

O6 / U8's (born in 2012/2013)

2020 - version 2

FLOOR - 12 x 12m floor area, use of single diagonal permitted – max. 8 counting elements. Requirements only receive difficulty value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Dive roll - Cartwheel or round-off - Any backward roll with straight arms - Y-Scale or arabesque	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Any group I 'A' element – 0.1 Any additional 'a' or 'A' element – 0.2 Any 'B' or 'C' value element – 0.4	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

MUSHROOM - Mushroom (approx. 50cms high) or 1 handle floor mushroom

Final Score	Routine (perform 1 only)	Tariff	Value	Presentation	Deductions
Tariff + Presentation - Deductions	- 5x DLC on mushroom - 10x DLC on mushroom - 5x DLC, ½ spindle, 5x DLC on mushroom - 5x DLC over 1 handle (1H floor mushroom)	1.0 2.0 2.5 2.5	0.2 per DLC 0.2 per DLC 0.2 per DLC, spindle = 0.5 0.5 per DLC	10.0 (if full routine is completed)	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

RINGS – F.I.G. height rings with 1 or 2 30cm safety mats (max. 8 counting elements). Requirements only receive value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Static inlocate - Pull-up to bent-arm hang (2s) - Hanging ½ lever (2s) - Swing bwd & fwd into tucked back salto dismount	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Straddled front/back scale (2s) – 0.2 Tucked top planche (2s) – 0.2 Any 'a' or 'A' element – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

VAULT – Vaulting table height 100cms, 2 springboards allowed

Final Score	Routine	Tariff	Presentation		Deductions
Tariff + Presentation - Deductions	- Squat on, straight jump off - Squat through - Handspring / Handspring sideways with ¼ turn	0.5 1.0 1.6	10.0	Gymnasts may perform only 1 vault	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

PARALLEL BARS – height 1.30m with optional safety mat (max. 8 counting elements) - NOTE: no deductions will be incurred for intermediate swings

Final Score	Requirements	Value	Presentation	Bonus	Deductions
Requirements + Bonus + Presentation - Deductions	- 1x dip (in support) - ½ lever (2s) - Swing backwards & forwards to horizontal (min.) - Swing bwd & front vault dismount above horiz.	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Upstart to straddle sit / support / drop-upstart – 0.3 (only 1 may be included) Any press to handstand (2s) – 0.3 Russian lever (2s) – 0.3 Swing to handstand - 0.2	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

HIGH BAR – gloves and loops

Final Score	Requirements	Value	Presentation	Bonus	Deductions
Requirements + Bonus + Presentation - Deductions	- Pike leg lift and lower to hang - Circle-up to support, layaway into - 5x swings forwards and backwards	+0.25 +0.75 +0.2 each	10.0	Back-uprise to support – 0.2 Back-hip circle – 0.2 Undershoot to swings – 0.2 Longswings (in place of swings) – 0.2 each time NOTE: these can be mixed or separated by additional skills	As per F.I.G. 0.1 / 0.3 / 0.5

U9's (born in 2011) & U10's (born in 2010)**FLOOR - 12 x 12m floor area – max. 8 counting elements. Requirements only receive value (0.5) without additional bonus. **No double somersaults or 'D' (or higher) value elements permitted****

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus	- Dive roll	+0.5	5+ elements – 10.0		As per F.I.G.
+ Presentation -	- Flic (standing or from pre-element)	+0.5	4 elements – 7.0	Any additional 'a' or 'A' element – 0.1	
Deductions	- Tucked front somersault	+0.5	3 elements – 5.0	Any 'B' value element – 0.3	0.1 / 0.3 / 0.5
	- Any non-acrobatic (Group I) coded element	+0.5	2 elements – 3.0	Any 'C' value element – 0.5	Fall = 1.0
			1 element – 0.0		

MUSHROOM - Mushroom (approx. 50cms high) / LOW POMMEL HORSE (no handles, NOTE: inward & outward loops to be performed within 30cm of end of horse) / 1 handle floor mushroom

Final Score	Routine (perform 1 only)	Tariff	Value	Presentation	Deductions
Tariff + Presentation -	- 5x DLC on mushroom	0.5	0.1 per DLC		As per F.I.G.
Deductions	- 10x DLC on mushroom	1.0	0.1 per DLC		
	- 5x DLC over 1 handle (1H floor mushroom)	1.5	0.3 per DLC		
	- 10x inward loops on (low PH)	2.0	0.2 per loop	10.0	
	- 5x flairs over 1 handle (1H floor mushroom)	2.5	0.5 per flair	(if full routine is completed)	0.1 / 0.3 / 0.5
	- 5x loops, ½ spindle, 5x loops (low PH)	2.5	0.2 per loop, spindle = 0.5		Fall = 1.0
	- 3x inward loops, Magyar, 2x outward loops (low PH)	3.0	0.2 per loop, Magyar = 2.0		

RINGS – F.I.G. height rings with 30cm safety mat (max. 8 counting elements). No deductions will be incurred for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus	- Muscle-up	+0.5	5+ elements – 10.0	½ lever / shoulder stand in support – 0.1	As per F.I.G.
+ Presentation -	- Any inlocate	+0.5	4 elements – 7.0	Tucked top planche – 0.2	
Deductions	- Dislocate	+0.5	3 elements – 5.0	Straddled front/back scale – 0.2	0.1 / 0.3 / 0.5
	- Straight back salto dismount	+0.5	2 elements – 3.0	Any other 'A' or higher value element – 0.3	Fall = 1.0
			1 element – 0.0	Double back dismount - 0.3	

VAULT – Vaulting table height 115cms

Final Score	Routine	Tariff	Presentation		Deductions
Tariff + Presentation -	- Squat on, straight jump off	0.2			As per F.I.G.
Deductions	- Squat through	0.6	10.0	Gymnasts may perform only 1 vault	0.1 / 0.3 / 0.5
	- Any other FIG recognised vault	As per FIG			Fall = 1.0

PARALLEL BARS – height 1.30m with optional safety mat (max. 8 counting elements). No deduction for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus	- Upper-arm kip to straddle sit	+0.5	5+ elements – 10.0	Upstart to straddle sit OR support – 0.3	As per F.I.G.
+ Presentation -	- ½ lever in support (2s), lift out to straddle lever (2s)	+0.5	4 elements – 7.0	(NOTE: 1 only to replace u/arm kip)	
Deductions	- upgrade to ½ lever press to h/stand (2s) +0.3	+0.5	3 elements – 5.0	Drop upstart / Russian Lever (2s) – 0.3	0.1 / 0.3 / 0.5
	- Swing backwards & forwards above horizontal	+0.5	2 elements – 3.0	Swing to handstand (2s) – 0.2	Fall = 1.0
	- Swing bwd & front vault dismount above horiz.	+0.5	1 element – 0.0	Any other BG/FIG recognised element – 0.4	
				Any salto dismount – 0.4	

HIGH BAR – gloves and loops

Final Score	Requirements	Value	Presentation	Bonus (max. 3 additional elements)	Deductions
Requirements + Bonus	- Pike leg lift and lower to hang	+0.25		Layaway to handstand – 0.1	As per F.I.G.
+ Presentation -	- Circle-up to support, layaway into	+0.75	10.0	Upstart (in place of circle-up) – 0.3	
Deductions	- 5x swings forwards and backwards above bar	+0.2 each		Clear circle / Stalder / Endo – 0.3	0.1 / 0.3 / 0.5
				Longswing (in place of swing) – 0.2 each	
				Stoop on & off (dismount prep.) – 0.3	

U12's (born in 2008/2009)**FLOOR – As per F.I.G. junior code with BG Boy's (U12) amendments – 12 x 12m floor area – max. 8 counting elements. **No double somersaults or 'D' (or higher) value elements permitted****

Final Score	Requirements	Value	Presentation	Difficulty	Deductions
Requirements + Bonus + Presentation - Deductions	- Any coded Group I (non-acrobatic) element - Any coded Group II (forward acro) element - Any coded Group III (backward acro) element - Dismount	+0.5 +0.5 +0.5 A-0.3, B-0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Any 'a' or 'A' value element – 0.1 Any 'B' value element – 0.3 Any 'C' value element – 0.5	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

MUSHROOM (approx. 50cms high) / LOW POMMEL HORSE (no handles)

Final Score	Routine (perform 1 only)	Tariff	Value	Presentation	Deductions
Tariff + Presentation - Deductions	- 10x DLC on high mushroom - 5x DLC, ½ spindle, 5x DLC - 10x inward loops (low PH) - 5x loops, ½ spindle, 5x loops (low PH) - 3x inward loops, Magyar, 2x outward loops (low PH)	1.0 1.5 2.0 2.5 3.0	0.1 per DLC 0.1 per DLC, spindle = 0.5 0.2 per loop 0.2 per loop, spindle = 0.5 0.2 per loop, Magyar = 2.0	10.0 (if full routine is completed)	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

RINGS – F.I.G. height rings with 30cm safety mat (max. 8 counting elements). No deduction for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Muscle-up to ½ lever (2s) - 1x inlocation - 1x dislocation - Straight salto dismount (fwd or bwd)	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Lift to shoulder stand – 0.1 Straddled front/back scale – 0.3 Any 'A' value element – 0.3 Any 'B' value element (inc. d'mt) – 0.5	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

VAULT – Vaulting table height 120cms

Final Score	Routine	Tariff	Presentation		Deductions
Tariff + Presentation - Deductions	- Any FIG recognised vault	As per FIG	10.0	Gymnasts may perform only 1 vault	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

PARALLEL BARS – height 1.50m with optional safety mat (max. 8 counting elements). No deduction for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Final Score	Requirements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Upstart to / through support - ½ lever (2s) - Swing backwards to handstand hold (2s) - Swing bwd & front vault dismount thru h/stand	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Drop upstart – 0.3 Russian lever – 0.3 Any 'a' / 'A' / 'B' value element – 0.3 Any salto dismount – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

HIGH BAR – gloves and loops (NOTE: 1 x swing = forwards & backwards)

Final Score	Requirements	Value	Presentation	Bonus (max. 3 additional skills)	Deductions
Requirements + Bonus + Presentation - Deductions	- Leg lift, body shaper, cast & swing backwards - Upstart to support, cast into - 3x backwards longswings (0.2 each) - 3x forwards longswings (0.2 each)	+0.4 +0.4 +0.6 +0.6	10.0	Upstart into immediate cast – 0.1 Cast to handstand – 0.1 Upstart & immediate cast to h/stand – 0.3 Clear-circle / Stalder / Endo – 0.3 Stoop on & off (dismount prep.) – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5

U16 (born 2004-2007)

2020 - version 2

FLOOR - 12 x 12m floor area – max. 8 counting elements

As per F.I.G. with BG's U12 code modifications – i.e. supplementary list of 'a' value elements, 'A' or 'a' value dismount = 0.3, 'B' value dismount = 0.5.

POMMEL HORSE (high pommel horse with 2 handles) - springboard for mount allowed

Final Score	Routine (perform 1 only)	Tariff	Presentation	Deductions
Tariff + Presentation - Deductions	- ½ shear (0.3), leg in pick-up (0.3), 2x DLC on handles (0.3 each), any FIG recognised travel-down (0.5), 2x inward loops (0.3 each), Schwabenflank (0.3)	2.6	10.0 (if full routine is completed)	As per F.I.G.
	- 2x inward loops (0.2 each), ¼ spindle (0.3), 2x side loops (0.2 each), turn back to inwards (0.3), Schwabenflank (0.3)	1.7		
	- ½ shear, leg in pick-up (0.5), 5x DLC on handles (0.1 each), Schwabenflank (0.3)	1.3		
	- 5x inward loops (0.1 each), Schwabenflank (0.3)	0.8		

RINGS – F.I.G. height rings with optional 30cm safety mat (max. 8 counting elements)

As per F.I.G. with BG's U12 code modifications – i.e. supplementary list of 'a' value elements, 'A' or 'a' value dismount = 0.3, 'B' value dismount = 0.5.

Additional rules – any recognised press to handstand satisfies the swing to handstand requirement, back-uprise to straddle lever or tucked Honma to support satisfies element group requirement III.

VAULT – Vaulting table height optional - 125cms or 135cms

As per F.I.G.

Additional rules - any somersault vault acquires 0.4 marks bonus

PARALLEL BARS – F.I.G. height (1.80m) with optional 30cm safety mat (max. 8 counting elements)

As per F.I.G. with BG's U12 code modifications – i.e. supplementary list of 'a' value elements, 'A' or 'a' value dismount = 0.3, 'B' value dismount = 0.5.

Additional rules – face vault dismount through handstand dismount = 'a' (0.1)

HIGH BAR – F.I.G. height chalky bar with 30cm safety mats (max. 8 counting elements)

As per F.I.G. with BG's U12 code modifications – i.e. supplementary list of 'a' value elements, 'A' or 'a' value dismount = 0.3, 'B' value dismount = 0.5, max. 8 counting elements

Additional rules

- 'a' or 'A' value skills = 0.3, 'B' value skills = 0.5, non-coded skills = 0.1.
- Additional non-coded skills (0.1 value) - Back-uprise to support (Grp I) / baby giant (Grp I) / Swinging ½ turn above bar (Grp I) / Circle-up from hang (Grp III) / back-hip circle (Grp III)
- Straddle on undershoot / straddle over bar / clear circle to 45° push off will be credited as non-coded dismounts (0.1)
- NO DEDUCTION for upstart pause