



BC CCP CHARTS

**Compulsory Level 1-5
Optional Level 6-10**

BC XCEL PROGRAM

**Bronze
Silver
Gold**

2021-2022

**To be used in conjunction with:
USAG Development Program
USAG Xcel Program
Canadian Competitive Program (CCP)**

Last update: November 30, 2021

1. Introduction

Gymnastics BC adopted the USAG Development Program (formerly known as the JO program) in 2014, Gymnastics Canada adopted the USAG Development Program created in the USA for use in the Provinces and Territories in July 2015. The USAG Development Program was created with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The program allows the gymnasts to advance at their own pace, competing in more than one level in a year, if they so choose. The USAG Development Program is called Canadian Competitive Program (CCP) in Canada. In 2020, BC partially adopted the USAG Xcel program to bridge the gap between the BC Interclub and BC CCP Programs.

The chart below shows how each program fits into the GymBC WAG Competitive Structure:

BC Program	Canadian Program	High Performance	
Xcel Program	CCP & Aspire	FIG and Canadian Models	
	Level 10 2013 ↓ (09/CC)	HP Senior 2006 ↓	
	Level 9 2014 ↓ (10/CC)	HP Junior 2007-2010	
	Level 8 2014 ↓	HP Novice 2009 - 2011	
	Level 7 2015 ↓	Aspire 2 2010 - 2013	
	Level 6 2016 ↓	Aspire 1 2011 - 2013	
	Gold 2015 ↓	Level 5 2016 ↓	Compulsory
Silver 2015 ↓	Level 4 2016 ↓		
	Level 3 2016 ↓		
Bronze 2015 ↓	Level 2 2017 ↓		
	Level 1 2017 ↓		

The Canadian Competitive Program has some modifications that are not in use in the USA or in other countries who have similarly adopted this program. These modifications are to assist our coaches and athletes in making the transition to the USAG Development Program from the previous national stream and provincial programs that have been in place in Canada. The Canadian changes affect Level 9 (Special Requirements, Bonus and Composition).

Questions about the Programs?

Questions about the Xcel Program, the CCP, Aspire and High Performance can be sent to: cornerod@gymbc.org

USAG Updates

It is the intent of GymCan to follow the USAG Development Program rules, as closely as possible. USAG posts updates on its Website from time to time. Although clubs will be notified of changes by email, we recommend that coaches visit the USAG Website to review the rule changes on a regular basis. Unless explicitly informed by Gymnastics Canada, all changes made by USAG are in effect in Canada at the same time they come into effect in the USA. All USAG Development Program updates for levels 1-10 can be found on their website at: <https://usagym.org/pages/women/updates/jo.html>

USAG will also update the Xcel program periodically. Unless explicitly informed by GBC, all changes made by USAG are in effect in BC at the same time they come into effect in the USA. All Xcel updates can be found on their website at: <https://usagym.org/pages/women/updates/xcel.html>

2. Documents

Please see below the documents in effect in BC.

	Canada Games	Canadian Champs	Western Champs	CWG, CC, WC Trials	All other GBC sanctioned
GymCan Canadian Competitive Program	√	√	√	√	
BC CCP					√
Orange Binder/Digital Version	√	√	√	√	√
Green Binder/Digital Version					√
Yellow Binder/Digital Version					√

Please note that:

- For warm up procedures and equipment specifications, the Canadian or BC document will supersede all USAG Program Rules as per the chart above. Until GymCan updates its manual, only the BC version is correct.
- The Canadian modifications to Level 9 will supersede all USAG Binders.
- For all Xcel Program rules, the BC document will supersede the USAG Binder.

3. USAG Program Binders

Program	Year	Version	Price	Link
CCP 1-5 Compulsory	2021	Green Binder	\$75.00 USD	http://usagym.sportgraphics.biz/search.aspx?SearchTerm=9106
		Digital (Google Play)	\$75.00 USD	https://play.google.com/store/books/details?id=NX4wEAAAQBAJ
CCP 6-10 Optional	2018	Orange Binder	\$60.00 USD	http://usagym.sportgraphics.biz/c-17-rules-jo-materials.aspx
		Digital (iBook)	\$49.99 USD	https://itunes.apple.com/us/book/id1382691933
Xcel	2018	Yellow Binder	\$60.00 USD	http://usagym.sportgraphics.biz/search.aspx?SearchTerm=xcel
		Digital (iBook)	\$49.99 USD	https://books.apple.com/us/book/xcel-code-of-points/id1426598494

4. WARM UP PROCEDURES – Canadian Competitive Program

General Warmup	20 minutes for Levels 9-10 / 15 minutes for Levels 1-8 Athletes may not start the general warm up on the warm up or competition floor before the set time. Once the general warm up starts, athletes may warm up on the WAG floor, mats and runway only. They may not use the boards and/or get on the table, bars or beam for any reason during the general warm up. Athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited.			
Event	VT	UB	BB	FX
Type	Group Warm up Continuous time	Group Warm up Continuous time	Group Warm up Block time per athlete	Group Warm up Continuous time
Canadian Competitive Program	Lvl 1-2: 30 sec Lvl 3: 45 sec Lvl 4-5: 1 min Lvl 6-7: 90 sec Lvl 8-10: 2 min	Lvl 1-2: 30 sec Lvl 3: 45 sec Lvl 4-5: 1 min Lvl 6-7: 90 sec Lvl 8-10: 2 min	Lvl 1-2: 30 sec Lvl 3: 45 sec Lvl 4-5: 1 min Lvl 6-7: 90 sec Lvl 8-10: 2 min (may do 1 min 30 + 30 sec) Max 5 sec between athlete	Lvl 1-2: 30 sec Lvl 3: 45 sec Lvl 4-5: 1 min Lvl 6-7: 90 sec Max 5 min Lvl 8-10: Min 8 min, Max 10 min Lvl 1-3 must warm up on a line, not in diagonal.
	Competition format:			
	<ul style="list-style-type: none"> - <u>Athletes</u> must be ready to rotate as soon as their club or rotation is done competing on a given apparatus. - <u>On all apparatus</u>, athletes warm up in groups. If a group consists of only one athlete (only athlete competing at a certain height/bar width), she must be given sufficient time to warm up and rest. On UB, the athlete may choose to warm up her LB skills with the group and use reduced time at her own settings. - <u>Coaches</u> must determine the most efficient way to warm up prior to the rotation (in relation to equipment settings). They must work together to ensure that the warm up runs smoothly. 			
Split Warm up	Split warm up: Lvl 1-5: more than 12 athletes/rotation, Lvl 6-8: more than 8 athletes/rotation, Lvl 9-10: more than 7 athletes/rotation. When possible, groups will be split to keep all athletes from one club together. At trials for Westerns, CC and CWG, the split will be done 4/4, 5/4 without consideration of clubs.			
UB	On UB, 90 seconds is granted for each different bar preparation (raising, lowering, chalking). This does not include widening or narrowing the bars.			

5. Equipment

The following are the recommended equipment specs for use in competitions in Canada. The specs in the first columns (Lvl 10 and Lvl 9) will be in effect at Canadian Championships (CC) and Canada Winter Games (CWG) and trials. When a double set of apparatus is used (8 rotations on 8 apparatus), the host must ensure that sufficient equipment is available on all apparatus (re: both vaults cannot share one board or one safety mat).

	Equipment	Lvl 10 (CC, CWG)	Lvl 9 (CC)	Lvl 6-10	Lvl 4-5	Lvl 1-3
Vault	Height	125 cm		Levels 6-10: All ages: any height up to max 125 cm	Any height allowed by manufacturer	Level 3 – min 80 cm Level 2 – min 40 cm Level 1 – min 40 cm
	Springboards	Up to 4 boards. No spring changes allowed at Canadian Championships. Spring changes may be allowed with some SA Sport boards.				
	Runway	Lvl 1-5: Max 25 m. The host must ensure that a minimum of 18 m is available. Lvl 6-7: Max 25 m. The host must ensure that a minimum of 21 m is available. Lvl 8-10: Max 25 m. The host must ensure that a minimum of 23 m is available.				
	Supplementary mat (sting)	Lvl 1-2: N/A Lvl 3-10: Mandatory 10 cm, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. Lvl 6-7: Stacked mats, total height (including base mat) 80 cm to 152 cm.				
	Yurchenko Collar & Handmat	An approved Yurchenko collar must be used for all round off entry vaults. An approved hand placement mat may be used for all round off entry vaults only.				
Uneven Bars	Uneven Bars	HB: 255 cm LB: 175 cm Lvl 9 Diagonal: 130 to 180 cm TBC by GymCan Lvl 10 Diagonal: no maximum width (within equipment manufacturer's safety limitations)		HB: 255 cm LB: 175 cm Diagonal: no maximum width (within the equipment manufacturer's safety limitations)		
		Taller gymnasts may raise both bars by 5 cm (and more, if the gymnast is too tall) upon submission of request to raise bar form in the CCP appendix. However, a gymnast cannot ask to raise the UB in order to use supplementary matting under the rails. Within BC, the request can be made verbally to the Competition Head Judge before the session starts.				
	Springboards	1 – Soft. The springboard must be removed after the mount. An approved mounting block (simulating a springboard) may be used.		The springboard or 30 cm block/panel mat must be removed from underneath or the end of the apparatus after the mount.		
		The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performed on the same side. The springboard MAY be placed on the supplementary or safety mat(s). If the board is placed on the landing mat, the safety mat(s) (up to 40 cm) must be slid in as soon as the springboard is removed. A wooden plank may be placed under the springboard.				
	Supplementary mat (sting)	Mandatory 10 cm, up to 40 cm allowed. The supplementary or safety mat(s) MAY extend beyond the LB. This is for BC only, please review the apparatus specifications for any out of province competitions, especially for L8-10 at Westerns and L9-10 at Canadians.				
	Safety Mat (20 cm)	For C+ release element, a 20 cm may be slid in and out according to the rules (2 moves preceding and following the element). If Gymnova equipment is used, a 10 cm mat can be slid in, instead of the 20 cm. A spotting block or folded mat that is used for spotting purposes between the bars may remain in place as long as the coach continues to utilize it during the routine.			A spotting block or folded mat that is used for spotting purposes between the bars may remain in place as long as the coach continues to utilize it during the routine.	

	Equipment	Lvl 10 (CC, CWG)	Lvl 9 (CC)	Lvl 6-10	Lvl 4-5	Lvl 1-3
Beam	Beam	All Ages: 125 cm		2009 and older: 125 cm 2010 and younger: 110 or 125 cm		All ages: 100, 110 or 125 cm
	Springboards	1 - Soft - The springboard or 30 cm block/panel mat must be removed from underneath or the end of the apparatus after themount.				
	Supplementary mat (sting)	The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performed on the same end. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed.				
Floor	Floor Area	12 m x 12 m				
	Supplementary mat (sting)	Lvl 1-4: No additional mats permitted. Lvl 5-10: 5 or 10 cm allowed supplementary mat must be placed at beginning of routine, and can be removed, moved or left in place (intent is to have the least amount of movement of mats/coach around the floor during the routine).				
	Safety Mat (20 cm)	Not allowed.				

6. Canadian Competitive Program – Level 9

Some modifications are introduced for Level 9.

UNEVEN BARS

Special Requirements: Modification of the Special Requirement #1 as follows:

SR #1: Two bar changes OR One bar change plus one 360° clear circling element min C from Gr. 3-6-7

SR #2: One flight element min B

SR #3: 2nd different flight min C OR Element with LA turn 180° (or more) min B

SR #4: Salto dismount, min B

Bonus: Max 0.3

Max 0.2 awarded for Connection value (including connections with a D skill). Max 0.1 awarded for 1 D. Gymnasts must do one D or E in order to start from 10.0.

Composition: Same as USAG except for the following:

- Choice of elements - 0.1
Failure to perform 1 element (min B) that fulfill 1 out of 2 of the following requirements (excluding dismount)
 - 1 Element from Gr 3-6-7 min B
 - 1 C element with minimum 180°, with or without flight
- Choice of elements - 0.2
Failure to perform 1 element (min B) in a different grip.
The element must be completed on the UB; a change of grip to initiate the dismount will not fulfill the requirement (for example: Giant ½ turn to reverse grip to Fwd. flyaway – will not meet the requirement)

BEAM

Bonus: Max 0.3

Max 0.2 awarded for Connection value (including connections with a D skill). Max 0.1 awarded for 1 D. Gymnasts must do one D or E in order to start from 10.0.

FLOOR

Bonus: Max 0.3

Max 0.2 awarded for Connection value (including connections with a D skill). Max 0.1 awarded for 1 D. Gymnasts must do one D or E in order to start from 10.0.

Composition: Add to the Specific Composition Deduction: Lack of D or E salto: 0.2

7. Summary of changes for the 2021-2022 season

USAG has published a number of changes for the 2021-2022 season. The following is not an exhaustive list, rather a summary of the main changes. Please see all updates here: <https://usagym.org/pages/women/updates/jo.html>

GENERALITIES

- Attire: there is no longer a maximum of one stud per ear. New wording is “Only stud earrings are allowed in any part of ear.” This implies that any number of studs are allowed.
- Fall timing on VT (between 1st and 2nd vaults), UB and BB: The fall time starts when the gymnast is standing on her feet.

VAULT

- Lvl 7 ONLY: Athletes may land the Tsukahara/Yurchenko entry vaults directly onto their back without contacting the mat stack with their feet first.

BALANCE BEAM

- Addition: "Back Walkover may be also used as Second element in LEVEL 7 Acro series (with or without pause/hold in Vertical)."

FLOOR EXERCISE

- Addition: "Coach catches a falling gymnast: 0.50 Fall; No deduction for Spot; Chief Judge deducts 0.50 from Average Score for "Coach on the Floor"."
- Addition: "Definition of Acro Pass: An approach (usually initiated by a hurdle or run) resulting in the performance of one or more Acro elements (with or without hand support). An Acro Pass with two or more non salto elements must be directly connected. An Acro Pass with two or more saltos may be directly or indirectly connected with flight elements with hand support flight."
- Addition: "Addition / deletion of a dance Value-Part element following and directly connected to the last element in an Acro Pass makes the Acro Pass different."
- Addition: "Acro Passes containing Flic-flac(s) or Front handspring(s): Addition of one or more Flic-flacs or Front Handsprings prior to a Salto will not make the Acro Pass different, regardless of the order that the Acro Passes are performed within the routine. The Salto receives Value-Part credit only for the first time performed."

8. BC Athlete Uniform Change

Starting in the 2021-2022 season, BC has updated the athlete uniform rules as per below:

Optional leg coverings are allowed at all BC competitions at all levels. They must be form-fitting. They may be plain black (minimal manufacturer's logo is permitted) or match the competition bodysuit. They must cover the bodysuit and can be of any length that does not go past the ankles. The leg coverings are optional and not part of the club uniform.

Canadian Competitive Program Compulsory Exercises

Level 1-5

1. CLARIFICATIONS – Compulsory Level 1-5

1.1 Generalities

All routines* have a start value of 10.0. If a required skill is not credited, each judge will take the appropriate deduction from the score he/she submits. The minimum courtesy score is 1.0 points.

Maximum Execution Deduction for each Element

The total execution deductions that can be taken on an element may not exceed the value of the element plus 0.5 (this does not include a fall or spot). For example, if an element is worth 0.6:

- Maximum execution deduction (legs bent, apart, arms bent, etc.) may not exceed 1.1 (0.6 + 0.5).
- If the athlete falls, the maximum deduction is 1.6 (value of the skill + 0.5 + fall).
- If athlete is also being spotted, the maximum execution deduction would be 1.1 + fall + spotting.

Compulsory charts

The compulsory charts in the next pages include all Major Elements in each level. Major Elements must be performed exactly as indicated in the compulsory manual. For each element, the Points of Emphasis are used for coaching and judging purposes. They are an important aspect in the judgement of the routines and they are used in addition to the table of general faults and penalties.

*If more than half the Major Elements in one exercise are performed with the assistance of the coach, then the score is determined by giving the value part credit for those elements performed unassisted; do not score from 10.0.

*Termination of an exercise due to injury: if a gymnast performs half or less of the exercise and does not continue, give credit for elements performed; do not score from 10.

1.2 Text error deductions on BB and FX

The maximum deduction that can be taken is 0.3. This is less than in the previous code. Judges should NOT equate 1 text error to 0.1 deduction. Many small text errors or a large error may equate to 0.1. This should be treated as a 'throughout' deduction.

1.3 Clarification on crediting the value of elements

Omitting a required series

- BB dance series only – 0.05
 - If a fall occurs between the elements, deduct 0.05 for a broken connection plus 0.5 for the fall.
 - If the gymnast repeats the elements and successfully connects them, deduct 0.5 for the fall only.
 - Dance series are considered broken when:
 - Stop between elements
 - Loss of balance between elements
 - Any deviation of body movement that is not in line with the beam
 - Reposition of foot (or feet) or pivoting
 - Extra step/hop/jump between elements
 - Legs straighten between elements
- For all other series – 0.3
 - When both elements are performed without connection, deduct 0.3.
 - When one or both elements in a series of connections are omitted, deduct 0.3 plus double the value of each omitted skill.

Adding extra elements

Additional elements are not allowed. Additional elements are Value Parts or Major Elements from the USAG Development Program Code of Points. A deduction of 0.3 is applied for each additional element.

Incomplete Major Elements

Refers to a gymnast's attempt of a prescribed element, but is unsuccessful in completion. For example:

- UB – Kips, pullovers that fail to finish in support
- UB, FX – Salto not landing feet first (UB dismount)
- BB, FX – Acro or dance elements with no foot contact or 1-foot contact and fall
- BB, FX – Leaps that have little to no flight or very weak split (missing more than 45°)
- FX – Major body error resulting in incorrect finish position (total loss of control)

In these scenarios, each judge determines what value is awarded depending on the percentage of the element completed.

For example, on UB – kip (value = 0.6):

- If the kip is not to support, each judge determines the percentage of the kip completed (is she performing only a glide swing, or is she almost in support) and will deduct from 0.0 up to 0.6 accordingly.
- Execution deductions, including applicable falls are also applied.

If the athlete makes a 2nd attempt and successfully completes the element:

- Credit the full value of the element
- Deduct execution errors on 1st attempt up to the point of interruption (fall) and the fall
- Deduct execution errors on the 2nd attempt, beginning at the point of interruption (fall)

1.4 Spotting

If the coach assists (touches) the athlete during the element:

- Value of the element: deduct according to the assistance provided by the coach (up to the value of the element)
- Spotting: 0.5, the deduction is taken by each judge
- If the athlete is spotted and but still falls, both deductions are applied – Fall 0.5 + Spotting 0.5

If the coach catches a gymnast while she falls:

- Deduct only for the fall (0.5)

If the coach assists (touches) the athlete on landing only:

- Value of the element: credit full value
- Spotting: 0.5, the deduction is taken by each judge

1.5 Is the element worth putting in the routine?

Coaches should do some math to determine if it is better to omit a skill, let the athlete attempt it by themselves, or to spot them.

- Omit an element completely = Double the value of the element
- Element attempted but incomplete = Value of the element: deduct according to percentage of element completed (up to the value of the element) + execution (bent legs, etc.) + 0.5 for the fall
- Element spotted = Value of the element: deduct according to the assistance provided by the coach (up to value of the element) + 0.5 for spot + 0.5 for fall (if applicable)

For example, Level 4 – consider Glide Kip on UB (value = 0.6)

- If omitted: deduct 1.2 (double the value of element - 0.6×2)
- If attempted but not completed in support: up to value of the element (up to 0.6) + fall (0.5) = up to 1.1 plus any execution deductions (bent legs, arms, etc.)
- If spotted = up to the value of the element (up to 0.6) + spot (0.5) = up to 1.1 plus any execution deductions (bent legs, arms, etc.)

In most cases, it will be mathematically more advantageous for a gymnast to do an incomplete kip or a kip with spot than to omit it completely. A glide swing may be considered to be $\frac{1}{3}$ or $\frac{1}{4}$ of the kip and it may be awarded 0.1 or 0.2 out of 0.6

1.6 Coaching cues

The USAG program penalizes athletes if they receive technical verbal cues from their coaches and/or teammates while performing their competition routines. However, this rule is NOT in effect in BC at the Compulsory levels only. In order to

encourage positive competitive experiences for these often young athletes, coaches and teammates can verbally and/or physically assists them from the sidelines.

1.7 Range of scores – allowable span between judge scores

Range of scores is the allowable difference between the counting judges' scores. The average score is used to determine the range as per the table below:

If the average score is between:	The 2 counting scores must be within the range of:
9.500 – 10.000	0.20
9.000 – 9.499	0.50
8.000 – 8.999	0.70
Below 8.000	1.00

2. PERFORMANCE SCORES – Gold/Silver/Bronze awards (for gymnasts under 7 years old)

In Levels 1-5, the Gold/Silver/Bronze award system must be used for athletes 5 and 6 years old (born in 2016 or later in the 2021-22 season). Athletes 7 years and older can be ranked with the usual CCP scoring system.

Gold/Silver/Bronze Award System

Scores are flashed to the public as Gold/Silver/Bronze, and each athlete receives a ribbon of the appropriate colour on each apparatus. The secretary will usually have the responsibility to staple to each athlete's certificate the appropriate ribbon but this can also be done in the scoring room.

	Age 5 / 6 years old (born 2016 and after in the 2021-2022 season)	7 years old and older (born 2015 and before in the 2021-2022 season)
Levels 1-2	Must use G-S-B	G-S-B or Ranked
Levels 3-5	Must use G-S-B	Ranked

RANGE OF SCORES FOR THE GOLD/SILVER/BRONZE AWARD SYSTEM

	Apparatus	All Around
Gold	9.00 +	36.00 +
Silver	8.00 – 8.99	32.00 – 35.99
Bronze	Less than 8.00	Less than 32.00
Attempts vault but incomplete = Bronze No attempt at vault = no award		

3. CANADIAN COMPETITIVE PROGRAM LEVELS 1 TO 5 (COMPULSORY) – TABLE OF FAULTS (page 1)

On BB and FX, routines are performed either on the Right side or the Left side. Routines may be reversed in their entirety; however, no single element may be reversed unless indicated by an asterisk (*). Elements with an asterisk in the tables on the following pages can be reversed.

Deduct	Change to the prescribed text
Up to 0.3	Incorrect position of head, arms, legs, or feet (text errors) Deduct as a throughout deduction – not each time Note: any step/foot position designated as “not in relevé” may be performed in a relevé with no penalty
<u>0.1</u>	Changing, reversing or omitting a small part that does not include a Major Element
<u>0.3</u>	Changing, reversing or omitting a series of connections
<u>0.3</u>	Reversing the order of the two elements in any of the directly connected dance series on BB and FX
Value of the element	Changing a major element (performing a variation of the element prescribed)
Double the value of element	Substituting or omitting a major element (performing a totally different element than the element prescribed)
Half the value of element	Reversing a major element (if not allowed to be reversed)
Up to the value of element	Incomplete major element
Each <u>0.3</u>	Adding an extra element
No penalty	Repetition of a missed element (start judging at the point of interruption)
Up to the value of the element	Major element performed with additional turn
Definitions: Changing: Performing a variation of the element prescribed Substituting: Performing a totally different element than the element prescribed Omitting: Leaving the element out completely. Omitted elements may not be performed later in the exercise (out of order) or after the last element in the exercise.	

CANADIAN COMPETITIVE PROGRAM LEVELS 1 TO 5 (COMPULSORY) – TABLE OF FAULTS (page 2)

SPECIFIC EXECUTION DEDUCTIONS (UB/BB/FX) Deduction taken by each judge	GENERAL DEDUCTIONS (UB/BB/FX) Deduction taken by each judge
<p>UB/BB/FX</p> <ul style="list-style-type: none"> • Taking additional running steps into forward tumbling pass (FX) (This is not applied to the front salto tucked) – max <u>0.05</u> • Feet flexed/sickled feet in Major Element – <u>0.05</u> • Legs separated – ↑0.2 • Incorrect body alignment in Major Element – ↑0.2 • Bent arms in support – ↑0.3 (90° or more = <u>0.3</u>) • Bent legs – ↑0.3 (90° or more = <u>0.3</u>) • Balance errors – ↑0.3 • Fall on or off the apparatus – <u>0.5</u> <p>UB</p> <ul style="list-style-type: none"> • Hesitation during jump to the high bar – ↑0.1 • Repositioning / adjustments of hands in front support of feet in squat on – <u>0.1</u> • Alternate hand grasp – <u>0.2</u> • Extra swing – <u>0.3</u> (more than 1 consecutive extra swing = max <u>0.5</u> per occurrence) • Grasp of bar apparatus to avoid a fall – <u>0.3</u> • Touch/brush apparatus/mat with feet – ↑0.1 • Hit apparatus with foot/feet – <u>0.2</u> • Hit mat with foot/feet – <u>0.3</u> • Full weight on mat with foot/feet – <u>0.5</u> <p>BB/FX</p> <ul style="list-style-type: none"> • Failure to mark passé position in relevé at completion of turns – <u>0.05</u> • Turn 180° or 360° not in high relevé – ↑0.1 • Failure to keep ears covered by arms when moving in and out of slow acro elements (cartwheels, handstands, etc) – <u>0.05</u> • Failure to land with feet closed (applied to jumps landing on 2 feet) – ↑0.1 • Failure to land on both feet simultaneously (applied to jumps landing on 2 feet) – <u>0.1</u> • Incorrect leg alignment in arabesque position (when indicated) – ↑0.1 • Failure to contract or arch when indicated – ↑0.1 • Failure to kick/swing leg to horiz or above when required – ↑0.1 • Uneven leg separation in jumps/leaps – ↑0.2 • Support of one leg against the side of the beam to maintain balance – <u>0.2</u> each • Insufficient split (dance and non-flight acro elements) – ↑0.2 • Extra kick up to HS – <u>0.3</u> • Additional mvt to maintain balance/control on BB – ↑0.3 • Grasping beam to avoid a fall – <u>0.3</u> • Use of supplemental support (foot/feet remain on the board after mount is completed, foot/feet contact mat in cross straddle sit during exercise, foot/feet/leg using base/uprights of the beam for support on mount/beam) – <u>0.3</u> • Incomplete turns – up to the value of the element 	<p>Amplitude</p> <p>UB</p> <ul style="list-style-type: none"> • Insufficient internal body amplitude (stretch/tightness) during extended positions – ↑0.2 • Insufficient external amplitude away from the bar during swinging/circling elements – ↑0.2 <p>BB/FX</p> <ul style="list-style-type: none"> • Insufficient height (hip raise) in leaps/jumps – ↑0.2 • Insufficient quickness off hands in flight elements with hand support (not applied to front handsprings on FX) – ↑0.2 • Insufficient height of aerials and bwd acro flight with hand support – ↑0.2 • Insufficient height (hip raise) in salto – ↑0.3 <p>Rhythm</p> <p>BB/FX</p> <ul style="list-style-type: none"> • Concentration pauses: <ul style="list-style-type: none"> ○ BB: two seconds – <u>0.1</u> each, more than two seconds – <u>0.2</u> each ○ FX: two seconds or more – <u>0.1</u> each • Lack of continuity/tempo between major elements in a directly connected dance series on BB – no deduction • Broken dance series on BB – <u>0.05</u> • Stop between major elements in an acro (tumbling) series on FX – <u>0.3</u> <p>Direction and placement of elements</p> <p>BB/FX</p> <ul style="list-style-type: none"> • Error in line of direction or spacing of a single element – ↑0.1 • Error in line of direction of acro, dance or acro/dance series – ↑0.2 • Error in line of direction or placement of whole section of floor pattern – ↑0.3 <p>Spotting</p> <p>UB/BB/FX</p> <ul style="list-style-type: none"> • Spotting during element – <u>0.5</u> + up to value of the element • Spotting on landing – <u>0.5</u> • Additional deduction for a fall after a spot – <u>0.5</u> • Coach catches a falling gymnast, only deduct for the fall – <u>0.5</u>

CANADIAN COMPETITIVE PROGRAM LEVELS 1 TO 5 (COMPULSORY) – TABLE OF FAULTS (page 3)

GENERAL DEDUCTIONS (UB/BB/FX) Deduction taken by each judge	APPARATUS CHIEF JUDGE DEDUCTIONS (VT/UB/BB/FX) Deduction taken from the average by ACJ
<p><u>Landing of elements and dismounts</u> UB/BB/FX</p> <ul style="list-style-type: none"> • There is no landing deduction for feet a max hip-width apart, provided the heels join (slide) together on the controlled extension • Entire foot/feet sliding/lifting off the floor to join heels (considered a step) – ↑0.1 • Landing bars/beam dismount with feet hip-width apart or closer, but never joined the feet – <u>0.05</u>* • Landing bars/beam dismount with with slight hop, or small adjustment of feet on landing or landing with feet staggered – ↑0.1 • Landing bars/beam dismount with feet further than hip width apart – <u>0.1</u>* • Extra arm swing on landing – ↑0.1 • Deviation from a straight direction on landing – ↑0.1 • Small step – <u>0.1</u> each, (max: 0.4) • Large step or jump (approximately 1 m or more) – <u>0.2</u> each, (max: 0.4) • Trunk movements to maintain balance (UB/BB dismount, FX) – ↑0.2 • Incorrect body posture on landing of elements and dismounts – ↑0.2 • Squat upon landing (hips at/lower knees) – ↑0.3 (in addition to steps and/or fall) • Brush, touch or hit apparatus or mat on landing – ↑0.3 • Support on apparatus/mat with one of two hands upon landing – <u>0.5</u> • Fall – <u>0.5</u> • Failure to land feet first in dismount or salto (FX) – <u>0.5</u> for the fall + up to value of the element <p>*If upon landing with the feet apart or staggered the gymnast takes a step(s), deduct only for the step(s).</p> <p><u>Throughouts</u> UB/BB/FX</p> <ul style="list-style-type: none"> • Insufficient amplitude on non value part choreography/dance steps – ↑0.1 • Failure to perform steps (when indicated) or pivot turn (not major elements) in high relevé – ↑0.2 • Sureness of performance (BB) – ↑0.2 • Incorrect footwork/form (flexed, sickled, toe-ball-heel,turn out) during connections and/or failure to show lock position when indicated – ↑0.3 • Incorrect body alignment during connections – ↑0.3 • Movement lacking dynamics – ↑0.2 • Missing synchronization of movement with musical beat – <u>0.05</u> each, <u>0.1</u> at the end (max ↑0.3 throughout the exercise) <p><u>Artistry</u> BB/FX</p> <ul style="list-style-type: none"> • Quality of gymnast’s movement reflects the style of the choreography – ↑0.15 • Quality of expression (projection, emotion, focus) – ↑0.15 	<p><u>General</u></p> <ul style="list-style-type: none"> • Gymnast does not present before or after the routine – <u>0.1</u> each time • Coach/Teammate giving assistance with verbal cues – <u>0.2</u> (after warning) • Incorrect attire – <u>0.2</u> (after warning) (ACJ must notify CHJ, as deduction is taken once only) • Failure to begin exercise within 30 sec after being signaled by the CJ – <u>0.2</u> • Failure to observe specified warm up time – <u>0.2</u> (after warning) • Unsportsmanlike conduct of gymnast – <u>0.2</u> • Excessive use of magnesium (chalk) or incorrect use of tape – <u>0.2</u> • Use of unauthorized mats, springboard, mounting devices or springboard/mounting block on unauthorized surface or use of hand placement mat on VT – <u>0.3</u> • Failure to remove the board after the mount – <u>0.3</u> • Using incorrect apparatus specifications – <u>0.3</u> • Gymnast begins exercise without signal from CJ – <u>0.5</u> (must stop and repeat) <p><u>VT</u></p> <ul style="list-style-type: none"> • Performance of a one hand vault, if a least half of the vault judging panel saw only one hand touch the vault – <u>1.0</u> <p><u>BB</u></p> <ul style="list-style-type: none"> • Overtime – <u>0.1</u> • Coach standing next to the beam throughout exercise – <u>0.1</u> <p><u>FX</u></p> <ul style="list-style-type: none"> • Any part of the body touching outside of the FX area – <u>0.1</u> each time • Floor exercise without music – <u>1.0</u> • Coach on the FX mat – No Deduction <p><u>Timing procedures</u> Falls on VT (between 1st and 2nd vaults)/UB/BB</p> <ul style="list-style-type: none"> • The 45 sec fall time begins when the gymnast is standing on her feet and ends when her feet leave the floor to remount. On VT, the gymnast must be ready to perform her 2nd vault when the judge calls for the 2nd VT at 45 sec. • The ACJ on VT or the timer on UB/BB will announce “20 sec remaining”, “10 sec remaining” and “time” • If the fall time is exceeded, the exercise is terminated <p><u>Timing the exercise BB</u></p> <ul style="list-style-type: none"> • The routine time starts when the feet leave the floor and stops when the athlete dismounts and her feet touch the floor • The timer will announce “10 sec left” and “time” vocally or via a bell • The routine time pauses if the athlete falls and resumes with the first movement to continue the routine (if a second fall occurs before the official time resumes – <u>0.5</u>)

VAULT - LEVEL 1

Part 1 – Stretch jump onto a minimum 40 cm of matting (value – 5.00)

General Faults	↑0.10	↑0.20	↑0.30	MORE
Run approach w/o execution of the vault (Balk)				No deduction
2 nd or 3 rd balk				VOID
Coach standing between the board and mat stack				No deduction
Insufficient dynamics	X	X	X	
Spotting assistance on straight jump				<u>2.00</u>
Spotting assistance on landing of straight jump				<u>0.5</u>
Run and Board Contact				
Failure to maintain horizontal running speed to the board	X	X	X	
Excessive forward lean of the body upon the board contact	X	X	X	
Additional jumps on the board (double bouncing)			<u>0.30</u> ea.	
Running on the board and stepping up on the mat				<u>5.00</u>
Stretch Jump from Board to Mat	↑0.10	↑0.20	↑0.30	MORE
Lack of height on stretch jump	X	X	X	↑0.50
Incorrect foot form	X			
Legs separated	X	X		
Failure to maintain straight body position during jump				
- Arch	X	X	X	↑0.50
- Pike	X	X	X	
- Tuck	X	X	X	
Incorrect direction	X	X	X	
Failure to land in demi-plié with control and proper body position	X	X	X	↑0.50
Fall (onto hands, knees and/or hips) after landing stretch jump on feet first.				<u>0.50</u>

Part 2 – Handstand, fall to straight lying position (value 5.00)

General	↑0.10	↑0.20	↑0.30	MORE
Extra kick to handstand				<u>0.50</u>
Spotting assistance of the coach after gymnast achieves hand support				<u>2.00</u>
Performing incorrect element (i.e. forward roll)				5.0/Void
Approach	↑0.10	↑0.20	↑0.30	MORE
Failure to maintain arms next to ears while reaching for the mat	X	X		
Handstand	↑0.10	↑0.20	↑0.30	MORE
Additional hand placement	<u>0.10</u> ea. (max0.30)			
Incorrect foot form	X			
Failure to maintain neutral head position	X	X	X	
Incorrect alignment in handstand				
- Shoulder alignment (angle less than 180°)	X	X	X	↑0.50
- Pike	X	X	X	
- Arch	X	X	X	
Legs separated	X	X		
Bent legs	X	X	X	
Arms bent	X	X	X	↑0.50
Post Handstand Landing	↑0.10	↑0.20	↑0.30	MORE
Failure to finish in a straight lying position on the back	X	X	X	↑1.00
- Gymnast lands on her feet, salutes and steps off the mat				<u>1.00</u>
- Gymnast lands on her seat, salutes and steps off the mat				<u>0.50</u>
- Gymnast lands on her back with arch and bent legs, salutes and step off the mat				<u>0.50</u>
If the gymnast makes the above execution errors, then lies back to straight lying position, NO DEDUCTION for failure to finish on the mat in a straight lying position is taken. However, execution deductions may be taken while the gymnast is falling to her back (post handstand phase). The evaluation finishes when the gymnast arrives in a straight lying position				

VAULT - LEVEL 2

Jump to handstand on raised onto a min 40 cm of matting, fall to straight lying position on the back

General	↑0.10	↑0.20	↑0.30	MORE
Balk #1, run approach without coming to rest or support on top of mats 2 nd or 3 rd balk				No deduction Void
Coach standing between the board and mat stack or leaning against/bearing weight on the mat stack				No deduction
Spotting after the gymnast achieves hand support on the mat				2.00
Performing incorrect vault				VOID
Gymnast never achieves vertical and returns to the board or lands on the mat between the board and hand placement				VOID
Spotting assistance between board and mat (Coach can stand between board and mat)				VOID
Runs onto the board and steps up onto mat stack or comes to rest/support on the mat stack on body parts other than the back				VOID
Insufficient dynamics	X	X	X	
Incorrect head alignment	X			
Incorrect foot form	X			
Legs separated	X	X		
Legs bent	X	X	X	
Failure to maintain stretched body position - Arch - Pike	X X	X X	X X	↑0.50
Run and Board Contact	↑0.10	↑0.20	↑0.30	MORE
Insufficient acceleration during the run	X	X	X	
Failure to maintain horizontal running speed to the board	X	X	X	
Excessive forward lean of the body upon the board contact	X	X	X	
Additional jumps on the board (double bouncing)			0.30 ea.	
First flight Phase	↑0.10	↑0.20	↑0.30	MORE
See general faults				
Deviation from straight direction determined by initial contact with mat	X	X	X	
Support Phase	↑0.10	↑0.20	↑0.30	MORE
See general faults				
Shoulder alignment (angle less than 180°)	X	X	X	
Arms bent Completely bent arms causing head to contact vault table (includes the bent arm deduction)	X	X	X	↑0.50 2.00
Failure to show an inverted vertical position from hands to hips (performing forward rolling action)	X	X	X	↑2.00 if fwd. roll action
Contacting the mat with hands <u>after</u> vertical - Contact 1° to 45° past vertical - Contact 46° to 89° past vertical				0.05-0.50 0.55-1.00
Failure to place hands in the prescribed landing zone - Both hands land beyond the tape line - Staggered hand placement, one hand inside, one outside		0.2		0.5
Additional hand placements (walking or hopping on table)	0.1 ea.		Max 0.30	
Failure to contact the mat with both hands (front layout) or contact with only one hand				3.00
Post Handstand Phase	↑0.10	↑0.20	↑0.30	MORE
Failure to finish in a straight lying position on the back - Gymnast lands on her feet, salutes and steps off the mat - Gymnast lands on her seat, salutes and steps off the mat - Gymnast lands on her back with arch and bent legs, salutes and steps off the mat If the gymnast makes the above execution errors, then lies back to straight lying position, NO DEDUCTION for failure to finish on the mat in a straight lying position is taken. However, execution deductions may be taken while the gymnast is falling to her back (post handstand phase). The evaluation finishes when the gymnast arrives in a straight lying position	X	X	X	↑1.00 1.00 0.50 0.50

VAULT - LEVEL 3

Handspring over a raised mat surface (sideways) of minimum 80 cm

General	↑0.10	↑0.20	↑0.30	MORE
Balk #1, run approach without coming to rest or support on top of mats 2 nd or 3 rd balk				No deduction VOID
Coach standing between the board & mat stack or leaning against/bearing weight on mat stack				No deduction
Spotting during 1 st flight, support or 2 nd flight				<u>2.00</u>
Use of an alternative springboard (mini-tramp)				VOID
Performing incorrect vault				VOID
Gymnast never achieves vertical and returns to the board or lands on the mat between the board and hand placement				VOID
Steps onto the mat stack or comes to rest/support on the mat stack				VOID
Insufficient dynamics	X	X	X	
Deviation from a straight direction	X	X	X	
Incorrect head alignment	X			
Incorrect foot form	X			
Legs separated	X	X		
Legs bent	X	X	X	
Failure to maintain straight body position				
- Arch	X	X	X	
- Pike	X	X	X	↑0.50
First Flight Phase	↑0.10	↑0.20	↑0.30	MORE
See general faults				
Support/Repulsion Phase	↑0.10	↑0.20	↑0.30	MORE
See general faults				
Staggered/alternate hand placement	X			
Alternate repulsion from hands	X	X		
Shoulder alignment (angle less than 180°)	X	X		
Arms bent	X	X	X	↑0.50
Completely bent arms causing head to contact vault table (includes the bentarm deduction)				<u>2.00</u>
Additional hand placements (walking or hopping on table)	<u>0.10</u> ea.		Max <u>0.30</u>	
Too long in support	X	X	X	↑0.50
Touch with only one hand on the mat stack, ACJ deduction, if at least ½ the panel sees only one hand touch				<u>1.00</u> (ACJ)
No hand contact on the mat stack				VOID
Contacting the mat with hands <u>after</u> vertical				
- Contact 1° to 45° past vertical				0.05-0.50
- Contact 46° to 89° past vertical				0.55-1.00
Second Flight Phase	↑0.10	↑0.20	↑0.30	MORE
See general faults				
Brush or hit of body on far end of mat stack		<u>0.20</u>		
Insufficient length				No deduction
Insufficient height				No deduction
Landing Phase	↑0.10	↑0.20	↑0.30	MORE
Landing with feet max hip-width apart, heels slide together on the controlled extension				No deduction
Landing with feet hip width apart or closer but never joining feet	<u>0.05</u>			
Landing with feet further than hip width apart	<u>0.10</u>			
Slight hop, small adjustment of feet, or staggered feet	X			
Extra steps (per step)	each <u>0.10</u>			Max <u>0.40</u>
Very large step or jump (approximately 1 m or more)		each <u>0.20</u>		Max <u>0.40</u>
Extra arms swings	X			
Incorrect body posture on landing	X	X		
Additional trunk movements to maintain balance	X	X		
Squat on landing	X	X	X	
Slight brush/touch on mat without support	X	X	X	
Spotting on landing only				<u>0.50</u>
Additional deduction for fall after spot				<u>0.50</u>
Fall, support of hands or fall against the vault table				<u>0.50</u>
Failure to land on any part of the bottom of the feet first				<u>2.00</u> (incl. fall)
Landing in a sitting, lying or standing position on top of mat stack after passing through vertical				<u>2.50</u> (incl. fall)

VAULT - LEVEL 4 & 5

Handsprings over vault table

General	↑0.10	↑0.20	↑0.30	MORE
Balk #1, run approach without coming to rest or support on top of table 2 nd or 3 rd balk				No deduction VOID
Coach standing between the board & table or leaning against table				No deduction
Spotting during 1 st flight, support or 2 nd flight - Level 4 - Level 5				2.00 VOID
Use of an alternative springboard (mini-tramp)				VOID
Performing incorrect vault				VOID
Gymnast never achieves vertical and returns to the board or lands on the mat between the board and hand placement				VOID
Steps onto the mat stack or comes to rest/support on the table				VOID
Insufficient dynamics	X	X	X	
Deviation from a straight direction	X	X	X	
Incorrect head alignment	X			
Incorrect foot form	X			
Legs separated	X	X		
Legs bent	X	X	X	
Failure to maintain straight body position - Arch - Pike	X X	X X	X X	↑0.50
First Flight Phase	↑0.10	↑0.20	↑0.30	MORE
See general faults				
Support/Repulsion Phase	↑0.10	↑0.20	↑0.30	MORE
See general faults				
Staggered/alternate hand placement	X			
Alternate repulsion from hands	X	X		
Shoulder alignment (angle less than 180°)	X	X		
Arms bent Completely bent arms causing head to contact vault table (includes the bent arm deduction)	X	X	X	↑0.50 2.00
Additional hand placements (walking or hopping on table)	0.10 ea.		Max 0.30	
Too long in support	X	X	X	↑0.50
Touch with only one hand on the mat stack, ACJ deduction, if at least ½ the panel sees only one hand touch				1.00 (ACJ)
Angle of repulsion - Leaves vault table by vertical - Leaves vault table by 1° to 45° past vertical - Leaves vault table by 46° to 89° past vertical				No deduction 0.05-0.50 0.55-1.00
No hand contact on the table				VOID
Second Flight Phase	↑0.10	↑0.20	↑0.30	MORE
See general faults				
Brush or hit of body on far end of table		0.20		
Insufficient length	X	X	X	
Insufficient height	X	X	X	↑0.50
Landing Phase	↑0.10	↑0.20	↑0.30	MORE
Landing with feet max hip-width apart, heels slide together on the controlled extension				No deduction
Landing with feet hip width apart or closer but never joining feet	0.05			
Landing with feet further than hip width apart	0.10			
Slight hop, small adjustment of feet, or staggered feet	X			
Extra steps (per step)	each 0.10			Max 0.40
Very large step or jump (approximately 1 m or more)		each 0.20		Max 0.40
Extra arms swings	X			
Incorrect body posture on landing	X	X		
Additional trunk movements to maintain balance	X	X		
Squat on landing	X	X	X	
Slight brush/touch on mat without support	X	X	X	
Spotting on landing only				0.50
Additional deduction for fall after spot				0.50
Fall, support of hands or fall against the vault table				0.50
Failure to land on any part of the bottom of the feet first				2.00 (incl. fall)
Landing in a sitting, lying or standing position on top of table after passing through vertical				2.50 (incl. fall)

UNEVEN BARS – LEVEL 1

Element	Value	Points of emphasis	Specific Deductions
Mount: Hip pull over - 2 leg lift	0.6	<ul style="list-style-type: none"> • Simultaneous lift of both legs • Straight legs • Finish with straight arms 	<ul style="list-style-type: none"> • <u>0.1</u> each – Step/hop/jump before pullover • <u>0.3</u> – Alternate leg lift • <u>0.3</u> – Supplemental support (chin on bar) • ↑0.1 – Body not extended in front support
Cast	0.4	<ul style="list-style-type: none"> • Straight-hollow body position • Straight arms • Straight legs 	<ul style="list-style-type: none"> • ↑0.2 – Body alignment • ↑0.1 – Lack of control returning to the bar
Back hip circle	0.4	<ul style="list-style-type: none"> • Straight-hollow body position • Straight arms • Straight legs 	<ul style="list-style-type: none"> • ↑0.1 – Failure to maintain neutral head position • ↑0.2 – Body alignment; not straight-hollow throughout • ↑0.2 – Failure to maintain hip or upper thigh contact with the bar throughout • ↑0.1 – Lack of continuity of circle
Dismount: Cast – <u>Straddle on</u> Or Underswing	0.6	<ul style="list-style-type: none"> • Straight-hollow body position • Straight arms • Straight legs <ul style="list-style-type: none"> • Straight-hollow body position • Straight arms • Straight legs 	<p>Straddle on</p> <ul style="list-style-type: none"> • <u>0.2</u> – Placing feet between hands • <u>0.2</u> – Alternate foot placement • ↑0.2 – Lack of control in straddle on • ↑0.1 – Failure to maintain head in neutral position • ↑0.2 – Lack of extension of body in flight • ↑0.2 – Insufficient amplitude of flight • ↑0.1 – Insufficient distance <p>Underswing</p> <ul style="list-style-type: none"> • ↑0.2 – Failure to maintain straight-hollow body position throughout • <u>0.2</u> – Hips contacting the bar (no deduction for thighs on bar) • ↑0.1 – Failure to maintain head in neutral position • ↑0.2 – Lack of extension of body in flight • ↑0.2 – Insufficient amplitude of flight • ↑0.1 – Insufficient distance

UNEVEN BARS – LEVEL 2

Element	Value	Points of emphasis	Specific Deductions
Mount: Glide swing return to stand Hip pull over - 2 legs lift	Glide 0.2 Pull over 0.4	Glide <ul style="list-style-type: none"> • Straight arms and legs • Good body position in glide Hip Pull Over <ul style="list-style-type: none"> • Simultaneous lift of both legs • Straight legs • Finish with straight arms 	Glide <ul style="list-style-type: none"> • <u>0.1</u> – Failure to take-off from 2 feet simultaneously • <u>0.3</u> – Glide from run • ↑0.1 – Failure to lead with feet in fwd. glide (perform long hang swing) • ↑0.2 – Insufficient extension at end of glide • <u>0.1</u> – Failure to close legs of straddle glide swing • ↑0.3 – Bending legs on back swing prior to contacting the floor Hip Pull Over <ul style="list-style-type: none"> • <u>0.1</u> – Failure to maintain hand contact on bar between glide and pull over • <u>0.1</u> each – Step, hop, extra jump before hip pull over • <u>0.3</u> – Lift legs one after the other • <u>0.3</u> – Supplemental support (chin on bar, for example) • ↑0.1 – Body not extended in front support
Cast	0.4	<ul style="list-style-type: none"> • Straight / hollow body position • Straight arms • Straight legs 	<ul style="list-style-type: none"> • ↑0.2 – Body alignment • ↑0.1 – Lack of control returning to the bar
Cast	0.4	<ul style="list-style-type: none"> • Straight / hollow body position • Straight arms • Straight legs 	<ul style="list-style-type: none"> • ↑0.2 – Body alignment • ↑0.1 – Lack of control returning to the bar
Back hip circle	0.4	<ul style="list-style-type: none"> • Straight-hollow body position • Straight arms • Straight legs 	<ul style="list-style-type: none"> • ↑0.1 – Failure to maintain head in neutral position • ↑0.2 – Body alignment: not straight-hollow throughout • ↑0.2 – Failure to maintain hip or upper thigh contact with the bar throughout • ↑0.1 – Lack of continuity of circle
Dismount: Underswing	0.6	<ul style="list-style-type: none"> • Straight arms • Stretched body position • Controlled landing 	<ul style="list-style-type: none"> • ↑0.1 – Failure to maintain head in neutral position • ↑0.2 – Failure to maintain straight-hollow body position throughout • <u>0.2</u> – Hips contacting the bar (no deduction for thighs on bar) • ↑0.2 – Lack of extension of body in flight • ↑0.2 – Insufficient amplitude of flight • ↑0.1 – Insufficient distance

UNEVEN BARS – LEVEL 3

Element	Value	Points of emphasis	Specific Deductions
Mount: Glide swing return to stand Hip pull over - 2 legs lift Or Straddle or pike glide kip	Glide 0.2 Pull over 0.4 Kip 0.6	Glide <ul style="list-style-type: none"> • Straight arms and legs • Good body position in glide Hip Pull Over <ul style="list-style-type: none"> • Simultaneous lift of both legs • Straight legs • Finish with straight arms Glide kip <ul style="list-style-type: none"> • Complete extension of glide • Straight arms • Straight legs 	Glide <ul style="list-style-type: none"> • <u>0.5</u> – Failure to start the exercise outside the bars, facing the LB • <u>0.1</u> – Failure to take-off from 2 feet simultaneously • <u>0.3</u> – Glide from run • ↑0.1 – Failure to lead with feet in fwd. glide (perform long hang swing) • ↑0.2 – Insufficient extension at end of glide • <u>0.1</u> – Failure to close legs of straddle glide swing • ↑0.3 – Bending legs on back swing prior to contacting the floor Hip Pull Over <ul style="list-style-type: none"> • <u>0.1</u> – Failure to maintain hand contact on bar between glide and pull over • <u>0.1</u> each – Step, hop, extra jump before hip pull over • <u>0.3</u> – Lift legs one after the other • <u>0.3</u> – Supplemental support (chin on bar, for example) • ↑0.1 – Body not extended in front support Glide kip <ul style="list-style-type: none"> • <u>0.5</u> – Failure to start the exercise outside the bars, facing the LB • <u>0.1</u> – Failure to take-off from 2 feet simultaneously • <u>0.3</u> – Glide from run • ↑0.1 – Failure to lead with feet in fwd. glide (perform long hang swing) • ↑0.2 – Insufficient extension at end of glide • <u>0.1</u> – Failure to close legs of straddle glide swing
Cast	0.2	<ul style="list-style-type: none"> • Straight / hollow body position • Straight arms • Straight legs 	<ul style="list-style-type: none"> • ↑0.2 – Body alignment • ↑0.1 – Lack of control returning to the bar
Back hip circle	0.4	<ul style="list-style-type: none"> • Straight / hollow body position • Straight arms • Straight legs 	<ul style="list-style-type: none"> • ↑0.1 – Failure to maintain head in neutral position • ↑0.2 – Body alignment (not straight / hollow) throughout • ↑0.2 – Failure to maintain hip or upper thigh contact with the bar throughout • ↑0.1 – Lack of continuity of circle • ↑0.2 – Lack of continuity between circles
Back hip circle	0.4	<ul style="list-style-type: none"> • Straight / hollow body position • Straight arms • Straight legs 	<ul style="list-style-type: none"> • ↑0.1 – Failure to maintain head in neutral position • ↑0.2 – Body alignment (not straight / hollow) throughout • ↑0.2 – Failure to maintain hip or upper thigh contact with the bar throughout • ↑0.1 – Lack of continuity of circle
Front hip circle,small cast to front support	0.4	<ul style="list-style-type: none"> • Straight arms • Straight legs • Good body position in cast 	<ul style="list-style-type: none"> • ↑0.1 – Failure to show straight / hollow body position into front circle • <u>0.2</u> – No cast after the front hip circle • ↑0.1 – Lack of control returning to the bar • <u>0.5</u> – Failure to return to front support (immediate squat on)
Dismount: Cast squat-on, stretch jump	0.6	<ul style="list-style-type: none"> • Straight arms • Stretched body position • Controlled landing 	<ul style="list-style-type: none"> • <u>0.20</u> – Alternate foot placement • <u>0.05</u> – Insufficient backward swing of legs into cast (hip lift only) • ↑0.2 – Failure to maintain hollow / straight body position in flight • <u>0.50</u> – Touches high bar

UNEVEN BARS – LEVEL 4

Element	Value	Points of emphasis	Specific Deductions
Mount: Straddle or pike glide kip	0.6	<ul style="list-style-type: none"> • Complete extension of glide • Straight arms • Straight legs 	<ul style="list-style-type: none"> • <u>0.1</u> – Failure to take-off from 2 feet simultaneously • <u>0.3</u> – Glide from run • \uparrow0.1 – Failure to lead with feet in fwd. glide (perform long hang swing) • \uparrow0.2 – Insufficient extension at end of glide • <u>0.1</u> – Failure to close legs of straddle glide swing
Cast to horizontal, Return to front support	0.4	<ul style="list-style-type: none"> • Straight arms • Straight legs • Good body position in cast 	<ul style="list-style-type: none"> • \uparrow0.3 – Amplitude of cast <ul style="list-style-type: none"> ○ 0.05 – 0.15 – 1 to 44° below horizontal ○ <u>0.20</u> – 45° below horizontal ○ 0.25 – 0.3 – 46° or more below horizontal • \uparrow0.2 – Incorrect body alignment (straight line shoulder to feet, with chest hollow) • \uparrow0.1 – Lack of control returning to the bar
Cast, Squat on or Pike on with or without bwd sole circle	0.2	<ul style="list-style-type: none"> • Straight arms • Good control • Rounded body position 	<ul style="list-style-type: none"> • <u>0.2</u> – Alternate foot placement • <u>0.05</u> – Insufficient bwd swing of legs into cast (hip lift only)
Jump to long hang kip	0.6	<ul style="list-style-type: none"> • Complete extension of swing • Straight arms and legs 	<ul style="list-style-type: none"> • \uparrow0.2 – Failure to swing near horizontal
Cast to horizontal	0.4	<ul style="list-style-type: none"> • Straight arms • Straight legs • Good body position in cast 	<ul style="list-style-type: none"> • \uparrow0.3 – Amplitude of cast <ul style="list-style-type: none"> ○ 0.05 – 0.15 – 1 to 44° below horizontal ○ <u>0.20</u> – 45° below horizontal ○ 0.25 – 0.3 – 46° or more below horizontal • \uparrow0.2 – Incorrect body alignment (straight line shoulder to feet, with chest hollow)
Back hip circle	0.4	<ul style="list-style-type: none"> • Straight-hollow body position • Straight arms • Straight legs 	<ul style="list-style-type: none"> • \uparrow0.1 – Failure to maintain head neutral position • \uparrow0.2 – Failure to maintain straight-hollow body position throughout • \uparrow0.2 – Failure to maintain hip or upper thigh contact with the bar throughout • \uparrow0.1 – Lack of continuity of circle
Underswing First Counterswing (swing bwd) - Hips raising to 30° below horizontal	0.6	Underswing <ul style="list-style-type: none"> • Straight-hollow body position • Straight arms • Straight legs Counterswing <ul style="list-style-type: none"> • Chest hollow with a rounded hip angle body position 	Underswing <ul style="list-style-type: none"> • \uparrow0.1 – Failure to maintain head neutral position • \uparrow0.2 – Failure to maintain straight-hollow body position throughout • <u>0.2</u> – Hips contacting the bar (no deduction for thighs on bar) Counterswing <ul style="list-style-type: none"> • \uparrow0.2 – Hips not at min 30° below horizontal • \uparrow0.2 – Failure to show straight line from hands to hips, rounded chest, feet pointed downward (excessive piking) • <u>0.3</u> – Body arched and/or hips opened with feet over LB during counterswing
Tap swing fwd. - Feet at bar height 2nd Counterswing (swing bwd) - Hips raising to 30° below horizontal	0.6	Tap swing fwd. <ul style="list-style-type: none"> • Show arch at bottom of swing • Good body position on fwd. swing Counterswing <ul style="list-style-type: none"> • Chest hollow with a rounded hip angle body position 	Tap swing fwd. <ul style="list-style-type: none"> • <u>0.1</u> – Failure to show slight arched position at bottom of swing • \uparrow0.2 – Failure to attain straight-hollow body position on upswing • \uparrow0.2 – Feet below HB height at end of swing Counterswing <ul style="list-style-type: none"> • \uparrow0.2 – Hips not at min 30° below horizontal • \uparrow0.2 – Failure to show straight line from hands to hips, rounded chest, feet pointed downward (excessive piking) • <u>0.3</u> – Body arched and/or hips opened with feet over LB during counterswing
Tap swing fwd. - 45° below horizontal ½ turn Dismount	0.6	<ul style="list-style-type: none"> • Show arch at bottom of swing • Good body position on fwd. swing 	<ul style="list-style-type: none"> • <u>0.1</u> – Failure to show slight arched position at bottom of swing • \uparrow0.2 – Failure to attain straight-hollow body position on upswing • \uparrow0.2 – Beginning turn prior to 45° below height of HB • \uparrow0.2 – Failure to complete ½ turn prior to re-contact • <u>0.3</u> – Failure to re-contact the bar with free hand after ½ turn

UNEVEN BARS - LEVEL 5

Element	Value	Points of emphasis	Specific Deductions
Mount: Glide kip	0.6	<ul style="list-style-type: none"> • Complete extension of glide • Straight arms • Straight legs 	<ul style="list-style-type: none"> • <u>0.1</u> – Failure to take-off from 2 feet simultaneously • <u>0.3</u> – Glide from run • ↑0.1 – Failure to lead with feet in fwd. glide (perform long hang swing) • ↑0.2 – Insufficient extension at end of glide • <u>0.1</u> – Failure to close legs of straddle glide swing
Cast above horizontal	0.4	<ul style="list-style-type: none"> • Straight arms • Straight legs • Good body position in cast 	<ul style="list-style-type: none"> • ↑0.3 – Amplitude of cast <ul style="list-style-type: none"> ○ No deduction above horizontal ○ <u>0.05</u> at horizontal ○ 0.10 – 0.15 – 1° to 44° below horizontal ○ <u>0.20</u> – 45° below horizontal ○ 0.25 – 0.3 – 46° or more below horizontal • ↑0.2 – Incorrect body alignment (straight line shoulder to feet, with chest hollow)
Clear hip circle above horizontal Or Sole circle to clear front support Or Stalder bwd to clearfront support	0.6	<ul style="list-style-type: none"> • Straight arms • Straight legs • Good body position 	<p>Clear hip</p> <ul style="list-style-type: none"> • ↑0.2 each – Excessive pike or arch on the downswing or upswing • ↑0.3 – Amplitude on the upswing (see cast deductions) • <u>0.6</u> – Hips touching the bar as upswing finishes (back hip circle). No deduction for thighs brushing bar on the upswing • ↑0.1 – Lack of control in the glide <p>Sole circle to clear front support</p> <ul style="list-style-type: none"> • ↑0.2 each – Excessive pike or arch on the downswing or upswing • ↑0.3 – Amplitude on the upswing (line from shoulders to hips) <ul style="list-style-type: none"> ○ No deduction – between vertical and 45° from vertical ○ 0.05-0.15 – between 46° to 89° from vertical ○ <u>0.20</u> – at horizontal ○ 0.25-0.30 – below horizontal • <u>0.60</u> – Support on feet as upswing finishes (gymnast doesn't achieve clear support) • ↑0.3 – Legs bending during circle • ↑0.1 – Lack of control into glide <p>Stalder bwd to clear front support</p> <ul style="list-style-type: none"> • ↑0.2 each – Excessive pike or arch on the downswing or upswing • ↑0.3 – Amplitude on the upswing (line from shoulders to hips) <ul style="list-style-type: none"> ○ No deduction – between vertical and 45° from vertical ○ 0.05-0.15 – between 46° to 89° from vertical ○ <u>0.20</u> – at horizontal ○ 0.25-0.30 – below horizontal • <u>0.60</u> – Arriving in support with legs in a straddle “L” position • ↑0.1 – Lack of control into glide
Glide kip	0.6	<ul style="list-style-type: none"> • Complete extension of glide • Straight arms • Straight legs 	<ul style="list-style-type: none"> • ↑0.1 – Failure to lead with feet in fwd. glide (perform long hang swing) • ↑0.2 – Insufficient extension at end of glide • <u>0.1</u> – Failure to close legs of straddle glide swing
Cast, Squat on / Pike on, Or Cast, 360° bwd sole circle	0.2	<ul style="list-style-type: none"> • Straight arms • Good control • Rounded body position 	<ul style="list-style-type: none"> • <u>0.2</u> – Alternate foot placement • <u>0.05</u> – Insufficient bwd swing of legs into cast (hip lift only)
Jump to long hang kip	0.6	<ul style="list-style-type: none"> • Complete extension of swing • Straight arms and legs 	<ul style="list-style-type: none"> • ↑0.2 – Failure to swing near horizontal
Cast to abovehorizontal	0.4	<ul style="list-style-type: none"> • Straight arms and legs • Good hollow bodyposition 	<ul style="list-style-type: none"> • ↑0.3 – Amplitude of cast <ul style="list-style-type: none"> ○ No deduction above horizontal ○ <u>0.05</u> at horizontal ○ 0.10 – 0.15 – 1° to 44° below horizontal ○ <u>0.20</u> – 45° below horizontal ○ 0.25 – 0.3 – 46° or more below horizontal • ↑0.2 – Incorrect body alignment (straight line shoulder to feet, with chest hollow)

<p>Long hang pull over</p>	<p>0.6</p>	<ul style="list-style-type: none"> • Show arch at bottom of swing • Straight arms while passing through a controlled front support 	<ul style="list-style-type: none"> • <u>0.1</u> – Failure to show slight arched position on bottom of downswing • ↑0.2 – Excessive piking of body • <u>0.3</u> – Failure to maintain overgrip (hands completely release the bar) • <u>1.0</u> – Performing a giant circle prior to the pull over • No deduction – performing a back hip circle at the completion of the long hang pullover
<p>Underswing - Emphasis on body position rather than height</p> <p>First counterswing - Hips raising to min 15° below horiz</p>	<p>0.6</p>	<p>Underswing</p> <ul style="list-style-type: none"> • Straight / hollow body position • Straight arms • Straight legs <p>Counterswing</p> <ul style="list-style-type: none"> • Chest hollow with a rounded hip angle body position 	<p>Underswing</p> <ul style="list-style-type: none"> • <u>0.2</u> – Failure to contact bar with the mid to lower thighs at end of pull over and initiation of underswing • ↑ 0.1 – Failure to maintain neutral head position • ↑0.2 – Failure to maintain straight-hollow body position throughout • <u>0.2</u> – Hips contacting the bar (no deduction for thighs on bar) <p>Counterswing</p> <ul style="list-style-type: none"> • ↑0.2 – Hips not at min 15° below horizontal • ↑0.2 – Failure to show straight line from hands to hips, rounded chest, feet pointed downward (excessive piking) • <u>0.3</u> – Body arched and/or hips opened with feet over LB during counterswing
<p>Tap swing fwd. - Feet at HB height</p> <p>2nd Counterswing (swing bwd) - Hips raising to min 15° below horiz</p>	<p>0.6</p>	<p>Tap swing fwd.</p> <ul style="list-style-type: none"> • Show arch at bottom of swing • Good body position on fwd. swing <p>Counterswing</p> <ul style="list-style-type: none"> • Chest hollow with a rounded hip angle body position 	<p>Tap swing fwd.</p> <ul style="list-style-type: none"> • 0.1 – Failure to show slight arched position at bottom of swing • ↑0.2 – Failure to attain straight-hollow body position on upswing • ↑0.2 – Feet below HB height at end of swing <p>Counterswing</p> <ul style="list-style-type: none"> • ↑0.2 – Hips not at min 15° below horizontal • ↑0.2 – Failure to show straight line from hands to hips, rounded chest, feet pointed downward • <u>0.3</u> – Body arched and/or hips opened with feet over LB during counterswing
<p>Tap swing fwd. to Flyaway tuck, pike or stretched</p>	<p>0.6</p>	<ul style="list-style-type: none"> • Show arch at bottom of swing • Good height on flyaway 	<ul style="list-style-type: none"> • 0.1 – Failure to show slight arched position at bottom of swing • ↑0.2 – Failure to attain straight-hollow body position on upswing • ↑0.3 – Insufficient rise of the salto <ul style="list-style-type: none"> ○ No deduction – At HB height or above ○ ↑0.2 – 1 to 44° below HB height ○ 0.20 – 45° below HB height ○ 0.25 – 0.3 – 46° or more below HB height • 0.1 – Landing too close to the bar • ↑0.2 – Insufficient body position (tuck, pike or stretched) • ↑0.2 – Insufficient extension prior to landing (tuck/pike) • ↑0.2 – Failure to maintain stretch position (piking down) (layout)

BALANCE BEAM – LEVEL 1 (time 35 sec; warning 25 sec)

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
* Jump to support	0.2	<ul style="list-style-type: none"> • Posture • Straight arms in support and sit 	<ul style="list-style-type: none"> • ↑0.1 – Body not extended in front support • ↑0.1 – Lack of continuity in ¼ turn to straddle sit
* Needle leg kick - Min horizontal	0.4	<ul style="list-style-type: none"> • Posture • Straight legs in leg kick 	<ul style="list-style-type: none"> • ↑0.1 – Lack of continuity from sit to stand • ↑0.1 – Failure to kick a minimum of horizontal
Relevé balance (lock stand) - Hold 2 sec	0.2	<ul style="list-style-type: none"> • Posture • Straight legs in relevé 	<ul style="list-style-type: none"> • ↑0.2 – Failure to hold relevé for 2 sec
Forward passé balance	0.2	<ul style="list-style-type: none"> • Posture • Leg position • Straight base 	<ul style="list-style-type: none"> • <u>0.1</u> – Leg position incorrect (not in fwd. passé)
Stretch jump	0.4	<ul style="list-style-type: none"> • Posture • Height • Pointed feet 	<ul style="list-style-type: none"> • <u>0.1</u> – Failure to land on both feet simultaneously • ↑0.1 – Failure to land with feet closed
Arabesque - 30° above the beam - Mark	0.4	<ul style="list-style-type: none"> • Posture • Straight legs 	<ul style="list-style-type: none"> • ↑0.2 – Leg not 30° above beam • <u>0.05</u> – Failure to mark the position
2x Forward leg swings - Min horizontal or above	0.2 (each)	<ul style="list-style-type: none"> • Posture • Straight legs 	<ul style="list-style-type: none"> • See general faults and penalties
* Cartwheel to ¾ handstand dismount - ¾ handstand	0.6	<ul style="list-style-type: none"> • Posture to controlled finish 	<ul style="list-style-type: none"> • <u>0.1</u> – Incorrect (simultaneous) hand placement • <u>0.1</u> – Failure to maintain hand contact with BB upon landing

BALANCE BEAM – LEVEL 2 (time 40 sec; warning 30 sec)

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
* Jump to support	0.2	<ul style="list-style-type: none"> • Posture • Straight arms in support and sit 	<ul style="list-style-type: none"> • ↑0.1 – Body not extended in front support • ↑0.1 – Lack of continuity in ¼ turn to straddle sit
* Single leg kick up to handstand	0.4	<ul style="list-style-type: none"> • Posture / alignment with straight arms and legs 	<ul style="list-style-type: none"> • ↑0.1 – Lack of continuity from sit to stand • <u>0.2</u> – Failure to have either foot leave the beam
Forward passé balance	0.2	<ul style="list-style-type: none"> • Posture • Leg position • Straight base 	<ul style="list-style-type: none"> • <u>0.1</u> – Leg position not in fwd. passé
Stretch jump	0.4	<ul style="list-style-type: none"> • Posture • Height • Pointed feet 	<ul style="list-style-type: none"> • <u>0.1</u> – Landing with feet not simultaneous • ↑0.1 – Failure to land with feet closed
Arabesque - 30° above the beam - Hold 1 sec	0.4	<ul style="list-style-type: none"> • Posture • Straight legs 	<ul style="list-style-type: none"> • ↑0.2 – Leg not 30° above beam • ↑0.1 – Arabesque not held 1 sec
Forward leg swing - Swing min horizontal Backward leg swing - 45° above beam min	0.2 (each)	<ul style="list-style-type: none"> • Posture • Straight legs during the leg swings 	<ul style="list-style-type: none"> • ↑0.1 – Back leg swing below 45° above beam • ↑0.1 – Lack of continuity during the sequence
Pivot turn - High relevé	0.2	<ul style="list-style-type: none"> • Posture • High relevé maintained • Square hips • 180° completed 	<ul style="list-style-type: none"> • ↑0.1 – Lack of sharpness
* Cartwheel to side handstand dismount	0.6	<ul style="list-style-type: none"> • Posture • Vertical handstand to a controlled finish 	<ul style="list-style-type: none"> • <u>0.1</u> – Incorrect (simultaneous) hand placement • ↑0.3 – Failure to attain vertical • <u>0.1</u> – Not maintaining hand contact with BB upon landing

BALANCE BEAM – LEVEL 3 (time 55 sec; warning 45 sec)

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
Front support fish pose mount	0.2	<ul style="list-style-type: none"> • Posture • Straight arms in support • Quick rhythm to stand 	<ul style="list-style-type: none"> • <u>↑0.1</u> – Failure to extend body in front support • <u>↑0.1</u> – Lack of continuity from mount to stand • <u>0.3</u> – Performing a knee scale
* Cross handstand - Finish in lunge or with 2 straight legs together, feet flat	0.6	<ul style="list-style-type: none"> • Stretch body alignment through vertical • Head alignment with focus on hands 	<ul style="list-style-type: none"> • <u>0.1</u> – Failure to close legs side by side in handstand • <u>0.1</u> – Staggered hand placement • <u>↑0.3</u> - No vertical
½ Turn in passé, starting in passé (heel-snap turn) - Mark position in passé, flat foot at completion of turn	0.4	<ul style="list-style-type: none"> • Posture • Correct leg position 	<ul style="list-style-type: none"> • <u>0.1</u> – Leg not in fwd. passé • <u>0.05</u> – Failure to lower heel at completion of turn • <u>0.3</u> – Failure to use the heel snap turn technique
Stretch jump, Stretch jump	0.4 (each)	<ul style="list-style-type: none"> • Posture • Height • Pointed feet 	<ul style="list-style-type: none"> • <u>0.1</u> (each) – Failure to land with both feet simultaneously • <u>↑0.1</u> (each) – Failure to land with feet closed • <u>0.05</u> – Connection broken between jumps
Arabesque - 45° above the beam - Hold 1 sec	0.4	<ul style="list-style-type: none"> • Erect torso • Posture maintained throughout 	<ul style="list-style-type: none"> • <u>↑0.2</u> – Leg not 45° above beam • <u>↑0.1</u> – Arabesque not held 1 sec
Straight leg leap - Straight leg in - 90° split min	0.6	<ul style="list-style-type: none"> • Posture • Amplitude • Even leg separation 	<ul style="list-style-type: none"> • <u>↑0.1</u> – Front leg bent on take-off (développé technique) • <u>↑0.2</u> – Uneven leg separation • <u>0.05</u> – No pause in low arabesque
2 x ½ pivot turns	0.2 (each)	<ul style="list-style-type: none"> • Hips squared • High relevé maintained • Complete 180° turn 	<ul style="list-style-type: none"> • <u>↑0.1</u> (each) – Lack of sharpness
* Cartwheel to side handstand, ¼ turn dismount	0.6	<ul style="list-style-type: none"> • Body and head alignment <p>If gymnasts do not land on the correct side of the beam (does not do the ¼ turn and fall over), it is considered a fall. In that case, all applicable faults are applied.</p> <ul style="list-style-type: none"> • <u>↑0.3</u> – No vertical • <u>0.2</u> – No ¼ turn • <u>0.5</u> – Fall <p>If the gymnast repeats the dismount correctly, the fall is still deducted. See examples in Lv 4.</p>	<ul style="list-style-type: none"> • <u>0.1</u> – Incorrect (simultaneous) hand placement • <u>↑0.3</u> – No vertical • <u>0.2</u> – No ¼ turn • <u>↑0.1</u> – ¼ turn under / over turn • <u>↑0.1</u> – Not maintaining hand contact with BB until body passes horizontal plane

BALANCE BEAM – LEVEL 4 (time 65 sec; warning 55 sec)

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
Front support fish pose mount	0.2	<ul style="list-style-type: none"> • Posture • Straight arms in support • Quick rhythm to stand 	<ul style="list-style-type: none"> • ↑0.1 – Failure to extend body in front support • ↑0.1 – Lack of continuity from mount to stand • <u>0.3</u> – Performing a knee scale
* Cartwheel - Finish in lunge or with 2 straight legs together, feet flat	0.6	<ul style="list-style-type: none"> • Body alignment • Head alignment 	<ul style="list-style-type: none"> • <u>0.1</u> – Incorrect (simultaneous) hand placement • ↑0.3 – Failure to pass through vertical
* ½ turn in passé - Mark the position in relevé at the completion of the turn	0.4	<ul style="list-style-type: none"> • Immediate placement of free leg in passé • High relevé • Complete 180° turn • Control/balance at completion of turn 	<ul style="list-style-type: none"> • <u>0.1</u> – Leg in incorrect position • <u>0.3</u> – Use of heel snap technique
Stretch jump	0.2	Stretch jump <ul style="list-style-type: none"> • Posture • Amplitude Pointed feet 	Stretch jump <ul style="list-style-type: none"> • <u>0.1</u> – Landing with feet not simultaneously • ↑0.1 – Failure to land with feet closed • <u>0.05</u> – Connection broken
Split jump - 120° split min	0.4	Split jump <ul style="list-style-type: none"> • Posture • Amplitude • Leg alignment • Even leg separation 	Split jump <ul style="list-style-type: none"> • ↑0.2 – Uneven leg separation • <u>0.1</u> – Landing with feet not simultaneously • ↑0.1 – Failure to land with feet closed
* Handstand - Hold 1 sec. - Finish in lunge or with 2 straight legs, feet flat	0.6	<ul style="list-style-type: none"> • Stretch body alignment through vertical • Head alignment with focus on hands 	<ul style="list-style-type: none"> • <u>0.1</u> – Legs not together in handstand • <u>0.1</u> – Staggered hand placement • ↑0.3 – No vertical • ↑0.1 – No held 1 sec
Scale - Min horizontal - Hold 1 sec	0.4	<ul style="list-style-type: none"> • Erect torso • Posture maintained throughout 	<ul style="list-style-type: none"> • ↑0.2 – Leg not min horizontal • ↑0.1 – Scale not held 1 sec
Straight leg leap - Straight leg in - 120° split min - Pause in low arabesque	0.6	<ul style="list-style-type: none"> • Posture • Amplitude • Even leg separation 	<ul style="list-style-type: none"> • ↑0.1 – Front leg bent on take-off (développé technique) • ↑0.2 – Uneven leg separation • <u>0.05</u> – No pause in arabesque

<p>* Cartwheel to side handstand, ¼ turn dismount - Hold 1 sec</p>	<p>0.6</p>	<ul style="list-style-type: none"> • Body and head alignment <p>If gymnasts do not land on the correct side of the beam (does not do the ¼ turn and fall over), it is considered a fall. In that case, all applicable faults are applied.</p> <ul style="list-style-type: none"> • ↑0.3 – No vertical • <u>0.1</u> – Not held 1 sec • <u>0.2</u> – No ¼ turn • <u>0.5</u> – Fall <p>Ex 1: Gymnast (Level 4) cartwheels to HS, holds 1 second, but falls on the wrong side. She does not repeat. DEDUCT: No ¼ turn, Fall</p> <p>Ex 2: Gymnast (Level 4) cartwheels to HS, does attain vertical, does not hold, and falls on the wrong side. She repeats and does the dismount perfectly. DEDUCT: Fall</p> <p>Ex 3: Gymnast (Level 4) cartwheels to HS, holds 1 second and falls on the wrong side of the beam. She repeats: she cartwheels to HS, does not hold and does the ¼ turn and lands correctly. DEDUCT: Fall. (After a fall, the evaluation starts from the point of interruption. In her first attempt, the HS was held 1 second (requirement was met). She then is not required to hold in her second attempt.)</p>	<ul style="list-style-type: none"> • <u>0.1</u> – Incorrect (simultaneous) hand placement • ↑0.3 – No vertical • ↑0.1 – Not held 1 sec • <u>0.2</u> – No ¼ turn • ↑0.1 – ¼ turn under / over turn • ↑0.1 – Not maintaining hand contact with BB until body passes horizontal plane
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BALANCE BEAM – LEVEL 5 (time 70 sec; warning 60 sec)

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
Front support fish pose mount	0.2	<ul style="list-style-type: none"> Posture Straight arms in support Quick rhythm to stand 	<ul style="list-style-type: none"> ↑0.1 – Failure to extend body in front support ↑0.1 – Lack of continuity from mount to stand 0.3 – Performing a knee scale
* Back walkover - 150° split Or * Back extension to ¾ handstand Or * Back handspring (step out) Or Back handspring (two feet) Or * Front walkover - 150° split	0.6	Back walkover <ul style="list-style-type: none"> Stretched body alignment through vertical Straight legs Back extension <ul style="list-style-type: none"> Straight alignment of body (wrist to hips) Continuity, rhythm Back handspring step out <ul style="list-style-type: none"> Straight arms and legs Posture / stretched inverted position Back handspring to two feet <ul style="list-style-type: none"> Straight arms and legs Posture / stretched inverted position Front walkover <ul style="list-style-type: none"> Stretched body alignment Straight legs 	Back walkover <ul style="list-style-type: none"> ↑0.1 – Failure to show continuous leg lift 0.1 – Incorrect hand placement ↑0.2 – Lack of split (150°) Back extension <ul style="list-style-type: none"> ↑0.2 – Failure to attain min ¾ of handstand 0.6 – Backward roll Back handspring step out <ul style="list-style-type: none"> See general faults and penalties Back handspring to two feet <ul style="list-style-type: none"> See general faults and penalties Front walkover <ul style="list-style-type: none"> 0.1 – Incorrect hand placement ↑0.2 – Lack of split (150°)
* 1/1 turn in passé - Mark the position in relevé at the completion of the turn	0.4	<ul style="list-style-type: none"> Immediate placement of free leg in passé High relevé Complete 360° turn Control/balance at completion of turn Arms in crown position 	<ul style="list-style-type: none"> 0.1 – Leg in incorrect position 0.3 – Use of heel snap technique
Split jump - 150° split min Sissonne - Front leg min 45° - Back leg min horizontal	0.4 0.2	Split jump <ul style="list-style-type: none"> Posture Amplitude Leg alignment Even leg separation Sissonne <ul style="list-style-type: none"> Posture Amplitude Proper leg alignment 	Split jump <ul style="list-style-type: none"> ↑0.2 – Uneven leg separation 0.1 – Landing with feet not simultaneously ↑0.1 – Landing feet apart 0.05 – Broken connection Sissonne <ul style="list-style-type: none"> ↑0.1 – Front leg below 45° ↑0.1 – Back leg below horizontal 0.05 – Failure to pause in low arabesque on landing
Scale - Above horizontal - Hold 1 sec	0.4	<ul style="list-style-type: none"> Erect torso Posture maintained throughout 	<ul style="list-style-type: none"> ↑0.2 – Leg below horizontal ↑0.1 – Scale not held 1 sec
Split leap - Straight leg in - 150° split min Stretch jump	0.6 0.2	Split leap <ul style="list-style-type: none"> Posture Amplitude Even leg separation Stretch jump <ul style="list-style-type: none"> Posture Amplitude Pointed feet 	Split leap <ul style="list-style-type: none"> ↑0.1 – Front leg bent on take-off (développé technique) ↑0.2 – Uneven leg separation 0.05 – Broken connection Stretch jump <ul style="list-style-type: none"> 0.1 – Landing with feet not simultaneous ↑0.1 – Landing feet apart

* Cartwheel	0.6	Cartwheel <ul style="list-style-type: none"> • Stretch body alignment through vertical • Head alignment with focus on hands 	Cartwheel <ul style="list-style-type: none"> • <u>0.1</u> – Incorrect (simultaneous) hand placement • ↑0.3 – No vertical • <u>0.2</u> – Closing the second foot in front of the first foot on landing • <u>0.05</u> – Broken connection
Stretch jump punch	0.2	Stretch jump punch <ul style="list-style-type: none"> • Posture • Punching action • Pointed feet • Height 	Stretch jump <ul style="list-style-type: none"> • <u>0.1</u> – Landing with feet not simultaneous • ↑0.1 – Landing feet apart
Backward salto tuck dismount	0.6	<ul style="list-style-type: none"> • Height • Shape • Landing with good posture 	<ul style="list-style-type: none"> • ↑0.3 – Insufficient height and extension of jump with hip lift • ↑0.2 – Insufficient tuck shape of the salto • ↑0.2 – Incorrect posture with control on landing

FLOOR – LEVEL 1

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
* Cartwheel	0.6	<ul style="list-style-type: none"> • Body and head alignment 	<ul style="list-style-type: none"> • <u>0.1</u> – Simultaneous hand placement • ↑0.3 – No vertical • ↑0.1 – Head not in alignment
Backward roll tucked	0.6	<ul style="list-style-type: none"> • Rounded tuck shape throughout 	<ul style="list-style-type: none"> • <u>0.3</u> – Hand placed on floor during squat phase prior to the roll • ↑0.2 – Not maintaining tuck position as bottom touches the floor
Candlestick	0.2	<ul style="list-style-type: none"> • Body position with open hip angle • Continuous rolling action from tuck sit 	<ul style="list-style-type: none"> • ↑0.2 – Not maintaining tuck position as bottom touches the floor • <u>0.3</u> – Pushing off the floor with hands to arrive in tuck stand
Forward passé balance - Marked position	0.4	<ul style="list-style-type: none"> • Posture • Straight base / support leg • High relevé • Correct leg position 	<ul style="list-style-type: none"> • <u>0.1</u> – Leg not in forward passé
Forward chassé	0.2	<ul style="list-style-type: none"> • Posture • Turn out • Step through demi-plié using toe, ball, heel • Close legs in the air 	<ul style="list-style-type: none"> • <u>0.05</u> – Failure to pass through demi-plié in and out of forward chassé • ↑0.1 – Failure to close legs together in the air
Stretch jump	0.4	<ul style="list-style-type: none"> • Posture • Amplitude 	<ul style="list-style-type: none"> • <u>0.1</u> – Failure to keep legs together in the air • <u>0.1</u> – Landing with feet not simultaneously • ↑0.1 – Failure to land with feet closed
Forward roll tucked	0.4	<ul style="list-style-type: none"> • Rounded tuck shape • Stand without pushing off the floor with hands 	<ul style="list-style-type: none"> • ↑0.2 – Not maintaining tuck position during forward roll • <u>0.3</u> – Pushing off the floor with hands to arrive in tuck stand
* $\frac{3}{4}$ Handstand	0.4	<ul style="list-style-type: none"> • Stretch body alignment • Head alignment with focus on hands 	<ul style="list-style-type: none"> • See general faults and penalties

FLOOR – LEVEL 2

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
* Cartwheel	0.6	<ul style="list-style-type: none"> • Body and head alignment 	<ul style="list-style-type: none"> • <u>0.1</u> – Simultaneous hand placement • ↑0.3 – No vertical • ↑0.1 – Head not in alignment
Backward roll to push-up position	0.6	<ul style="list-style-type: none"> • Rounded tuck shape • Finish with straight legs • Straight arms 	<ul style="list-style-type: none"> • <u>0.3</u> – Hand placed on floor during squat phase prior to the roll • <u>0.1</u> – Interlocking the fingers • <u>0.1</u> – Hands placed further than shoulder width apart • <u>0.2</u> – Failure to show push-up position • <u>0.6</u> – Performs a backward roll to handstand
* ½ turn in Forward passé (heel-snap turn) - Marked position in relevé at completion of turn	0.4	<ul style="list-style-type: none"> • Posture • Straight base / support leg • Correct leg position 	<ul style="list-style-type: none"> • <u>0.1</u> – Leg not in forward passé • <u>0.05</u> – Failure to lower heel at completion of turn • <u>0.3</u> – Failure to use the heel snap turn technique
Forward chassé	0.2	<ul style="list-style-type: none"> • Posture • Turn out • Step through demi-plié using toe, ball, heel • Close legs in the air 	<ul style="list-style-type: none"> • <u>0.05</u> – Failure to pass through demi-plié in and out of forward chassé • ↑0.1 – Failure to close legs together in the air
Straight leg leap - 60° split min	0.6	<ul style="list-style-type: none"> • Posture • Amplitude • Even leg separation • Coordination of arms with leap 	<ul style="list-style-type: none"> • ↑0.1 – Front leg bent on take-off (développé technique) • ↑0.2 – Uneven leg separation
Split jump; - 60° split min	0.4	<ul style="list-style-type: none"> • Posture • Amplitude • Proper leg alignment • Even leg separation 	<ul style="list-style-type: none"> • <u>0.1</u> – Landing with feet not simultaneous • ↑0.1 – Failure to land with feet closed • ↑0.2 – Uneven leg separation
* Handstand Hold 1 sec	0.4	<ul style="list-style-type: none"> • Stretch body alignment • Head alignment with focus on hands • Maintain ears covered by arms 	<ul style="list-style-type: none"> • ↑0.3 – No vertical • <u>0.1</u> – Failure to close legs at vertical • ↑0.1 – Failure to hold handstand for 1 sec
Candlestick	0.2	<ul style="list-style-type: none"> • Body position with open hip angle • Continuous rolling action from tuck sit 	<ul style="list-style-type: none"> • ↑0.2 – Not maintaining tuck position as bottom touches the floor
Bridge - * Back kick over	0.6	<ul style="list-style-type: none"> • Push shoulder over hands in bridge • Straight legs during the kick over 	<ul style="list-style-type: none"> • ↑0.2 – Shoulder not over hands in bridge position • <u>0.3</u> (each) – Extra kick to establish inverted position

FLOOR – LEVEL 3

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
* Handstand, forward roll with straight arms - Hold 1 sec	0.6	<ul style="list-style-type: none"> Stretch body alignment Hold in handstand Straight arms roll 	<ul style="list-style-type: none"> ↑0.3 – No vertical 0.1 – Failure to close legs at vertical ↑0.1 – Failure to hold handstand for 1 sec 0.3 – Pushing off the floor with hands to arrive in tuck stand
Straight leg leap - 90° split min	0.6	<ul style="list-style-type: none"> Posture Amplitude Even leg separation Coordination of arms with leap 	<ul style="list-style-type: none"> ↑0.1 – Front leg bent on take off (développé technique) ↑0.2 – Uneven leg separation
Stretch jump	0.2	Stretch jump <ul style="list-style-type: none"> Posture Amplitude Leg closed Feet pointed 	Stretch jump <ul style="list-style-type: none"> 0.1 – Failure to keep legs together in the air 0.1 – Failure to land on both feet simultaneously ↑0.1 – Failure to land with feet closed 0.05 – Broken connection
Split jump; - 90° split min	0.4	Split Jump <ul style="list-style-type: none"> Posture Amplitude Proper leg alignment Even leg separation 	Split Jump <ul style="list-style-type: none"> ↑0.2 – Uneven leg separation 0.1 – Failure to land on both feet simultaneously ↑0.1 – Failure to land with feet closed
* Handstand to bridge, * Back kick over - 120° split in back kickover	0.6	<ul style="list-style-type: none"> Show HS position Straight arms Controlled back bend 	<ul style="list-style-type: none"> 0.1 – Failure to close legs at vertical ↑0.2 – Failure to push shoulders behind hands in bridge 0.1 – Failure to land feet simultaneously in bridge 0.3 (each) – Extra kick to establish inverted position 0.3 – Tic toc (legs separated throughout the skill)
Forward split	0.2	<ul style="list-style-type: none"> Posture Straight legs Legs flat on floor 	<ul style="list-style-type: none"> ↑0.2 – Failure to achieve 180° split position (legs flat on the floor)
* ½ turn in Forward passé - Marked position in relevé at completion of turn	0.4	<ul style="list-style-type: none"> Posture Straight base / support leg Correct leg position 	<ul style="list-style-type: none"> 0.1 – Leg not in forward passé 0.3 – Use of Heel-snap technique
Backward Roll to 45° above horizontal, lower to push-up position - Arms straight - Hands turned inward	0.4	<ul style="list-style-type: none"> Straight arms Hollow body in push-up 	<ul style="list-style-type: none"> 0.3 – Hand placed on floor during squat phase prior to the roll 0.1 – Interlocking fingers 0.1 – Hands further than shoulder width apart ↑0.2 – Failure to attain 45° above horizontal 0.2 – Failure to show push-up position 0.4 – Performs a backwards roll to handstand
* Roundoff	0.4	Roundoff <ul style="list-style-type: none"> Body position Arms by the ears throughout 	Roundoff <ul style="list-style-type: none"> ↑0.3 – No vertical 0.1 – Failure to land with both feet simultaneously 0.3 – Acro line not connected (stop between elements)
Flic-Flac (2 feet) rebound - Pause in controlled stick position	0.6	Flic-Flac <ul style="list-style-type: none"> Acceleration and power Straight legs throughout 	Flic-Flac <ul style="list-style-type: none"> ↑0.3 – Squat in flic-flac - Failure to land with both feet simultaneously - Failure to rebound immediately 0.05 – Failure to pause in controlled stick ↑0.2 – Lack of acceleration (not applied if 0.3 deduct for stop between elements is taken)

FLOOR – LEVEL 4

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
*Back walkover - 150° split min	0.4	<ul style="list-style-type: none"> Stretched body Leg alignment through vertical Straight legs 	<ul style="list-style-type: none"> ↑0.1 – Failure to show continuous leg lift into walkover 0.1 – Incorrect hand placement ↑0.2 – Insufficient split (less than 150°)
* Front handspring step-out	0.6	<ul style="list-style-type: none"> Good speed and rotation Straight legs 	<ul style="list-style-type: none"> ↑0.1 – Alternate/staggered hand placement 0.1 – Joining legs prior to step-out ↑0.2 – Flight prior to hand contact (dive) 0.2 – Failure to step-out No deduction – Performing a “fast front walkover”
* Cartwheel	0.4	<ul style="list-style-type: none"> Body and head alignment 	<ul style="list-style-type: none"> 0.1 – Simultaneous hand placement ↑0.3 – No vertical ↑0.1 – Head not in alignment
Backward Roll to Handstand - Straight arms	0.4	<ul style="list-style-type: none"> Straight arms Stretched body in vertical 	<ul style="list-style-type: none"> 0.3 – Hand placed on floor during squat phase prior to the roll 0.1 – Interlocking the fingers 0.1 – Hands further than shoulder width apart ↑0.3 – No vertical 0.4 – Backward roll step-out (change element)
* Stretched jump ½ turn	0.4	<ul style="list-style-type: none"> Posture Height Feet pointed 	<ul style="list-style-type: none"> ↑0.1 – Failure to keep legs together in the air 0.1 – Failure to land on both feet simultaneously ↑0.1 – Failure to land with feet closed
Straight leg leap - 120° split min	0.6	<ul style="list-style-type: none"> Posture Amplitude Even leg separation Coordination of arms with leap 	<ul style="list-style-type: none"> ↑0.1 – Front leg bent on take-off (développé technique) ↑0.2 – Uneven leg separation
Straddle jump - 120° split min	0.4	<ul style="list-style-type: none"> Posture Amplitude Proper alignment 	<ul style="list-style-type: none"> ↑0.2 – Uneven leg separation 0.1 – Failure to land on both feet simultaneously ↑0.1 – Failure to land with feet closed
Forward split	0.2	<ul style="list-style-type: none"> Posture Straight legs Legs flat on floor 	<ul style="list-style-type: none"> ↑0.2 – Failure to achieve 180° split position (legs flat on the floor)
* 1/1 turn in Forward passé - High relevé - Mark the position in relevé at completion of turn	0.4	<ul style="list-style-type: none"> Posture Straight base / support leg Correct leg position 	<ul style="list-style-type: none"> 0.1 – Leg not in forward passé 0.3 – Use of heel-snap technique
* Roundoff	0.4	Roundoff <ul style="list-style-type: none"> Body position Arms by the ears throughout 	Roundoff <ul style="list-style-type: none"> ↑0.3 – No vertical 0.1 – Failure to land with both feet simultaneously 0.3 – Acro line not connected (stop between elements)
Flic-Flac; Flic-flac, rebound - Pause in controlled stick position	0.6 (each)	Flic-Flac x 2 <ul style="list-style-type: none"> Acceleration and power Straight legs throughout 	Flic-Flac x 2 <ul style="list-style-type: none"> ↑0.3 (each) – Squat in flic-flac 0.1 (each) – Failure to land with both feet simultaneously 0.1 – Failure to rebound immediately 0.05 – Failure to pause in controlled stick ↑0.2 – Lack of acceleration (not applied if 0.3 deduct for stop between elements is taken)

FLOOR – LEVEL 5

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
<p>Forward salto tucked</p> <p>Or</p> <p>* Free aerial cartwheel</p> <p>Or</p> <p>* Free aerial walkover forward</p>	0.6	<ul style="list-style-type: none"> • Amplitude • Posture 	<p>Fwd salto tuck</p> <ul style="list-style-type: none"> • ↑0.6 – Failure to perform salto in tucked position • ↑0.2 – Insufficient bend of hips and legs (min 135°, ideal 90°) <p>Free aerial cartwheel</p> <ul style="list-style-type: none"> • ↑0.3 – Failure to pass through vertical <p>Free aerial walkover</p> <ul style="list-style-type: none"> • See general faults and penalties
<p>Front handspring step out Front handspring step out</p>	0.6 (each)	<ul style="list-style-type: none"> • Good speed and rotation • Straight legs 	<ul style="list-style-type: none"> • <u>0.1</u> – Incorrect (alternate or staggered) hand placement • <u>0.1</u> – Joining legs prior to step out • ↑0.2 – Flight prior to hand contact (dive) • <u>0.2</u> – Failure to step out (legs together throughout) • ↑0.2 – Lack of acceleration (not applied if 0.3 deduct for stop between elements is taken) • No deduction – Performing a “fast front walkover”
* Cartwheel	0.4	<ul style="list-style-type: none"> • Body and head alignment 	<ul style="list-style-type: none"> • <u>0.1</u> – Simultaneous hand placement • ↑0.3 – No vertical • ↑0.1 – Head not in alignment
<p>Backward roll to handstand - Straight arms</p>	0.4	<ul style="list-style-type: none"> • Straight arms • Stretched body in vertical 	<ul style="list-style-type: none"> • <u>0.3</u> – Hand placed on floor during squat phase prior to the roll • <u>0.1</u> – Interlocking fingers • <u>0.1</u> – Hands further than shoulder width apart • ↑0.3 – No vertical • <u>0.4</u> – Performs a backward roll step-out (change element)
* Stretched jump 1/1 turn	0.4	<ul style="list-style-type: none"> • Posture • Amplitude 	<ul style="list-style-type: none"> • ↑0.1 – Failure to keep legs together in the air • <u>0.1</u> – Failure to land on both feet simultaneously • ↑0.1 – Failure to land with feet closed
<p>Split leap straight leg in</p> <p>or</p> <p>Switch split leap - Straight leg in - 150° split min - Pass through low arabesque on landing</p>	0.6	<ul style="list-style-type: none"> • Posture • Amplitude • Even leg separation • Coordination of arms with leap 	<p>Split leap</p> <ul style="list-style-type: none"> • ↑0.1 – Front leg bent on take-off (développé technique) • ↑0.2 – Uneven leg separation <p>Switch split leap</p> <ul style="list-style-type: none"> • ↑0.1 – Front leg bent on take-off • <u>0.1</u> – Failure to swing front leg to 45° min prior to swing backward • ↑0.2 – Uneven leg separation
<p>Straddle jump - 150° split min</p>	0.4	<ul style="list-style-type: none"> • Posture • Amplitude • Proper leg alignment 	<ul style="list-style-type: none"> • ↑0.2 – Uneven leg separation • <u>0.1</u> – Failure to land on both feet simultaneously • ↑0.1 – Failure to land with feet closed
Forward split	0.2	<ul style="list-style-type: none"> • Posture • Straight legs • Legs flat on floor 	<ul style="list-style-type: none"> • ↑0.2 – Failure to achieve 180° split position (legs flat on the floor)
<p>*1/1 turn in Forward passé - High relevé - Mark the position in relevé at completion of turn</p>	0.4	<ul style="list-style-type: none"> • Immediate placement of free leg in fwd. passé • Complete 1/1 turn in relevé • Control at completion 	<ul style="list-style-type: none"> • <u>0.1</u> – Leg not in forward passé • <u>0.3</u> – Use of heel-snap technique

* Roundoff	0.4	Roundoff	Roundoff
Flic-Flac	0.4	<ul style="list-style-type: none"> • Body position • Arms by the ears throughout Flic-Flac	<ul style="list-style-type: none"> • ↑0.3 – No vertical • <u>0.1</u> – Failure to land with both feet simultaneously Flic-Flac
Backward Salto tucked - Pause in controlled stick position	0.6	<ul style="list-style-type: none"> • Acceleration and power • Stretched body shape Backward salto tuck <ul style="list-style-type: none"> • Vertical take-off • Tuck position: min 90° • Amplitude of salto • Extension/opening before landing • Controlled stuck landing 	<ul style="list-style-type: none"> • ↑0.3 – Squat in flic-flac • <u>0.1</u> – Failure to land with both feet simultaneously Backward salto tuck <ul style="list-style-type: none"> • ↑0.6 – Failure to perform salto in tucked position • ↑0.2 – No extension / opening before landing • <u>0.05</u> – Failure to pause in controlled stick • ↑0.2 – Lack of acceleration (not applied if 0.3 deduct for stop between elements is taken)

BC Xcel Program

Gold
Silver
Bronze

Warm up procedures – BC Xcel Program

General Warm up	15 minutes for all Xcel categories Athletes may not start the general warm up on the warm up or competition floor before the set time. Once the general warm up starts, athletes may warm up on the WAG floor, mats and runway only. They may not use the boards and/or get on the table, bars or beam for any reason during the general warm up. Athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited.			
	V	UB	BB	FX
Type	Group Warm up Continuous time	Group Warm up Continuous time	Group Warm up 1 gymnast at a time on BB Warm up in one continuous passage	Group Warm up Continuous time
Xcel Program	Bronze: 30 sec Silver: 45 sec Gold: 1 min	Bronze: 30 sec Silver: 45 sec Gold: 1 min	Bronze: 30 sec Silver: 45 sec Gold: 1 min	Bronze: 30 sec Silver: 45 sec Gold: 1 min All categories: Max 5 min
	Competition format: <ul style="list-style-type: none"> - <u>Athletes</u> must be ready to rotate as soon as their club or rotation is done competing on a given apparatus. - <u>On all apparatus</u>, athletes warm up in groups. If a group consists of only one athlete (only athlete competing at a certain height/bar width), she must be given sufficient time to warm up and rest. - <u>Coaches</u> must determine the most efficient way to warm up prior to the rotation (in relation to equipment settings). They must work together to ensure that the warm up runs smoothly. 			
Split Warm up	Split warm up: more than 12 athletes/rotation When possible, groups will be split to keep all athletes from one club together.			
UB	On UB, 90 seconds is granted for each different bar preparation (raising, lowering, chalking). This does not include widening or narrowing the bars.			

Warm up times

Number of Gymnasts	Bronze 30 sec	Silver 45 sec	Gold 1 min
1	30 sec	45 sec	1:00
2	1:00	1:30	2:00
3	1:30	2:15	3:00
4	2:00	3:00	4:00
5	2:30	3:45	5:00
6	3:00	4:30	6:00
7	3:30	5:15	7:00
8	4:00	6:00	8:00
9	4:30	6:45	9:00
10	5:00	7:30	10:00
11	5:30	8:15	11:00
12	6:00	9:00	12:00
13	Split	Split	Split

Equipment – BC Xcel Program

The following are the recommended equipment specs for use in competitions in BC. When a double set of apparatus is used (8 rotations on 8 apparatus), the host must ensure that sufficient equipment is available on all apparatus (re: both vaults cannot share one board or one safety mat).

	Equipment	Xcel Gold	Xcel Silver	Xcel Bronze
Vault	Height	Any height up to max 125 cm	Sideways Mat stack: min 60 cm, max 120 cm	Mat stack: min 40 cm, max 120 cm
	Supplementary mat (sting)	Mandatory 10 cm, up to 20 cm allowed.		
	Vault Runway	No chalk allowed on the vault runway.		
Uneven Bars	Uneven Bars	HB: 255 cm LB: 175 cm Diagonal: no maximum width (within the equipment manufacturer's safety limitations)		
	Springboard	The springboard or 30 cm block/panel mat must be removed from underneath or the end of the apparatus after the mount.		
		The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performed on the same side. The springboard MAY be placed on the supplementary or safety mat(s).		
	Supplementary mat (sting)	Mandatory 10 cm, up to 40 cm allowed. The supplementary or safety mat(s) MAY extend beyond the LB. This is for BC only, please review the apparatus specifications for any out of province competitions.		
A spotting block or folded mat that is used for spotting purposes between the bars may remain in place as long as the coach continues to utilize it during the routine.				
Beam	Beam height	All ages: 100, 110 or 125 cm		
	Springboards	The springboard or 30cm block/panel mat must be removed from underneath or the end of the apparatus after the mount.		
		The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performed on the same end. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed.		
Supplementary mat (sting)	10 cm supplementary mat mandatory for landing, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat			
Floor	Floor Area	12 m x 12 m		
	Supplementary mat (sting)	5 cm, 10 cm or 20 cm supplementary mat allowed (2 mats on the floor allowed)		

MODIFICATION – BC Xcel Program

GOLD FX only: any number of B saltos are permitted. This is different than the USAG Xcel Program.