with chin up and precise arm positions. A smooth and continuous movement must be shown throughout the exercise Hands should be within 15° of shoulders Hands between 16° and 30° of shoulders – 0.1 ded. Hands between 31° and 45° of shoulders- 0.3 ded, Hands greater then 46° - 0.5 ded.
2. Pike forward, and place hands on floor and Straddle Press to Handstand (hold 2 sec)	1.5	Interrupted upward movement during press - 0.1, 0.3
3. Roll forward to Straddle pike stretch (Hold 3 sec)	1.0	Legs straddled 90°, Hands at shoulder width and Knees must remain vertical throughout the exercise. Angular deviations away from perfect hold positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5
4. Sit upright with arms at Horizontal, palms down and back flat, Raise arms upward and back and place outside of hips on floor. 5. Lift Legs to Straddle Manna (hold 2 sec) close legs and extend to rear support, ½ turn to front kneel position	1.5	Posture - Straight back with chin up Angular deviations away from perfect hold positions: 0°-30° = 0.1, 31°-60° = 0.3, 61°-90° = 0.5 If legs are less than vertical 0.5 ded. And non-recog.
6. D- Shape (hold 3 sec)	1.0	Shoulders at least vertical above hands/heels, knees shoulder width apart. Hips forward at least vertical above knees If shoulders not vertical,; Angular deviations away from perfect hold positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5
7. Chest roll to momentary handstand, and lower to front support with hips on floor and arms straight	1.0	Body angle if handstand not achieved: Above 75° = 0.1, Above 45° = 0.3, Below 45° 0.5 + non-recog. Lack of arm extension: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5 Interrupted upward movement - 0.1, 0.3, 0.5
8. With straight legs, Move Legs forward to Middle Split (hold 3 sec), turn to Right leg forward split (hold 3 sec), turn to Left leg forward split (hold 3 sec)	0.5 0.5 0.5	Legs not flat: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5 Hips not square: 16°-30° = 0.1, 31°-45° = 0.3, >45° = 0.5
9. Swing Legs forward and lie flat on back, push up to Bridge (hold 3 sec)	0.5	Shoulders should be a minimum of vertical over hands with legs straight and together.
10. Kick over through handstand to stand	0.5	Angular deviations away from perfect hold positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5
TOTAL	10.0	

Coaches should emphasize a smooth rhythm focusing on artistic presentation with clean lines and proper posture.

Elite 3 Physical Preparation Program

Description	Value	Performance Expectations / Deductions
1. Begin standing with feet together between Paralettes, (SA item no: 166WDP) reach down and grasp dowel in undergrip; Stand up and execute dislocate, taking arms to the vertical with wrists flexed, inlocate and bend at the waist placing the dowel on the floor behind feet.	1.0	Straight upright posture, with chin up and precise arm positions. A smooth and continuous movement must be shown throughout the exercise, hands should be within 15° of shoulders Hands between 16° and 30° of shoulders – 0.1 ded. Hands between 31° and 45° of shoulders- 0.3 ded, Hands greater than 46° - 0.5 ded.
2. Place hands on Paralettes and straddle press to handstand (2 sec)	1.0	Interrupted upward movement during press - 0 .1, 0.3 Handstand in a straight line, hands to feet – deduct angular deviations
3. Lower down to straddle L sit (2 secs)	1.0	Interrupted downward movement during lower - 0 .1, 0.3 Legs horizontal
4. Straddle press to handstand (2 secs), pike down slowly to stand.	1.0	Interrupted upward movement during press - 0 .1, 0.3 Handstand in a straight line, hands to feet – deduct angular deviations
5. Step forward and kick to handstand (2 sec)	1.0	Interrupted upward movement during press - 0 .1, 0.3 Handstand in a straight line, hands to feet – deduct angular deviations Shoulders at least vertical above hands/heels, knees shoulder width apart. Hips forward at least vertical above knees
6. Roll forward to straddle pike stretch position, Swim through middle splits to front lying position, arms extended	0.5 0.5	Legs straddled 90°, body flat to floor, knees to the vertical, arms extended by ears Angular deviations away from perfect body positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0 .5
7. Show handstand position with armpits pressed into the floor, hips tight and wrists flexed, Maintaining the position, lift arms off the floor (2 secs)	0.5 0.5	Angular deviations away from perfect body positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0 .5 Arms to cover the ears
8. Keeping arms raised, raise lower body into dorsal arch shape and perform 3x rocking action, roll over to hollow shape and perform 3x rocking action, lie flat	0.5 0.5	Smooth continuous rocking action maintaining shape from hands to feet, arms held in-line with the ears Angular deviations away from perfect body positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0 .5
9. Push to bridge (2 secs), lower down	1.0	Shoulders should be a minimum of vertical over hands with legs straight and together. Angular deviations away from perfect body positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0 .5
10. Bring knees to the chest and roll over to kneeling, grasp ankles and push to momentary D shape, Roll forward into chest roll to handstand (2 secs), lower to stand and present.	0.5 0.5	Shoulders at least vertical above hands/heels, hips forward at least vertical above knees Angular deviations away from perfect body positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0 .5 Fluent and continuous pushing movement to handstand
TOTAL	10.0	ALL FIG DEDUCTIONS APPLY

Elite 4 Physical Preparation Program

Description	Value	Performance Expectations / Deductions
1. Begin standing with feet together between Paralettes, (SA item no: 166WDP) reach down and grasp dowel in undergrip; Stand up and execute dislocate, taking arms to the vertical with wrists flexed, inlocate and bend at the waist placing the dowel on the floor behind feet.	1.0	Straight upright posture, with chin up and precise arm positions. A smooth and continuous movement must be shown throughout the exercise, hands should be within 15° of shoulders Hands between 16° and 30° of shoulders – 0.1 ded. Hands between 31° and 45° of shoulders- 0.3 ded, Hands greater than 46° - 0.5 ded.
2. Place hands on Paralettes and straddle press to handstand (2 sec)	1.0	Interrupted upward movement during press - 0 .1, 0.3 Handstand in a straight line, hands to feet – deduct angular deviations
3. Lower down to straddle planche (2 secs)	1.0	Interrupted downward movement during lower - 0 .1, 0.3 Body horizontal, open hips, legs horizontal Angular deviations away from perfect body positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0 .5
4. Straddle planche straight body press to handstand (2 secs)	1.0	Interrupted upward movement during press - 0 .1, 0.3 Handstand in a straight line, hands to feet – deduct angular deviations
5. Handstand dip (90°), press back into handstand (2 secs), pike down slowly to stand.	1.0	Interrupted upward movement during press - 0 .1, 0.3 Angular deviations away from perfect body positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0 .5
6. Step forward and kick to handstand (2 sec)	1.0	Interrupted upward movement during press - 0 .1, 0.3 Handstand in a straight line, hands to feet – deduct angular deviations Shoulders at least vertical above hands/heels, knees shoulder width apart. Hips forward at least vertical above knees
7. Roll forward to straddle pike stretch position, Swim through middle splits to front lying position, arms extended	0.5 0.5	Legs straddled, body flat to floor, knees to the vertical, arms extended by ears Angular deviations away from perfect body positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0 .5
8. Show handstand position with armpits pressed into the floor, hips tight and wrists flexed, Maintaining the position, lift arms off the floor (2 secs)	0.5 0.5	Angular deviations away from perfect body positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0 .5 Arms to cover the ears
9. Keeping arms raised, raise lower body into dorsal arch shape and perform 3x rocking action, roll over to hollow shape and perform 3x rocking action, lie flat	0.5 0.5	Smooth continuous rocking action maintaining shape from hands to feet, arms held in-line with the ears Angular deviations away from perfect body positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0 .5
10. Push to momentary bridge, kick over through handstand showing momentary splits, lower down and stand up and present	1.0	Shoulders should be a minimum of vertical over hands with legs straight and together. Angular deviations away from perfect body positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0 .5
TOTAL	10.0	ALL FIG DEDUCTIONS APPLY

Elite 1 Compulsory Routines

Elite 1 Floor Exercise

(12m x 2m tumbling strip or Floor strip)

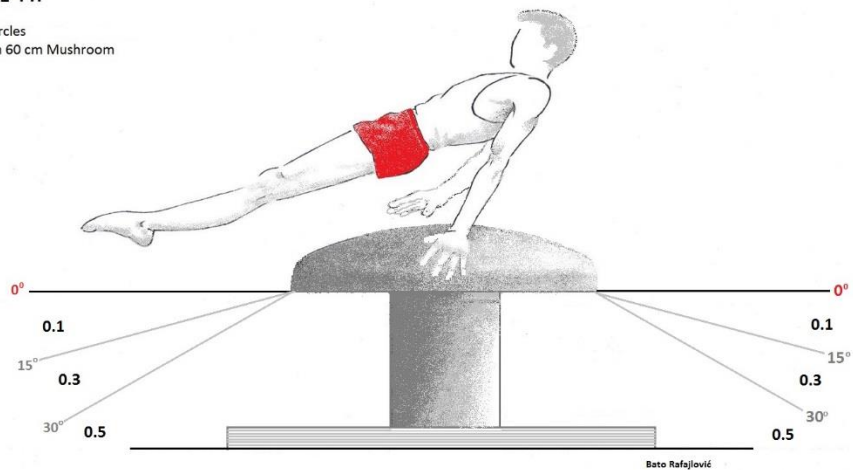
Description	Value	Performance Expectations / Deductions
1) Arms sequence. Both arms lift forwards (palms in) to shoulder height/width, open to side and raise arms to wide V position while rotating the palms down. Lower arms to side.	0.5	Straight upright Posture, with chin up and precise arm positions.
2) Lift Leg into 2-3 steps and Forward handspring, to small hop or stick	2.0	Leg >30° above horizontal 16°- 30° = 0.1, 0 -15° = 0.3, Below horizontal = 0.5
3) Kick step forward with ½ turn and finish with arms horizontal and palms down	0.5	Lack of Amplitude (Handspring) 0.1, 0.3, 0.5 leg >30° above horizontal. 16°- 30° = 0.1, 0 -15° = 0.3, below horizontal = 0.5
4) Swing arms down and forward to Power hurdle into Cartwheel, Cartwheel, and stretch to	1.5	Leg split should be greater then 135° and demonstrate consistent Rhythm Lack of Flexibility in Cartwheel - < 135° - 0.1, < 90° - 0.3
5) Forward roll, High jump with ½ turn to stand	0.5	Lack of amplitude on jump: 0.1, 0.3, 0.5
6) Kick to Handstand (2 sec)	1.0	Shoulders extended, hips in, head neutral, straight alignment Shoulder Angle and/or low back arch - 0.1 to 0.3 Held less then 1 second – 0.5 Held less then 2 seconds – 0.3
7) Roll forward to middle Splits (2 sec) Close legs forward to pike position Stretch forward to momentary chest on thighs, and	0.5	Lack of Flexibility; middle split and Pike forward 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5
8) Back roll to stand with straight arms	0.5	Bent arms on back roll; 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5
9) Step forward to Front scale (2 sec)	1.0	Raised leg 30 ° above horizontal. Below horizontal – 0.5 no credit. Horizontal = 0.5, 0°-15° = 0.3, 16°-29° = 0.1,
10) Step back, lift Leg into 2-3 steps and dive roll	1.0	Leg >30° above horizontal
11) into stretched jump with Full twist	1.0	16°- 30° = 0.1, 0 -15° = 0.3, Below horizontal = 0.5 Lack of Amplitude: 0.1, 0.3, 0.5 for Dive roll and for Jump 1/1
TOTAL	10.0	

Elite 1 Mushroom

Approximately 60 cm high

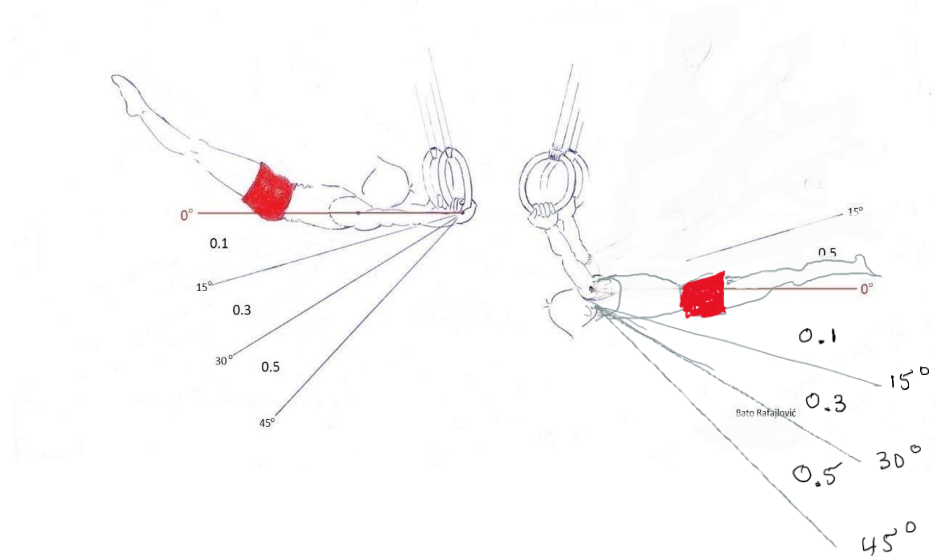
E 1 PH

Circles
on 60 cm Mushroom



Description	Value	Performance Expectations / Deductions
<p>5 x Double Leg Circles</p> <p>Each gymnast should complete 6 double leg circles</p> <p>Judging stops after 5th circle</p>	2 pts. Per circle	<p>The circles should be fluent and well extended from the shoulders. Control should be demonstrated at all times during the routine.</p> <p>Shoulder displacement should be symmetrical through side support positions.</p> <p>Shoulders should remain in the same direction throughout the routine.</p> <p>Lack of body extension (Hip Breaks)– 0.1, 0.3, 0.5 per circle</p> <p>Hitting apparatus – 0.5</p> <p>Touching apparatus – 0.3</p> <p>NO LANDING DEDUCTIONS</p>
TOTAL	10.0	

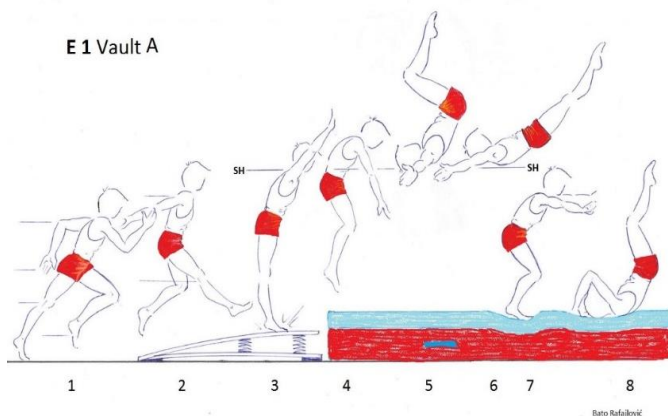
Rings Elite 1



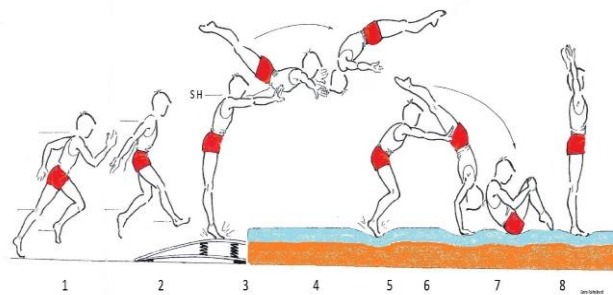
Description	Value	Performance Expectations / Deductions
1) Coach assisted Muscle up to straight body support and hold for 3 sec.	2.0	Show clear body position, elbows straight with rings parallel or turned out and wrists and elbows clear of the straps. Bent Arm support – 0.3 to 0.5 Arms against the straps – 0.1 - 0.3 – 0.5 Rings less then Parallel – 0.1, 0.3, 0.5
2) Lower with bent arms and when head is between the Rings, roll back with straight legs to a straight body inverted hang and hold 3 sec	1.0	Show consistent rhythm Lack of Rhythm 0.1, 0.3
3) Pike body and Lower to straight body “Skin the Cat” and hold 3 sec	1.0	Insufficient shoulder flexibility – 0.1, 0.3
4) Pull upward to Piked inverted hang and cast into	1.0	Cast should clearly show rise of the shoulder No rise of the shoulders in the cast 0.1, 0.3
5) Swing Backwards, swing Forwards	1.0	Hips should be Ring height in backswing .
6) Swing Backwards, swing Forwards	1.0	Shoulders should be ring height with hips and feet above shoulders in front swing
7) Swing Backwards, swing Forwards	1.0	Straight arms in front swing (Deductions as per FIG)
8) Swing Backwards, swing Forwards into	1.0	Deductions as per diagram
9) Back layout Salto dismount	1.0	Show clear body position, rise of the shoulder and hips above the Rings Non-distinct body position: 0.1, 0.3, 0.5 Lack of Amplitude: 0.1, 0.3, 0.5
TOTAL	10.0	

Elite 1 Vault

E 1 Vault A

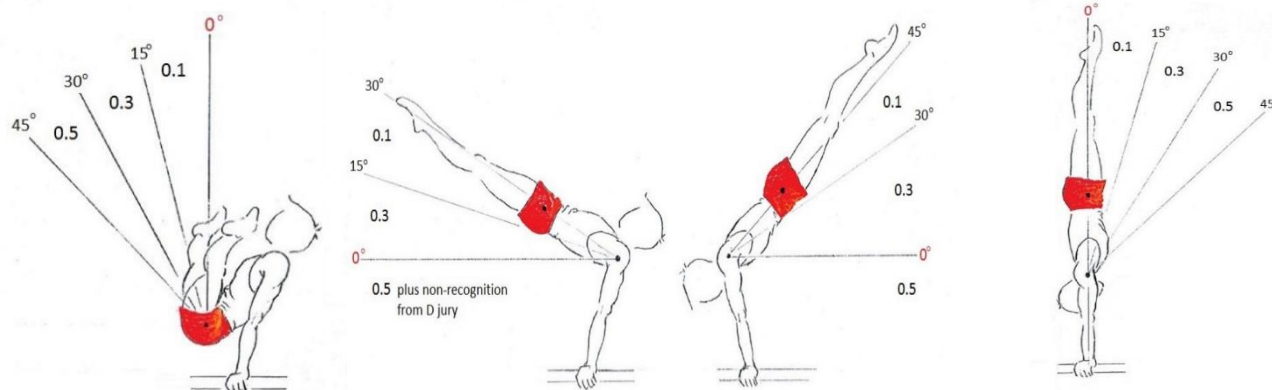


Elite 1 VAULT B



Description	Value	Performance Expectations / Deductions
20cm landing mat with 10 cm soft mat. (20' long) Maximum 20M run Spring Board in safety (Yurchenko) collar against mat. Board MUST be touching collar, and collar MUST be touching mats	9.0	Powerful, dynamic run up. Distinct body shape in flight Salto should demonstrate rotation and not distance travelled 0.3 Deduction for Travelling more than 1.5m from edge of landing mat 0.5 Deduction for Travelling more than 2m from edge of landing mat 0.5 deduction for grabbing legs in front Tuck Lack of Amplitude: 0.1, 0.3, 0.5 Lack of extension in preparation for landing 0.1, 0.3 Body must be straight upon landing and into the roll forward. Bending of the knees or hips in order to perform roll 0.1, 0.3, 0.5 (each) Roll (roll not judged). No landing deductions If no roll performed, vault scores 0.00.
Open Front Tuck salto		
Straight forward Layout into immediate roll to stand	10.0	Roll (roll not judged). No landing deductions Salto should demonstrate rotation and not distance travelled 0.3 Deduction for Travelling more than 1.5m from edge of landing mat 0.5 Deduction for Travelling more than 2m from edge of landing mat Body must be straight upon landing and into the roll forward. Bending of the knees or hips in order to perform roll 0.1, 0.3, 0.5 (each)
Maximum TOTAL	10.0	

Elite 1 Parallel Bars

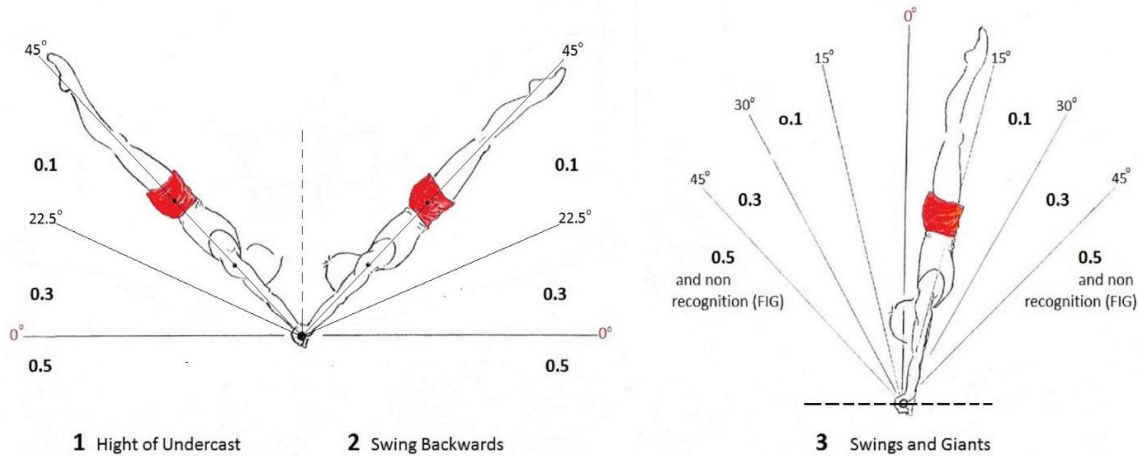


All Swings should be dynamic and extended and achieve good end positions.

Description	Value	Performance Expectations / Deductions
1) Jump or be lifted to support in centre of parallel Bars Lift legs to Straddle V-sit and hold (2 sec)	0.5	No deduction for exceeding 90° Angle deductions for Straddle V-sit Up to 15° = 0.1 ded 16° - 30° = 0.3 ded 31° - 45° = 0.5 ded > 45° = 0.5 ded + non-recognition from D Jury
2) Join legs together towards Manna and cast forward	1.0	Must show a distinct lift of the Legs upward No leg lift – 0.3 ded.
3) Swing backwards	1.0	Swings in support as per diagram
4) Swing forwards	1.0	
5) Swing backwards	1.0	
6) Swing forwards	1.0	
7) Swing backwards to handstand	2.0	Swings to Handstand as per diagram
8) Swing forwards	0.5	Not stepping to one rail for dismount – 0.5 deduction
9) Swing backwards to momentary handstand and Step to one bar and flank off dismount	2.0	
Total	10.0	

Elite 1 High Bar

E 1 High Bar (with safety straps)



Bato Rafajlović

Description	Value	Performance Expectations / Deductions
Present.		
1) Lift to chin-up position and Pullover to front support and immediately	1.0	The height of the under bar cast and the swings will both be judged as per the 'swings' diagram.
2) Cast to 45°	1.0	
3) Under bar cast to 45°and	1.0	
4) Swing backwards	1.0	
5) Swing forward, Swing backwards	2.0	Deductions as per the diagram for swing Deductions as per the diagram for Giants. A Giant attempt that does not go over the bar is deducted based on the height and angle of the swing upwards. Plus FIG execution deductions and a 0.3 deduction for an extra swing
6) Swing forward, Swing backwards	2.0	
7) Back Giant	1.0	
8) Back Giant	1.0	
Exercise ends as the 2 nd Giant passes through handstand		
Total	10.0	

The above routine is performed in safety straps on bar or in straps using a pvc tube on a standard bar.

Elite 2 Compulsory Routines

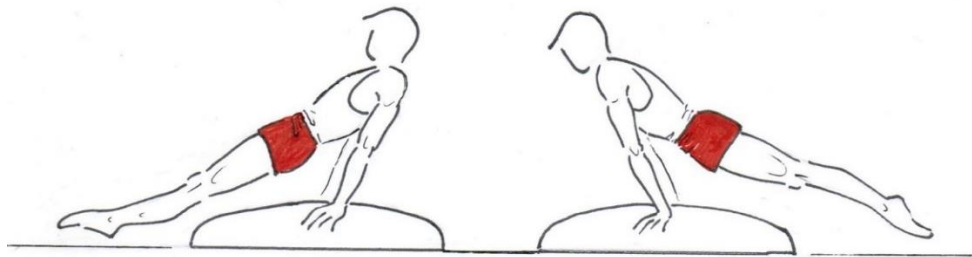
Elite 2 Floor Exercise

12m x 2m tumbling strip

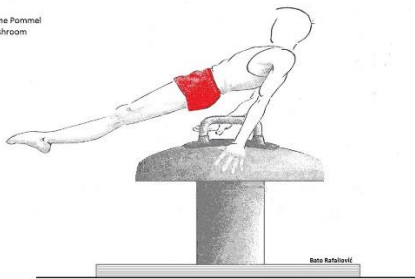
Description	Value	Performance Expectations / Deductions
1) Arms sequence. Both arms lift forwards (palms in) to shoulder height/width, open to side and raise arms to wide V position while rotating the palms down. Lower arms to side.	0.5	Straight upright Posture, with chin up and precise arm positions.
2) Lift Leg into 2-3 steps and Forward handspring, 3) rebound jump, 4) Headspring	1.0 0.5 1.0	Leg >30° above horizontal 16°- 30° = 0.1, 0 -15° = 0.3, Below horizontal = 0.5 Lack of Amplitude (Handspring and Rebound) 0.1, 0.3, 0.5
5) Swedish fall through arabesque (not held) 6) Drop raised leg over the body into Left or Right Split (2 sec) 7) Straddle Press to Handstand (2 sec hold), stoop down and jump ¼ turn	0.5 1.5	Leg split should be greater than 135° during Swedish fall Lack of Flexibility -0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5 Hips not square: 16°-30° = 0.1, 31°-45° = 0.3, >45° = 0.5 Shoulders extended in handstand, hips in, head neutral, straight alignment (FIG deduction) Shoulder Angle and/or low back arch - 0.1 to 0.3
8) Straight arm back extension through handstand and stoop down	0.5	Body angle if handstand not achieved: 16°-30° = 0.1, 31°-45° = 0.3, >45° = 0.5 + non-recog. Arm bend: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5
9) Y scale (hold 2 sec) release leg and show active hold above horizontal (1 sec) and lower slowly	0.5 0.5	Leg above 155° in Y scale, leg above 115° active during active hold Lack of Flexibility -0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5
10) Lift Leg into 2-3 steps into Dive roll into immediate Straddle jump	0.5 0.5	Raised leg 30° above horizontal. 16°- 30° = 0.1, 0 -15° = 0.3, Below horizontal = 0.5 Dive roll should be head height with a slight arched body, Straddle jump should have legs horizontal Lack of Amplitude: 0.1, 0.3, 0.5 for Dive roll and for low legs in Straddle jump
11) Straight arm back roll pushing through squat position to 12) 1 Back handspring, 13) rebound	0.5 1.5 0.5	Lack of Rhythm - 0.1, 0.3 Lack of Amplitude (Rebound) 0.1, 0.3, 0.5
TOTAL	10.0	

Elite 2 Pommel Horse

For the Elite 2 Category, gymnasts will compete two routines. The first will be one of two Double leg circle routines on a floor mushroom.

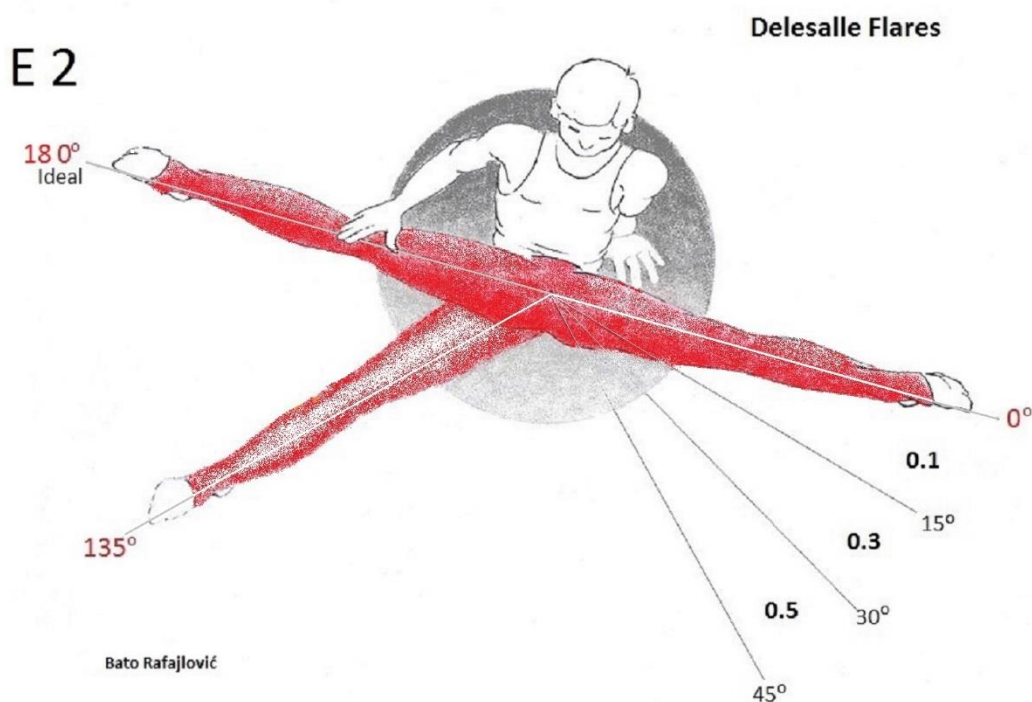


E 2 PH
Circles over one Pommel
on 60 cm Mushroom



Description	Value	Performance Expectations / Deductions
Circle Routine A 5 x Double Leg Circles on Floor Mushroom	1.6 pts. Per circle	<p>The circles should be fluent and well extended from the shoulders. Control should be demonstrated at all times during the routine.</p> <p>Shoulder displacement should be symmetrical through side support positions.</p> <p>Shoulders should remain in the same direction throughout the routine.</p> <p>Lack of body extension (Hip Breaks)– 0.1, 0.3, 0.5 Hitting apparatus – 0.5 Touching apparatus – 0.3</p> <p>Global deduction for overall execution style 0.3 or 0.5 (As body extension during the entire exercise).</p>
TOTAL for Circle Routine A	8.0	
Circle Routine B 5 x Double Leg Circles over single pommel on 60cm mushroom	2.0 pts. Per circle	
TOTAL for Circle routine B	10.0	
Each gymnast should complete 6 double leg circles Judging stops after 5 th circle		

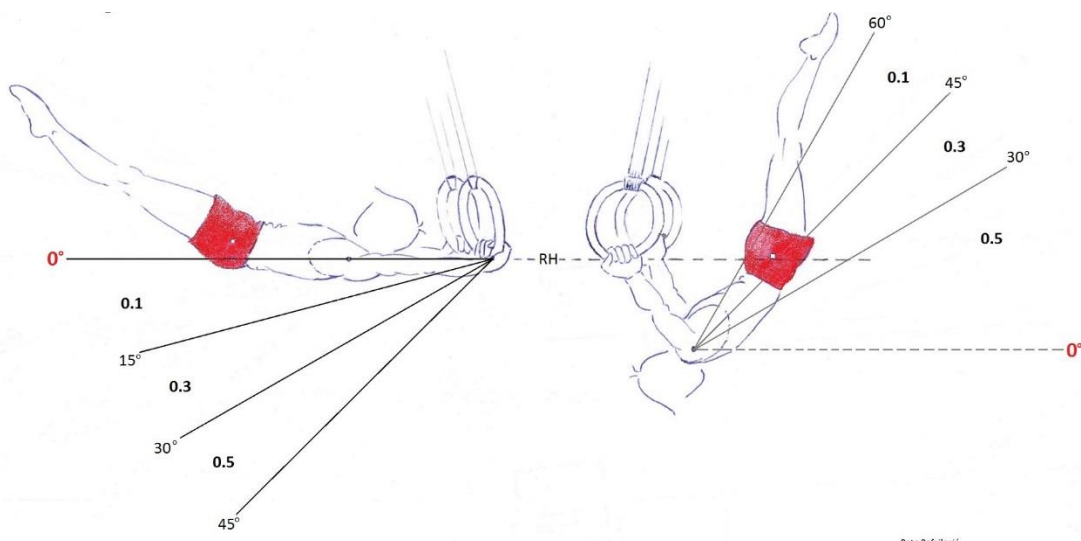
The second routine will be the Delasalle flare routine.



Delasalle Flare routine 5 x Delesalle flares on 60 cm Mushroom	2.0 pts. Per Flare	<p>The Delasalle Flare should be fluent and extended from the shoulders, hips should be open and legs should have a minimum of 135° split</p> <p>Lack of Flexibility -0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5</p> <p>Lack of Amplitude: 0.1, 0.3, 0.5</p>
TOTAL for Delasalle Flare routine	10.0	
Each gymnast should complete 6 double leg circles or Delasalle flares		
Judging stops after 5 th circle or Delasalle flares		

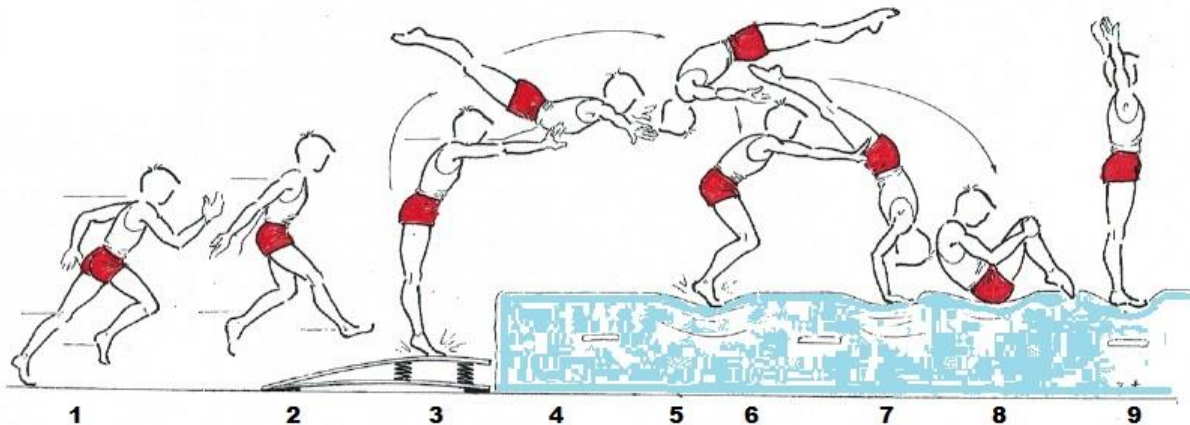
The Final score is the average of the two routines.

Elite 2 Rings



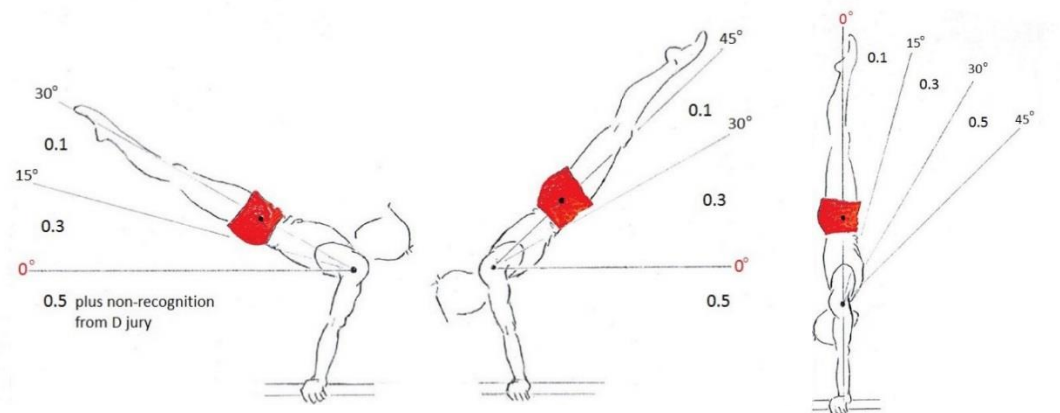
Description	Value	Performance Expectations / Deductions
1) Muscle up to straight body support and hold for 3 sec.	1.0, 1.0	Show clear body position, elbows straight with rings minimum parallel and wrists and elbows clear of the straps. Bent Arm support – 0.3 to 0.5 Arms against the straps – 0.1 0.3 – 0.5 Rings less than Parallel – 0.1, 0.3, 0.5
2) Raise Legs to L-Sit (Hold 3 sec)	1.0	Show clear body position, elbows straight with rings minimum parallel and wrists and elbows clear of the straps. Bent Arm support – 0.3 to 0.5 Arms against the straps – 0.1 0.3 – 0.5 Rings less the Parallel – 0.1, 0.3, 0.5
3) Roll slowly backwards with bent arms and lower to inverted hang,	0.5	Show consistent rhythm Lack of Rhythm 0.1, 0.3
4) Lower to Straddle Back lever (hold 3 sec)	1.0	Legs may be split as wide as possible FIG angle deductions apply for body alignment
5) Lower to 'skin the cat' (Hold 3 sec)	0.5	
6) Pull upward to Piked inverted hang and cast into	1.0	Cast should clearly show rise of the shoulder No rise of the shoulders in the cast 0.1, 0.3
7) Swing Backwards, swing Forwards	1.0	Hips should be above Ring height in back swing. Noticeable rise in shoulders and head neutral. Shoulders and hips should be above ring height with feet above the shoulders in front swing. Gymnasts should demonstrate increasing amplitude with each swing Straight arms in front swing Deductions as per diagram (Execution Deductions as per FIG)
8) Swing Backwards, swing Forwards	1.0	
9) Swing Backwards, swing Forwards into	1.0	
10) Back layout Salto dismount	1.0	Show clear body position, rise of the shoulder and hips above the Rings Non-distinct body position: 0.1, 0.3, 0.5 Lack of Amplitude: 0.1, 0.3, 0.5
TOTAL	10.0	

Elite 2 Vault



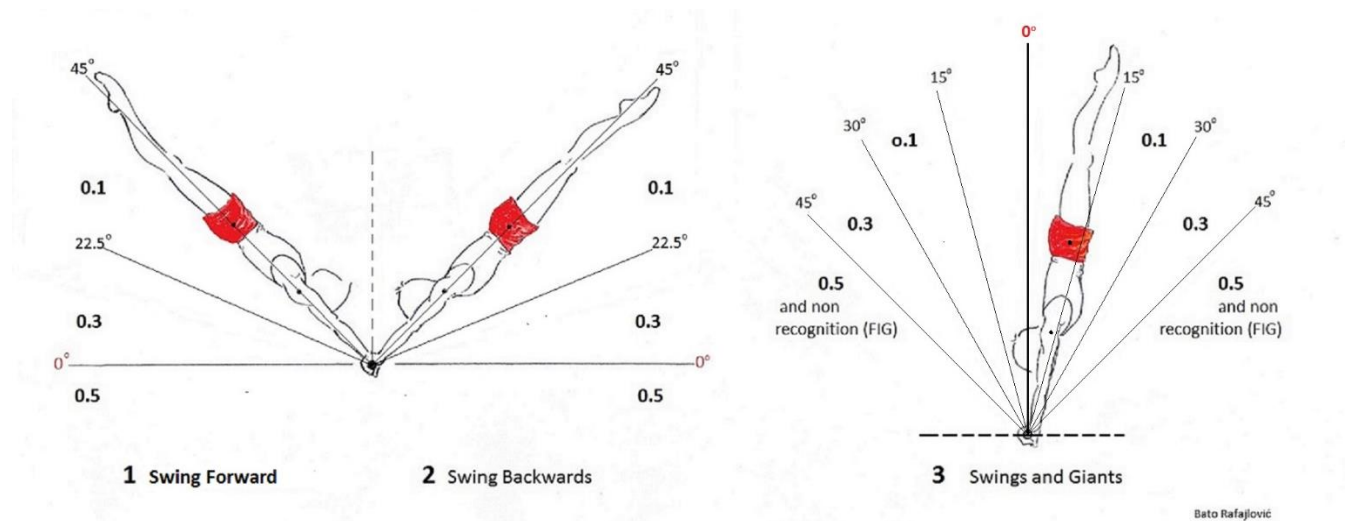
Description	Value	Performance Expectations / Deductions
50cm landing mat (20' in length) Maximum 20M run Spring Board in safety (Yurchenko) collar against mat. Board MUST be touching collar, and collar MUST be touching mats Forward Layout into immediate roll to stand	10.0	Powerful, dynamic run up. Distinct body shape in flight Roll (roll not judged). No landing deductions Salto should demonstrate rotation and not distance travelled 0.3 Deduction for Travelling more than 1.2m from edge of landing map 0.5 Deduction for Travelling more than 1.5m from edge of landing mat Lack of Amplitude: 0.1, 0.3, 0.5
30cm landing mat Maximum 20 M run Straight forward Layout into immediate roll to stand	9.0	Body must be straight upon landing and into the roll forward. Bending of the knees or hips in order to perform roll 0.1, 0.3, 0.5 (each)
Maximum TOTAL	10.0	

Elite 2 Parallel Bars



Description	Value	Performance Expectations / Deductions
1) From Spring board, 1-2 steps and jump to Long hang swing forwards 2) Swing backwards 3) Swing forwards 4) Swing backwards and uprise with straight arms to support 5) Swing to Straddle Manna (2 sec hold)	0.5 0.5 0.5 1.0 1.0	Long hang swing deductions as per diagram Bent arms: 0.1, 0.3, 0.5 particularly on the upward phase on swing.
6) Join legs together and cast forward to Swing backwards 7) Swing forwards 8) Swing backwards to handstand 9) Swing Forwards 10) Swing Backwards to Handstand (hold 2 sec)	0.5 0.5 1.0 0.5 2.0	Swings in support as per diagram Swings to Handstand as per diagram
11) Swing forwards 12) Swing backwards and bail into long hang swing to Back layout Flyaway between the rails	0.5 1.5	Back tuck salto (1.0) ded Not showing hips above the rails at release (0.3) ded No deductions for Height of bail
Total	10.0	

Elite 2 High Bar



Description	Value	Performance Expectations / Deductions
1) From still Hang, Lift toes to the bar Arch body and cast forwards	0.5	No height requirements for swing back No height requirements for swing forward to Kip up Cast ded. – As per the swing diagram, but if below 45°, it is still recognized
2) Swing Back,	0.5	
3) Swing forwards and kip up,	1.0	
4) cast to handstand	1.0	
5) Swing forward,	0.5	
6) Swing backwards	0.5	
7) Swing forward,	0.5	
8) Swing back to back uprise	1.0	
9) Free hip circle to handstand	1.5	Free hip ded - As per the swing diagram, but if below 45°, it is still recognized deductions as per the diagram for Giants. A Giant attempt that does not go over the bar is deducted based on the height and angle of the swing upwards. Plus FIG execution deductions and a 0.3 deduction for an extra swing
10) Back Giant	1.0	
11) Back Giant	1.0	
12) Back Giant	1.0	
Exercise ends as the 3 rd Giant passes through handstand		
Total	10.0	

The above routine is performed in safety straps on bar or in straps using a pvc tube on a standard bar.

Elite 3 Compulsory Routines

Elite 3 Floor

Description	Value	Performance Expectations	Deductions
1) Round off, back handspring, 2) Back tuck salto. 3) Land with control and ½ turn to Swedish fall	0.5 1.0 0.5	Complete extension of the body horizontal prior to landing.	FIG Deductions
BONUS: Back Layout salto instead of tuck	0.1 0.2	Virtuosity awarded for amplitude Virtuosity awarded for amplitude	Back Salto above head with dynamic preparation for landing
4) Any split (2sec.) 5) Straddle press to handstand (2 sec.) stoop down and jump ½ turn	0.5 1.0	Press to H.S. with slow controlled rhythm.	FIG Deductions: Held < 2 sec. – 0.3 Press not held - 0.5 ded. But still credited with D value if handstand position reached.
6) Handspring step out 7) Handspring 8) Dive roll to 45° turn to corner.	0.5 0.5 0.5	Consistent rhythm:	FIG Deductions
BONUS: include 'Flyspring' before Dive roll	0.1 0.3	Virtuosity for amplitude of Dive roll	Dive roll above head ht.
9) Step to scissor kick 10) cartwheel, ¼ turn, 11) Back roll to momentary handstand, split legs and step down, ½ turn, step to forward roll and immediate stag jump to corner, turn to face	0.5 0.5 1.0 0.5		
12) Y Scale (2 sec.)	0.5		
BONUS: Y Scale with 180° split	0.2		
13) Round off back handspring, back handspring, 14) back tuck.	0.5 0.5 1.0	Lack of rhythm: No extension before landing	
	0.1	Virtuosity awarded for amplitude on back tuck	Back tuck above head with dynamic preparation for landing
TOTAL	10.0 – 11.0		

Elite 3 Pommel Horse

For the Elite 3 Category, gymnasts will compete two pommel routines. For the first the gymnast has the choice of one of two circle routines on a Horse without pommels (A or B); the second routine on a mushroom with a single pommel. The Final score is the Average of the two routines.

Routine A: Horse without pommels

Description	Value	Performance Expectations	Deductions
1) 2 uphill loops, circle with ¼ turn ending in side support on end	2.1 0.7,0.7,0.7		Spindle not permitted
2) 2 side circles on end, circle with ¼ turn ending facing downhill	2.1 0.7,0.7,0.7		
3) 2 downhill loops, circle with ¼ turn to side support on end	2.1 0.7,0.7,0.7		
4) 2 side circles, circle with ¼ turn to cross support	2.1 0.7,0.7,0.7		
5) 1 loop, 2 Delasalle Flares, on third Flare, ¼ turn and then Flank off	2.3 0.5,0.6,0.6, 0.6		e.g. Maximum leg split and height. Dismount should resemble flair to handstand technique
	0.1 0.2	Virtuosity awarded for amplitude of flares. Virtuosity awarded for extension of body during turns.	Global bonus for turns throughout entire routine
TOTAL	10.7 - 11.0		

Routine B: Horse without pommels

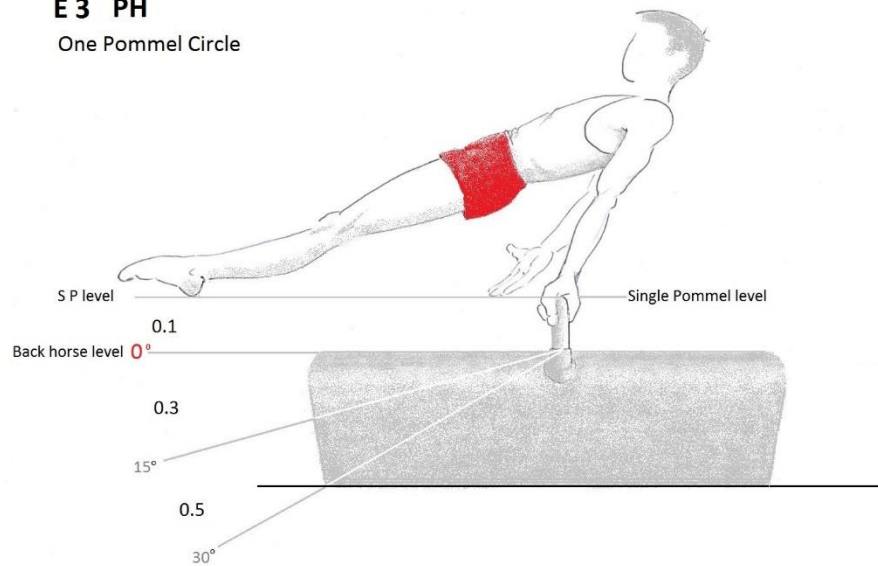
Description	Value	Performance Expectations	Deductions
1) 7 uphill loops	7.0 (1.0 per circle)		FIG deductions Expectation is no pike
	0.2	Virtuosity awarded for extension of circles.	
2) 2 Delasalle Flares, on third Flair, ¼ turn and then Flank off	0.9, 0.9, 0.9		e.g. Maximum leg split and height. Dismount should resemble flair to handstand technique
	0.1	Virtuosity awarded for amplitude of flairs.	
TOTAL	9.7 - 10.0		

Elite 3 Pommel Horse

Single Pommel circles routine on Mushroom or Buck horse.

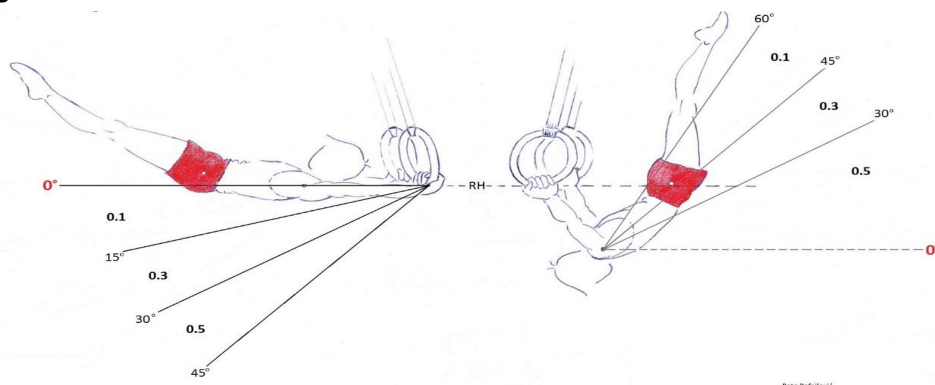
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One Pommel Circle



Description	Value	Performance/ Deductions
5 double Leg circles on one pommel. Each gymnast should complete 6 double leg circles Judging stops after 5 th circle	2.2 pts. per circle	The circles should be fluent and well extended from the shoulders. Control should be demonstrated at all times during the routine. Shoulder displacement should be symmetrical through side support positions. Shoulders should remain in the same direction throughout the routine. Lack of body extension (Hip Breaks)– 0.1, 0.3, 0.5 Hitting apparatus – 0.5 Touching apparatus – 0.3
TOTAL	11.0	

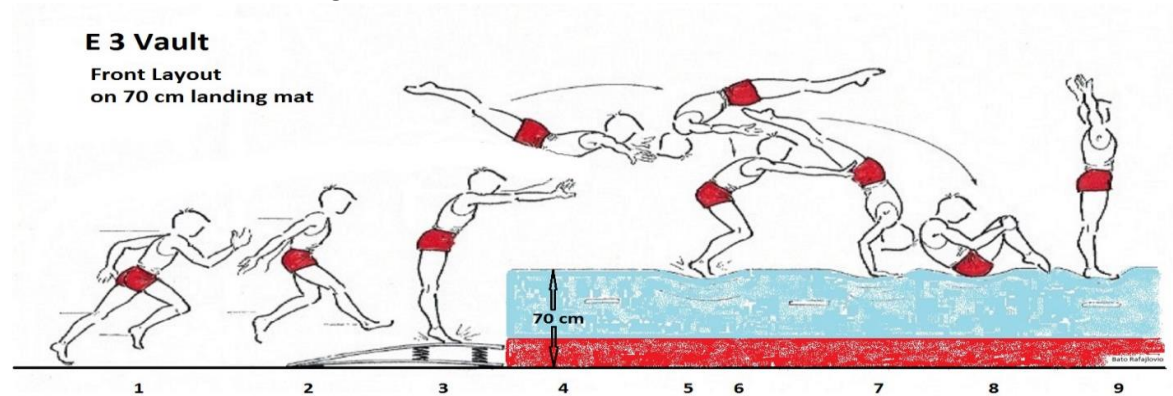
Elite 3 Rings



Description	Value	Performance	Deductions
1) Muscle up (Body straight) to support, turn rings out (2 sec)	1.5 (1.0,0.5)	Rings straight and elbows locked in support.	Pike body 0.1, 0.3
2) Raise legs to L-sit (2 sec)	0.5		FIG time and angle deductions.
	0.1	Virtuosity awarded if Rings are away from the body and Parallel	
3) Press to handstand (2 sec) bent arm pike press.	1.5	FIG Time deductions Held < 2 sec. = 0.3 Finished in handstand but no hold = 0.5 but still awarded credit by D jury if handstand position reached.	
BONUS: Straight arm straddle press	0.4 0.1	No Bonus if $\geq 45^\circ$ arm bend Virtuosity awarded for the 'Handstand' if no deductions	
4) Lower slowly through shoulder stand to inverted hang.	0.5	Consistent rhythm with a straight or hollow body.	No pike permitted or FIG deductions
5) Straddle Back lever (2 sec) lower slowly to momentary straight body hang, pull up to piked inverted hang.	1.0	Hips straight in lever. Shoulders properly extended. Consistent slow rhythm	
BONUS: Legs together back lever	0.4		
6) Pump and Swing backward	1.0	Hips should be above ring height. Noticeable rise in shoulders and head neutral	As per diagram
7) Swing forward	0.5	Shoulders and hips above ring height with feet above shoulders. Straight arms	As per diagram
8) Swing back and Inlocate	1.0	Show rise in shoulders	Slight rise - 0.1 No rise - 0.3
9) Swing backward	0.5	Gymnast should demonstrate increasing amplitude	Deductions as per diagram (Execution Deductions as per FIG)
10) Swing forward and Dislocate	1.0	Gymnast should demonstrate increasing amplitude	Deductions as per diagram (Execution Deductions as per FIG)
11) High back Layout salto	1.0	Hips should be Ring height and shoulders show rise. Opening at horizontal	0.1, 0.3 0.1, 0.3
TOTAL	10.0 – 11.0		

Elite 3 Vault

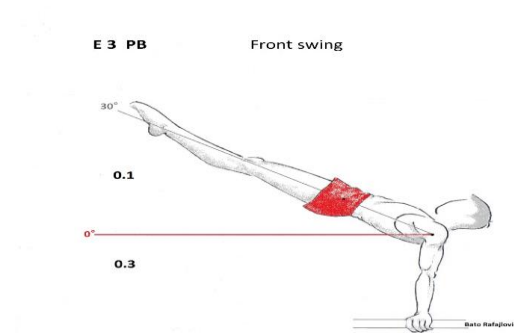
The final score is the average of two vaults below.



Description – Vault 1	Value	Performance/ Deductions
70cm landing mat Maximum 20M run Spring Board in safety (Yurchenko) collar against mat. Board MUST be touching collar, and collar MUST be touching mats Straight forward Layout into immediate Dive roll	11.0	Powerful, dynamic run up. Distinct body shape in flight Rebound for the roll (roll not judged). No landing deductions Salto should demonstrate rotation and not distance travelled 0.3 Deduction for Travelling more than 1.2m from edge of landing mat 0.5 Deduction for Travelling more than 1.5m from edge of landing mat Lack of Amplitude: 0.1, 0.3, 0.5 Layout salto into immediate dive roll – if no dive roll performed, vault scores 0.00.
50cm landing mat Maximum 20M run Straight forward salto into immediate dive roll to stand	10.0	
Maximum TOTAL	11.0	

Description – Vault 2	Value	Performance/ Deductions
Yurchenko preparation R/O back Layout to back onto 60cm mats	11.0	Powerful, dynamic run up. Distinct body shape in flight No Landing deductions FIG deductions for Amplitude, body position · Pike in hips or tucked knees ≤ 90° - 3.0 ded. ≤ 45° - 2.0 ded. ≤ 30° - 1.0 ded. ≤ 15° - 0.5 ded. Landing on the feet and then continuing onto the back results in a 2.0 deduction
R/O Back layout to back onto 50cm mats	10.0	
Maximum TOTAL	11.0	

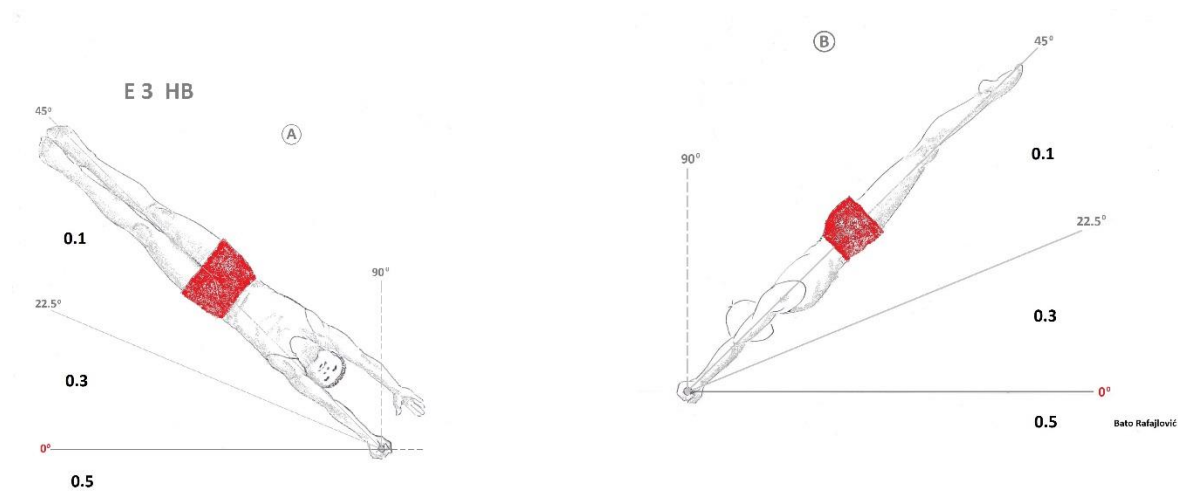
Elite 3 Parallel Bars



Description	Value	Performance	Deductions
1) (Jump to, or be lifted to) upper arm and lift legs to deep pike inverted position, cast to upper arm back swing and swing forward to front uprise to support. Swing back to 30°	0.5 0.5 1.0	Upper arm Back swing to vertical Front uprise - Feet and hips above rail when arms are straight.	Under 45° - 0.1 Under 30° - 0.3
BONUS: Swing to Handstand after Front uprise	0.1 0.3	Virtuosity awarded if hips are straight and feet are elbow height during Front uprise	
2) Peach basket to long hang and kip to L-sit, (hold 2 sec)	1.5 1.0	Straight arms throughout	
3) Straddle Press to Handstand hold 2 sec	1.0		
4) Swing forwards, swing backwards to forward pirouette to Handstand	0.5 1.5	Body straight and hips ≥ 30°	Below 30° 0.1 Below Horizontal 0.3
BONUS: Hold handstand 2 sec after Pirouette	0.3		
5) Swing forwards, Swing to Handstand (Hold 2 sec)	0.5 0.5	Body straight and hips ≥ 30°	Below 30° 0.1 Below Horizontal 0.3
6) Swing Forwards,	0.5	Body straight and hips ≥ 30°	Below 30° 0.1 Below Horizontal 0.3
	Up to 0.3	Virtuosity awarded if all Swings in support are dynamic, extended and demonstrate excellent end positions	
7) Swing back and bail to giant swing preparation through any momentary support and drop to dismount.	1.0	If hands release the bars parallel or below the bars. Not showing any support of the hands. If hands release with shoulders clearly above the bars, but not showing a clear support of the hands.	1.0 deduction 0.5 deduction No landing deduction COACH MUST STAND IN FOR THE LANDING
TOTAL	10.0 - 11.0		

***The athlete may not start the routine unless the coach is present beside the Parallel Bars, on the opposite side of the judges' table as to not obscure their view. The coach must be in a position to spot the dismount at the completion of the routine or a 0.5 deduction will be applied to the athlete's final score.

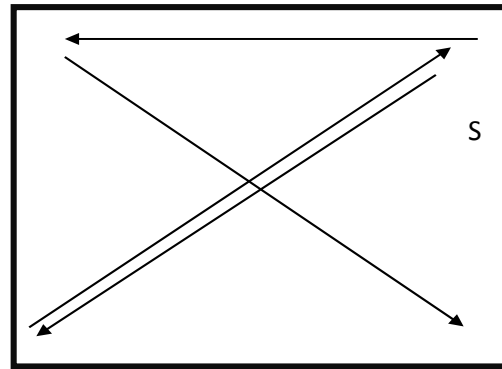
Elite 3 Horizontal Bar



Description	Value	Performance	Deductions
1) From still Hang, Lift toes to the bar Arch body and cast forwards Swing Back	0.5	No height requirements for swing back No height requirements for swing forward to Kip up	
2) Swing forwards and	0.5		
3) Kip	1.0		Cast deductions – As per the swing diagram
4) cast to Handstand	1.0		
5) Free hip circle to 45°	2.0		Free Hip deductions as per swing diagram
BONUS: Free hip to handstand	0.3		
6) Back giant	1.0		
7) Back giant	1.0		
8) Swing ½ turn changing both hands without hop	1.0	Swing ½ turns to a min 45° Finish with hollow chest.	As per the swing diagram
9) Swing ½ turn changing both hands without hop	1.0		
	0.2 each	Virtuosity awarded if ½ turns are within 15° of Handstand	
10) Tucked flyaway dismount	1.0		
BONUS: Layout dismount	0.3		
TOTAL	10.0 – 11.0		

Elite 4 Compulsory Routines

Elite 4 Floor



Floor Exercise Plan

Description	Value	Performance	Deductions
1) Round off, whip, 2) back handspring, Back Layout. 3) Land with control and ½ turn to Swedish fall	1.0 0.5, 1.0 0.5	Consistent rhythm	0.1 – 0.3
	0.1	Virtuosity awarded for amplitude of back layout	
4) Any split (2sec.) straddle press to handstand (2 sec.) 5) Split Legs and step down and kick ½ turn to corner	0.5, 0.5 0.5	Press to H.S. with slow controlled rhythm	Held < 2 sec. – 0.3 Press not held - 0.5 ded.
6) Handspring, flyspring, 7) arched dive roll to immediate stag jump and step 45° turn to corner	0.5, 1.0, 0.5 0.5	Consistent rhythm	0.1 – 0.3
BONUS: front tuck salto instead of dive roll	0.4 0.1	Virtuosity for amplitude in Dive roll or front tuck	
8) Round off, Back Tuck salto to 9) Back extension to momentary handstand, split legs and step down, 10) ½ turn on one foot, one step and scissor kick step into the corner	1.0 1.0 0.5	Emphasis on tight tuck position and full extension before landing, shoulder alignment, rhythm,	
11) Y scale (2 sec.)	0.5		
BONUS: Y scale with 180° split	0.3		
12) Round off, back handspring, back handspring, back Layout	0.5 0.5 1.0	Lack of rhythm:	
	0.1	Virtuosity awarded for amplitude on back Layout	
TOTAL	12.0 – 13.0		

Elite 4 Pommel Horse

For the Elite 4 Category, gymnasts will compete one routine on the Horse without pommels, and one routine on mushroom/ Buck-horse with a single pommel. **The Final score is the Average of the two routines.**

Routine A – Horse without pommels

Description	Value	Performance	Deductions
1) Magyar travel	3.0	FROM 1 or 2 Loops	
2) 1 or 2 reverse Loops	0.5		
3) Sivado	3.0		
4) ¼ turn to 1 uphill side circle, ¼ turn to 1 downhill loop, ¼ turn to 1 downhill side circle, ¼ turn to 1 loop	2.0 (4 x .50)		
	0.1	Virtuosity rewarded for straight body throughout turns	
BONUS: 360° Russian, Loop	0.4	Russian starts with the first forward movement of the hands (the reverse stockli action to start the skill is not acceptable)	
1) 2 Delasalle Flares, on third Flare, 2) ¼ turn to side support, Flank off	2.0 1.5		
BONUS: Flare to handstand	0.4 0.1	Virtuosity rewarded for amplitude of flair	
TOTAL	12.0 -13.0		

→→→→→→→→→Magyar

1 zone	2 zone	3 zone
3 zone	2 zone	1 zone

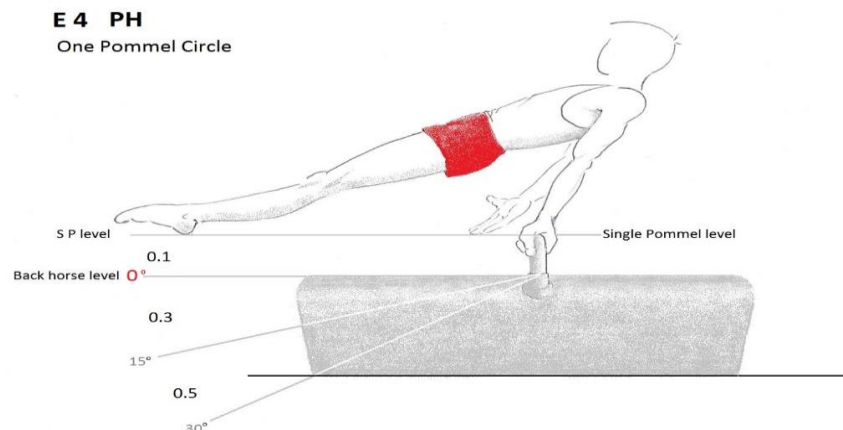
Sivado ←←←←←←←←←

General Comments Elite 4 Pommel Horse:

1. There is no limit of circles during the Magyar or Sivado, but travel must be uninterrupted.
2. Constant deviation of hands (shoulders) more than 45° in travel will result in non-recognition of the travel from that point onward.
3. If the gymnast falls in one of the zones, he will receive the value for the number of zones completed. The gymnast may repeat the travel and may begin where he fell. If successful on 2nd attempt only the 1.0 for the fall will be deducted. The gymnast will not be granted value for a third attempt, but deductions will apply.
4. The horse may be lowered to any height.

Elite 4 – Pommel Horse

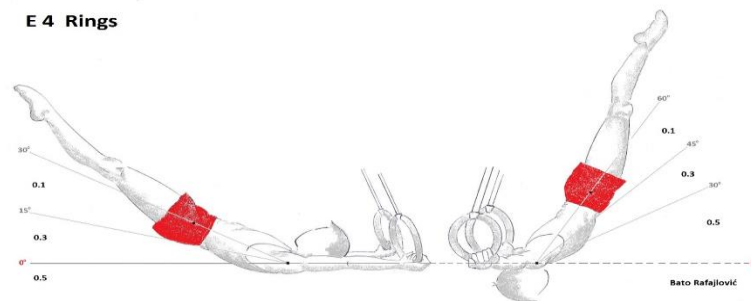
Routine B – Single Pommel circles routine on Mushroom or Buck horse (Up to 40 cm high from top of mat to the top of the body of the buck horse or mushroom)



Description - Routine A	Value	Performance/ Deductions
1. 3 double Leg circles on one pommel. 2. ½ Turn 3. 4 double Leg circles on one pommel Each gymnast should complete an extra double leg circle at the end of the routine. Judging stops after the final 4 circles.	1.5 pts. per circle (4.5) 2.5 pts 1.5 pts. Per circle (6.0)	The circles should be fluent and well extended from the shoulders. Control should be demonstrated at all times during the routine. Shoulder displacement should be symmetrical through side support positions. Shoulders should remain in the same direction throughout the routine. Lack of body extension (Hip Breaks) 0.1, 0.3, 0.5 per circle Hitting apparatus – 0.5 Touching apparatus – 0.1
TOTAL	13.0	

Description - Routine B	Value	Performance/ Deductions
8 double Leg circles on one pommel. Each gymnast should complete 9 double leg circles. Judging stops after 8 th circle	1.5 pts. per circle	The circles should be fluent and well extended from the shoulders. Control should be demonstrated at all times during the routine. Shoulder displacement should be symmetrical through side support positions. Shoulders should remain in the same direction throughout the routine. Lack of body extension (Hip Breaks) 0.1, 0.3, 0.5 per circle Hitting apparatus – 0.5 Touching apparatus – 0.3
TOTAL	12.0	

Elite 4 Rings



Description	Value	Performance	Deductions
1) Muscle up (Body straight) to support, turn rings out and away from body (2 sec)	1.0 0.5	Rings must be away from the body, elbows locked	0.1- 0.3
2) Raise legs to L-sit (2 sec)	0.5	Rings must be away from the body	0.1 – 0.3
3) Press to handstand (2 sec) bent arm pike press.	1.5		FIG ded.
BONUS: Straight arm straddle press	0.4	No Bonus if $\geq 30^\circ$ arm bend	FIG ded.
4) Lower slowly through shoulder stand to inverted hang	0.5	Consistent rhythm with a straight or hollow body	
5) Back lever (2 sec) lower slowly to momentary straight body hang, pull up to piked inverted hang	1.0	Hips straight in lever. Consistent rhythm	
6) Pump and Swing backward, shoulders at ring height and body moving towards vertical	1.0		As per diagram
7) Swing forward, shoulders at ring height, body at 30°	1.0		As per diagram
8) Swing backward to Inlocate	1.5	Shoulders above Ring height	As per diagram
	0.1	Virtuosity awarded if 30° above horizontal	
9) Swing backward	1.0		As per diagram
10) Swing forward to Dislocate	1.5	Shoulders above ring Height	As per diagram
	0.1	Virtuosity awarded if 30° above horizontal	
11) High back Layout salto	1.0	Hips should be Ring height and shoulders show rise Opening at horizontal	0.1-0.3 0.1 -0.3
BONUS: Swing forward back roll to support (felge) with straight arms and immediate back layout from support	0.4	No Bonus if arms bent through the support position	
TOTAL	12.0 – 13.0		

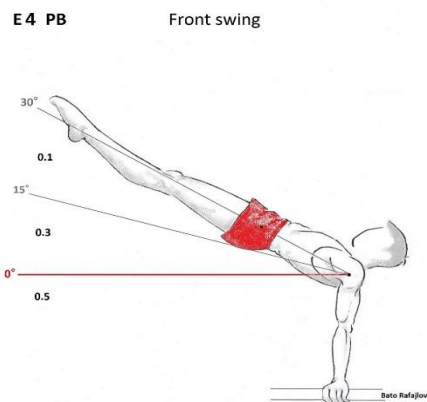
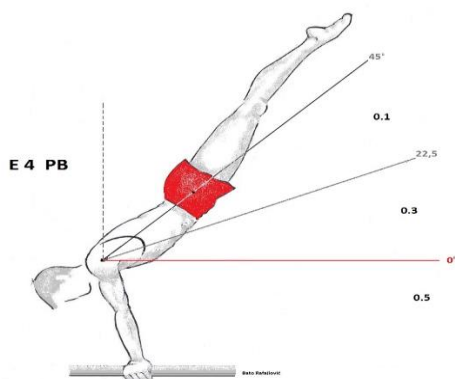
Elite 4 Vault

The Final score is an Average of Vault 1 plus the option of Vault 2 or Vault 3.

Description	Value	Performance/ Deductions
120- 135 Table with equivalent height landing mat Maximum 25m run Handsprings block off vaulting table with ½ turn to land on back. Cuervo (straight) prep Mats stacked level with the vaulting platform	13.0	Main focus is to create rotation from the board and block from the shoulders to maximize height without compromising rotation. Powerful, dynamic run up. Contact with table should be made at vertical. Distinct body shape in flight Lack of Amplitude: 0.1, 0.3, 0.5 Pike in hips or tucked knees ≤ 90° - 3.0 ded. ≤ 45° - 2.0 ded. ≤ 30° - 1.0 ded ≤ 15° - 0.5 ded. Landing on the feet and then continuing onto the back results in a 3.0 deduction.
Maximum TOTAL	13.0	

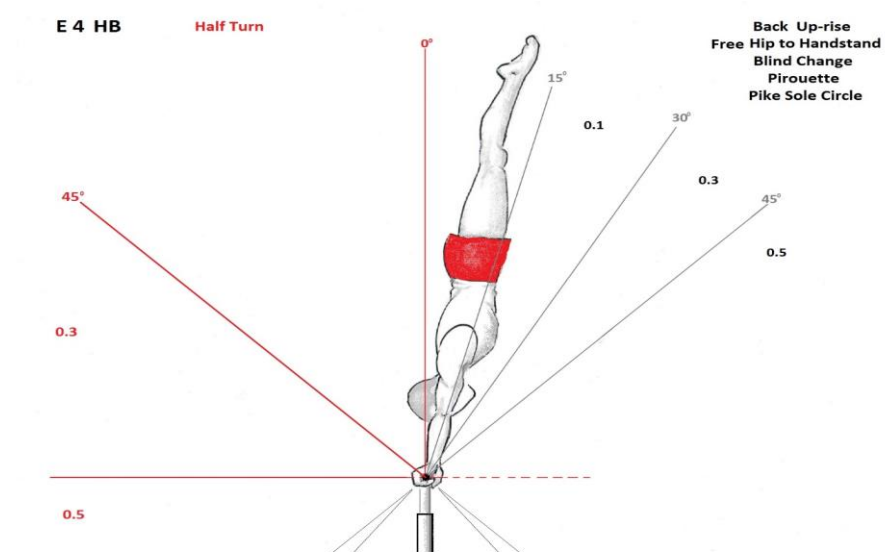
Description	Value	Performance/ Deductions
120- 135 Table with equivalent height landing mat Maximum 25m run		Powerful, dynamic run up. Distinct body shape in flight No Landing deductions Lack of Amplitude: 0.1, 0.3, 0.5 Pike in hips or tucked knees ≤ 90° - 3.0 ded. ≤ 45° - 2.0 ded. ≤ 30° - 1.0 ded ≤ 15° - 0.5 ded. Landing on the feet and then continuing onto the back results in a 3.0 deduction.
VAULT 2 Yurchenko (straight) prep, landing on back onto mats level with the vaulting table	13.0	
VAULT 3 Tsukahara (straight) prep, landing on back onto mats level with the vaulting table	13.0	
Maximum TOTAL	13.0	

Elite 4 Parallel Bars



Description	Value	Performance	Deductions
1) Glide Kip to support swing backwards	1.0		As per swing diagram
1) Giant to support and 3) Immediately swing forward	1.5 0.5	Arms must be straight	FIG deductions. Spot for the Giant – A coach can have one hand on the Gymnasts hand and one hand on the back for safety. No spotting box is allowed.
BONUS: No Spot BONUS: Giant to Handstand - no spot Only one bonus can be awarded for the Giant element	0.2 0.4	No Bonus if arms are bent No Bonus if arms are bent > 45°	
4) Swing back to horizontal and Peach basket to support, swing forward, 5) Swing backward to horizontal	1.5 0.5		No deduction for height of back swing prior to Peach Basket Backward swing below horizontal 0.1
BONUS: Peach basket is caught with straight arms Horizontal or higher	0.4		
6) Cast to upper arm (late or early drop) and Upper arm swing backward	0.5	Back swing, Minimum of 45° above horizontal	Below 45° 0.1-0.3
7) Upper arm swing forward to front uprise	1.0	Feet and hips above rail when arms are straight	Feet below bar when arms straight 0.1-0.3
	0.1	Virtuosity if hips and feet are above elbow height	
8) Swing to handstand (2 sec hold)	1.5		
9) Swing forward	0.5		As per swing diagram
10) Swing backward to swinging pirouette to handstand	1.5		Swinging pirouettes showing a pausing phase before or during the turn will be deducted (0.5).
11) Swing forward	0.5		
12) Swing back to tucked salto forward dismount	1.5		FIG Deductions
	0.1	Virtuosity awarded for significant lift off the bars and extension for landing is at bar height	
TOTAL	1.0 -13.0		

Elite 4 Horizontal Bar



Description	Value	Performance	Deductions
1) Jam cast and backward up-rise to 45°	1.0	45° to handstand: Under 45°:	0.1 -0.3
	0.1	<i>Virtuosity if to Handstand</i>	
2) Free Hip to Handstand	2.0		
<i>BONUS: Stalder to Handstand</i>	<i>0.4</i>		
3) Swing ½ turn changing both hands without hop	1.0	½ Turn under 45°: Under horizontal	0.3 0.5
4) Back giant	0.5		
5) Blind change on 2nd giant	1.0		
6) Front giant	0.5		
7) <i>BONUS: Early pirouette on 2nd front giant to finish before handstand in under grip</i>	<i>0.4</i>	45° to 75°: Under 45°:	<i>0.1</i> <i>0.3</i>
8) Front giant	0.5		
9) Pirouette on second front giant	1.0		
10) Back giant	0.5		
11) Pike sole circle to handstand (Toe on and off)	1.5		
12) 2 Back giants , to High Layout dismount	0.5, 0.5, 1.5		
	0.1	<i>Virtuosity for dismount significantly above the bar</i>	
TOTAL	12.0– 13.0		

General Comments:

- Each extra back giant or front giant is a **0.3** deduction.

The gymnast can begin the routine with any swinging movement necessary for the Jam Cast to finish above 45°.

APPENDIX “A”

Competition Age Calculation Chart

The competitor’s age will be determined by their age in the year of the competition.

The competition year will start on January 1st.

Elite Pathways Age		
Birth Year	2020 Competition Season	2021 Competition Season
1999	Turning 21 in the year of the competition	Turning 22 in the year of the competition
2000	Turning 20 in the year of the competition	Turning 21 in the year of the competition
2001	Turning 19 in the year of the competition	Turning 20 in the year of the competition
2002	Turning 18 in the year of the competition	Turning 19 in the year of the competition
2003	Turning 17 in the year of the competition	Turning 18 in the year of the competition
2004	Turning 16 in the year of the competition	Turning 17 in the year of the competition
2005	Turning 15 in the year of the competition	Turning 16 in the year of the competition
2006	Turning 14 in the year of the competition	Turning 15 in the year of the competition
2007	Turning 13 in the year of the competition	Turning 14 in the year of the competition
2008	Turning 12 in the year of the competition	Turning 13 in the year of the competition
2009	Turning 11 in the year of the competition	Turning 12 in the year of the competition
2010	Turning 10 in the year of the competition	Turning 11 in the year of the competition
2011	Turning 9 in the year of the competition	Turning 10 in the year of the competition
2012	Turning 8 in the year of the competition	Turning 9 in the year of the competition
2013	Not allowed to compete	Turning 8 in the year of the competition
2014	Not allowed to compete	Not allowed to compete