



LONDON GYMNASTICS

GfA Floor & Vault COP 2020

A guide for judges and coaches

LONDON GYMNASTICS

GfA, F&V Code of Points (COP)

The London Gymnastics Floor and Vault Programme is a progressive regional framework, providing a pathway for gymnastic development and competitive opportunities for GfA gymnasts from BG registered, London affiliated clubs. The aim of the GFA F&V programme is to develop gymnastic skills into a floor exercise or a vault. It is intrinsic to the skills that the basic principles of Strength, Flexibility, Balance and Coordination are incorporated into a conditioning programme to run alongside the skills development.

Level	Min Age	CR	Floor	Routine	Skills	Music	Ranking	Grades	Presentations
Grades 1: 2: 3 Boys/ Girls	7 years in year of event	Floor Vault	12 x 2 M strip Un-sprung	Set routine	10	No music	No ranking.	Distinction Merit Pass Participation	Certificates. Participation medal
Regional 1 Boys/ Girls	8 years in year of event	Floor Vault	8m x8 m Un-sprung	Set routine with options	10	No music	Ranking.	Gold Silver Bronze	Ribbons Medals Pins
Regional 2 Boys/ Girls	8 years in year of event	Floor Vault	12 m x 12 m Sprung 45-90 secs.	A skills+ Uncoded skills	10/8	Music [girls]	Ranking.	Gold Silver Bronze	Ribbons Medals Pins
Regional 3 Boys/ Girls	8 years in year of event	Floor Vault	12 m x 12 m Sprung 45-90 secs.	A skills + Uncoded skills	10/8	Music [girls]	Ranking.	Gold Silver Bronze	Ribbons Medals Pins
Regional 4 Boys/ Girls	8 years in year of event	Floor Vault	12 m x 12 m Sprung 45-90 secs.	A skills+ B skills+ Uncoded skills	10/8	Music [girls]	Ranking.	Gold Silver Bronze	Ribbons Medals Pins
Team competition Boys/ Girls	8 years in year of event	Floor Vault	12 m x 12 m Sprung 45-90 secs.	A skills+ B skills+ Uncoded skills	10/8	Music [girls]	Ranking.	Gold Silver Bronze	Ribbons Medals Club trophy

Grades 1-3

Grade 1, Grade 2 and Grade 3 are designed to be progressive, focussing on acquiring and developing core skills
Each gymnast will perform a floor routine along a strip of mat 12m x 2m, which will consist of set elements, without musical accompaniment

Each Gymnast will perform two vaults, the highest score will be counted

Deductions are taken in accordance with the current Floor & Vault Code of Points (COP)

There will be no ranked placing but grades for floor and vault will be indicated on the certificates which are presented to all gymnasts

2019	2020
Grade 1	Amended Grade 1
Grade 2	Amended Grade 2
	New Grade 3

Age

Gymnast must be a minimum of 7 years, in the year of the event, to enter the F&V Programme

Gymnasts who are 7 years in the year of the event must enter the Programme at Grade 1

Gymnasts who are 8 years or over may enter the Programme at the discretion of their coach

Floor

There are 10 elements in each Grade.

The Grades are divided into a Difficulty Score and an Execution Score.

Each element has a Difficulty Value (DV) of 0.50.

Therefore, the maximum D Score is 5.00. The maximum E Score is 10

D Score + E Score = Final Score. Therefore, the maximum Final Score = 15

If an element is missing or is not performed to the technical requirements of the exercise, there will be a 1.0 deduction + the DV of the

element (0.5). Execution deductions are taken in degrees of 0.10 according to how well the elements are performed and in accordance with the current F&V Code of Points

Vault

Gymnasts perform two vaults, the highest score counts towards the final score. Each Vault has a Difficulty Value of 5. The Vaults are divided into a Difficulty Score and an Execution Score. Therefore, the maximum D score is 5. The maximum E Score is 10
D Score + E Score = Final Score. Therefore, the maximum Final Score = 15
Execution deductions are taken according to how well the vaults are performed and in accordance with the current F&V Code of Points

Grades

Gymnasts who achieve a Distinction or Merit or Pass in both Floor & Vault may progress to the next level.
Gymnasts who achieve Participation in either Floor or Vault should repeat the same level

FLOOR	SCORE
DISTINCTION	13.8-15
MERIT	12.8-13.8
PASS	11-12.8
PARTICIPATION	BELOW 11

VAULT	SCORE
DISTINCTION	13.8-15
MERIT	12.8-13.8
PASS	11-12.8
PARTICIPATION	BELOW 11

Presentations

Each gymnast will receive a Participation Medal
Each Gymnast will receive a certificate indicating their Floor & Vault Grades.

Grade 1- GIRLS

COMPOSITIONAL REQUIREMENTS	Set routine-10 moves on 12m x 2m mat (<i>no moves connected unless stated</i>) Gymnasts perform two vaults, the highest score counts towards final score
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VAULT	DV		FLOOR
Springboard, 20cm landing mat, with 10cm agility mat on top.			
Max 6m run, jump on to board landing on 2 feet and immediate straight jump to land on the landing mat	5	1	Forward roll to stand
		2	Forward roll to straddle sit
		3	Teddy Bear Roll 180°
		4	V-Sit with hands on floor [minimum 3 second hold] put legs together into long sitting position, roll back
		5	Shoulder stand. [Hold 3 secs. Rock forward to stand on two feet]
		6	1 leg balance, knee above hip height, hip ankle minimum of 90° angle (bent or straight lifted leg)
		7	Backward roll [tucked] (bent or straight arms)
		8	Straight jump
		9	Star jump
		10	Cartwheel [side to side]

Grade 1- BOYS

COMPOSITIONAL REQUIREMENTS	Set routine-10 moves on 12m x 2m mat <i>(no moves connected unless stated)</i> Gymnasts perform two vaults, the highest score counts towards final score
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VAULT Springboard, 20cm landing mat, with 10cm agility mat on top.	DV		FLOOR
Max 6m run, jump on to board landing on 2 feet and immediate straight jump to land on the landing mat	5	1	Forward roll to stand
		2	Forward roll to straddle sit
		3	Teddy Bear Roll 180°
		4	V-Sit with hands on floor [minimum 3 second hold] put legs together into long sitting position, roll back
		5	Shoulder stand. [Hold 3 secs. Rock forward to stand on two feet]
		6	1 leg balance, knee above hip height, hip ankle minimum of 90° angle (bent or straight lifted leg)
		7	Backward roll [tucked] (bent or straight arms)
		8	Straight jump
		9	Star jump
		10	Cartwheel [side to side]

Grade 2- GIRLS

COMPOSITIONAL REQUIREMENTS	Set routine-10 moves on 12m x 2m mat <i>(no moves connected unless stated)</i> Gymnasts perform any two vaults, the highest score counts towards final score
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VAULT	DV		FLOOR
Springboard, 20cm landing mat, with 10cm agility mat on top.			
Using Hurdle step kick to handstand push, to flat-back or dish (hands on spring board)	5	1	Kick to Handstand step down [legs must join in handstand, hold not required]
		2	Forward roll to dish [hold 3 seconds] lie flat
		3	Bridge [hold 3 seconds] lie flat
		4	Roll over to front, arch shape [hold 3 secs.] Push up to front support [3 secs hold] jump to squat feet between hands , stand up
		5	Jump ½ turn
		6	Arabesque [3 second hold]
		7	Cartwheel [front to side]
		8	Cartwheel [side to back]
		9	Backward roll
		10	Tuck jump

Grade 2- boys

COMPOSITIONAL REQUIREMENTS	Set routine-10 moves on 12m x 2m mat <i>(no moves connected unless stated)</i> Gymnasts perform any two vaults, the highest score counts towards final score
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VAULT	DV		FLOOR
Springboard, 20cm landing mat, with 10cm agility mat on top.			
Using Hurdle step kick to handstand push, to flat-back or dish (hands on spring board)	5	1	Kick to Handstand step down [legs must join in handstand, hold not required]
		2	Forward roll to dish [hold 3 seconds]
		3	Roll to arch shape [hold 3 seconds]
		4	Push up to front support press up
		5	Jump legs in to squat position and jump to stand
		6	Arabesque [3 second hold]
		7	Cartwheel [front to side]
		8	Cartwheel [side to back]
		9	Backward roll
		10	Tuck jump

Grade 3- GIRLS

COMPOSITIONAL REQUIREMENTS	Set routine-10 moves on 12m x 2m mat (<i>no moves connected unless stated</i>) Gymnasts perform any two vaults, the highest score counts towards final score
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VAULT Springboard and block (2m x 1m x 60cm) or mats piled up to 60cm safety mats at rear; 10cm agility mat may be used on top of block/mats.	DV		FLOOR
6 metre run, jump on to spring board and jump to handstand, to flat-back	5	1	Roundoff, jump ½ turn to immediate...
		2	Cartwheel to lunge [linked] [Join feet]
		3	Backward roll to front support straight arms. (Hold 3 secs) [jump to squat feet between hands, stand up]
		4	Forward roll to straddle sit. (Hold 3 secs.)
		5	Straddle Lever (Hold 3 sec).
		6	Change to Splits. [left, right or middle/box] (Hold 3 secs) [lie on tummy, join legs, roll to back]
		7	Bridge. (Hold 3 secs). Kick over to lunge
		8	Half turn on one leg, step fwd to finish. (180° spin) [join feet together]
		9	Split jump 135° (can use hurdle entry)
		10	Handstand forward roll [straight arms]

Grade 3- Floor- BOYS

COMPOSITIONAL REQUIREMENTS	Set routine-10 moves on 12m x 2m mat (<i>no moves connected unless stated</i>) Gymnasts perform any two vaults, the highest score counts towards final score
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VAULT Springboard and block (2m x 1m x 60cm) or mats piled up to 60cm safety mats at rear; 10cm agility mat may be used on top of block/mats	DV		FLOOR
6 metre run, jump on to spring board and jump to handstand on 60cm block, to flat-back	5	1	Roundoff, jump ½ turn to immediate....
		2	Cartwheel [front to front] step to immediate....
		3	Handstand Forward roll (with straight arms)
		4	Jump 1/1 turn
		5	Backward roll with straight arms to front support
		6	Squat legs through to long sit (hands must stay in contact with floor)
		7	Half lever piked (3 sec)
		8	Bridge (hold 3 sec) Kick over to lunge
		9	Forward roll to straddle stand
		10	Handstand (hold 3 sec)

LONDON GYMNASTICS

GfA, F&V Code of Points Regional Level 1

Regional 1 is a bridge between the Grades and the Regional Levels.

It serves as a transition level to a full floor routine, with some Optional Elements, but still focusses on basic Grade skills.

The routine is performed on an 8m x 8m un-sprung floor, without music. Direction and order of the elements must be as indicated.

Each Gymnast will perform two vaults, the highest score will be counted

Deductions are taken in accordance with the current judging Code of Points. This is a competitive level with ranked placings.

Age

Gymnast must be a minimum of 8 years, in the year of the event, to enter the Regional Levels
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Gymnasts who are over 8 years may enter the Programme at the discretion of their coach
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Floor

There are 10 elements in Regional Level 1, with some Optional Elements
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Dance and/or steps may be added to move gymnasts from one element to the next. Direction and order of the elements must be as indicated

Regional Level 1 is divided into a Difficulty Score and an Execution Score. Each element has a Difficulty Value (DV) of 0.50. Therefore, the maximum D Score is 5.00. The maximum E Score is 10.
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D Score + E Score = Final Score. Therefore, the maximum Final Score = 15

If the technical requirements of an element is not met as per the F&V COP there will be a 0.5 deduction (DV) from the D score.
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If an element is missing completely i.e. not performed at all, a further 1.0 penalty will be deducted from the final score (i.e. 1.0 deduction + a DV of 0.5).
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Execution deductions are taken in degrees of 0.10 according to how well the elements are performed in accordance with the current F&V Code of Points

Vault

Gymnasts perform two vaults, the highest score counts towards the final score. Each vault has a Difficulty Value.

The Vaults are divided into a Difficulty Score and an Execution Score.

D Score + E Score = Final Score.

Execution deductions are taken according to how well the vaults are performed in accordance with the current F&V Code of Points

Pin Thresholds

	Regional level 1	Regional level 1
	GIRLS	BOYS
Floor	13.2	13.2
Vault	10.4	10.4

Presentations

Ribbons will be awarded to 4, 5, & 6th placed gymnasts in each category

Medals will be awarded to 1, 2 & 3rd placed gymnasts in each category

Pins will be awarded to gymnasts achieving set thresholds in both Floor and Vault

Levels Transfer Matrix 2020

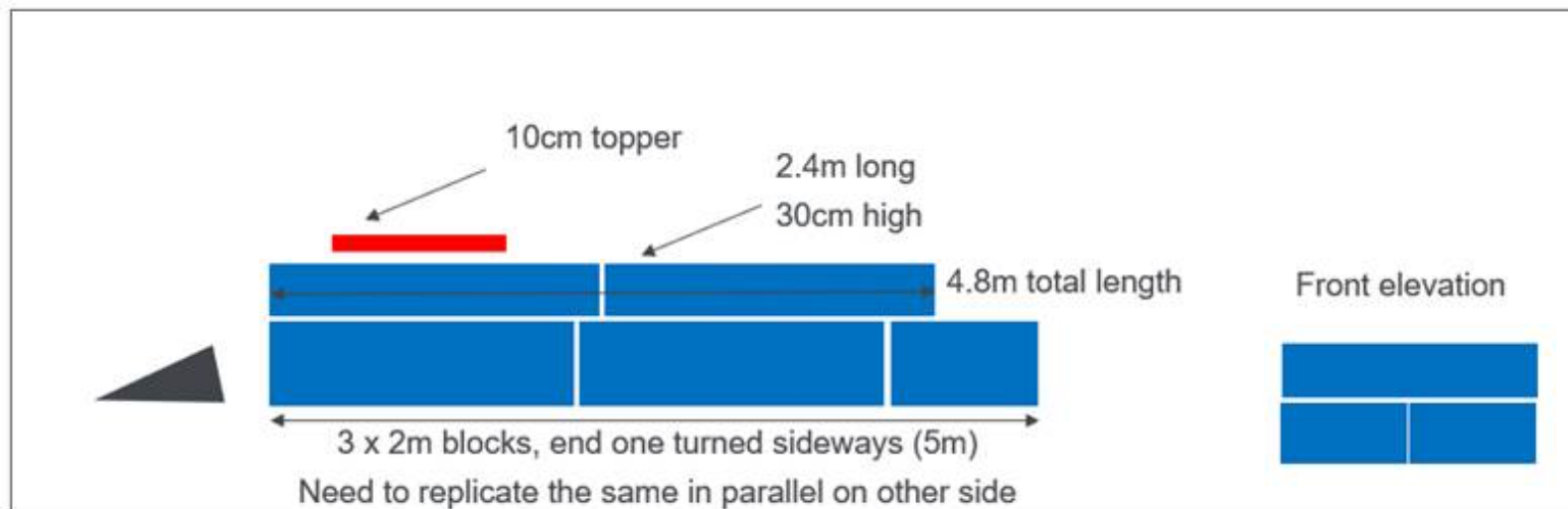
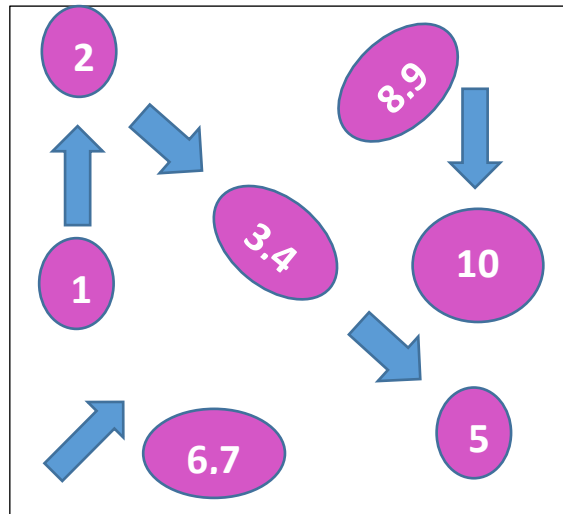
LEVEL 3	REGIONAL 1
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Regional Level 1 - GIRLS

<p>Gymnasts perform two vaults, the highest score counts towards final score</p> <p>Pin threshold = 10.4</p>	<p>Set routine with optional elements. 10 moves on 8m x 8m non-sprung floor. Choreography or dance moves may be added.</p> <p>Highest possible score = 15</p> <p>1.0 deduction + DV (0.5) for missing element</p> <p>Pin threshold = 13.2.</p>
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VAULT: 90cms Block/Built up Mats, optional 10cm topper. or 100cm, 110cm, 120cm TABLE Vault	DV		FLOOR
Jump onto board and handspring to feet onto 90cm built up mats	1.6	1	Full turn (360° spin)
Jump onto board and ½ on push to land on feet onto 90cm built up mats	1.6	2	Backward roll to handstand [with straight arms] [deduction of not straight arms]
Handspring vault over the table	2.0	3,4	Handstand forward roll immediate forward roll [connected] OR Handspring rebounded jump
		5	Backward Walkover OR turn Forward Walkover
		6,7	Split Leap 135°, Catleap (connected directly or indirectly)
		8,9	Round off ½ turn, cartwheel [connected] OR Round off, Flick, Rebounded straight jump [connected]
		10	Splits OR Japana

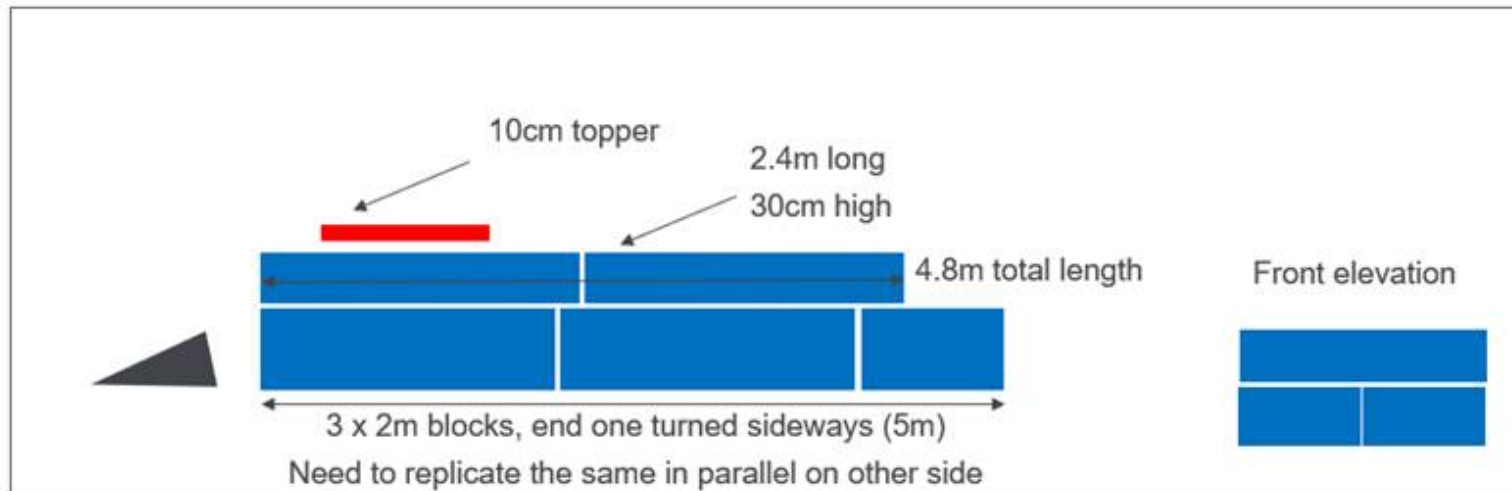
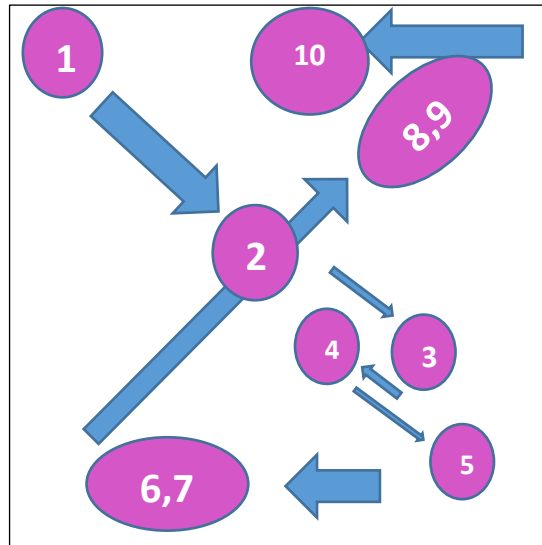
Regional Level 1 – GIRLS Floor & Vault Plan



Regional Level 1 - BOYS

<p>Gymnasts perform two vaults, the highest score counts towards final score</p> <p>Pin threshold = 10.4</p>		<p>Set routine with optional elements. 10 moves on 8m x 8m non-sprung floor. Choreography may be added.</p> <p>Highest possible score = 15</p> <p>1.0 deduction + the DV (0.5) for missing element</p> <p>Pin threshold = 13.2</p>	
<p>VAULT: 90cms Block/Built up Mats, optional 10cm topper. or 100cm, 110cm, 120cm TABLE Vault</p>	<p>DV</p>		<p>FLOOR</p>
<p>Jump onto board and handspring to feet onto 90cm built up mats</p>	<p>1.6</p>	<p>1</p>	<p>Y balance OR Arabesque [3 sec hold]</p>
<p>Jump onto board and ½ on push to land on feet onto 90cm built up mats</p>	<p>1.6</p>	<p>2</p>	<p>Handspring (step hop or max 3 steps) OR Dive roll</p>
<p>Handspring vault over the table</p>	<p>2.0</p>	<p>3</p>	<p>Forward roll to straddle lever (hold 3 sec)</p>
		<p>4</p>	<p>Pike fold (hold not required) into immediate backward roll to straddle stand (with straight arms) (hold 3 sec)</p>
		<p>5</p>	<p>Straddle stand lift to Handstand (Elephant Lift) OR Headstand push to Handstand</p>
		<p>6,7</p>	<p>Handstand forward roll (straight arms), immediate forward roll pike to stand</p>
		<p>8,9</p>	<p>Round off ½ turn, cartwheel [connected] OR Round off, Flick, Rebounded straight jump [connected]</p>
		<p>10</p>	<p>Backward roll to handstand [with straight arms] [deduction of not straight arms]</p>

Regional Level 1 – BOYS Floor & Vault Plan



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GfA, F&V Code of Points Regional Level 2, 3, 4

Regional levels 2, 3, 4, focus on more advanced skills demonstrating continuous gymnastic movement, strength, flexibility, balance and coordination

The elements are selected from the F&V Code of Points (COP).

The routines are performed on a 12m x 12m sprung floor. Girls will perform with musical accompaniment. Boys will perform without musical accompaniment.

Each Gymnast will perform two vaults, the highest score will be counted.

Deductions are taken in accordance with the current Floor & Vault Code of Points

Age

Gymnast must be a minimum of 8 years, in the year of the event, to enter the Regional Levels
Gymnasts who are over 8 years may enter the Programme at the discretion of their coach

Floor & Vault

There are 8 elements in Regional Levels 2, 3, 4. **Uncoded skills** are worth 0.1, **A skills** are worth 0.2 and **B skills** are worth 0.4

Choreography and dance steps will be included in the routine. Length of routines = 45-90 seconds.

Regional Levels 2, 3, 4 are divided into a Difficulty Score [includes 4x CRs @.5 each] and an Execution Score.

D Score + E Score = Final Score.

If the technical requirements of an element is not met as per the F&V COP the DV of the element will be deducted from the D score.

If a gymnast performs a short exercise a neutral penalty will be taken from the final score see below: (p=penalty)

Girls: 7 elements - 0.5p, 6 elements - 1.0p, 5 elements - 1.5p, 4 elements - 2.0p, 3 elements - 2.5p, 2 elements - 3.0p, 1 element - 3.5p

Boys: 10 elements - 0.5p, 9 elements - 1.0p, 8 elements - 1.5p, 7 elements - 2.0p, 6 elements - 2.5p, 5 elements - 3.0p, 4 elements - 3.5p, 3 elements - 4.0p, 2 elements - 4.5p, 1 element - 5.0p

Execution deductions are taken in degrees of 0.10 according to how well the elements are performed in accordance with the current F&V Code of Points

Gymnasts perform two vaults, the highest score counts towards the final score. Each vault has a Difficulty Value.

The Vaults are divided into a Difficulty Score and an Execution Score.

D Score + E Score = Final Score.

Execution deductions are taken according to how well the vaults are performed in accordance with the current F&V Code of Points

Pin Thresholds

	Regional level 2		Regional level 3		Regional level 4	
	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS
Floor	12.0	12.4	12.2	12.6	13.5	14.3
Vault	10.7		11.0		11.8	

Presentations

Ribbons will be awarded to 4, 5, & 6th placed gymnasts in each category

Medals will be awarded to 1, 2 & 3rd placed gymnasts in each category

Pins will be awarded to gymnasts achieving set thresholds in both Floor and Vault at Regional levels 2 & 3

Levels Transfer Matrix 2020

LEVEL 4 = REGIONAL 2	LEVEL 5= REGIONAL 3	LEVEL 6 = REGIONAL 4
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Regional Level 2 – GIRLS

CONTENT	Gymnasts perform two vaults, the highest score counts towards final score All vaults are on table vault 100cm, 110 cm, 120 cm table Pin threshold= 10.7	Listed un-coded skills (0.1) and A skills (0.2) only permitted. 8 elements counted for DV. Highest score = 13.6: [includes 4x CRs @.5 each] minimum 3 dance moves: 3 acro moves: 2 optional moves. Short Exercises see above. One element can fulfil two CR's Pin threshold= 12.0	
	VAULT:	DV	FLOOR
COMPOSITIONAL REQUIREMENTS	Handspring vault (on table) ½ on push off	2.0 2.0	CR1: Dance passage; 2 different leaps /hops/jumps, connected directly or indirectly. 1 with split /straddle with 160- no deduction CR2: Min 2 connected Acro elements [1 must be a flighted element] CR3: FWD or SWD and BWD Acro element CR4: Minimum 360° turn FWD Total CR = 2.0
UNCODED SKILLS VALUE = 0.1			Cartwheel [any variety] (FWD el) BWD / FWD walkover / Valdez. FWD roll [any variety] / BWD roll [any variety]. Handstand. Handstand forward roll [with straight arms]. BWD roll to handstand w/straight arms. Tuck jump / tuck jump ½. Straight jump/ straight jump ½. Star jump. Tuck Shoushonova

Regional Level 2 – BOYS

CONTENT	Gymnasts perform two vaults, the highest score counts towards final score. All vaults are on table vault. 100cm, 1120 cm, 120 cm table Pin threshold= 10.7	Listed un-coded skills (0.1) and A skills (0.2) only permitted. 10 elements counted for DV. Highest score = 14.0: [includes 4x CRs @.5 each] Short Exercises see above. One element can fulfil two CR's Pin threshold= 12.4	
	VAULT	DV	FLOOR
COMPOSITIONAL REQUIREMENTS	Handspring vault ½ on push off	2.0 2.0	CR1: Strength or Flexibility Non Acrobatic Element CR2: Fwd Element – acro element CR3: Bwd Element – acro element CR4: Dismount [must be fwd or Bwd Element] Total CR = 2.0
UNCODED SKILLS VALUE = 0.1			Headstand [hold 3 sec] (S&F) Handstand [momentary pause] (S&F) Single Leg Circles [2 min] (S&F) Bridge [2 sec] (S&F) Straddle Stand [2 sec] [chest horizontal] (S&F) Forward Roll [any variety] / Handstand forward roll [straight arms] (FWD Acro) Backward Roll [any variety] (BWD Acro) Backward Roll to Handstand [straight arms] (BWD Acro) Cartwheel [any variety] (FWD Acro) Jump 1/1 turn [360°] (Non Acro) Straddle Jump / jump to prone (Non Acro)

Regional Level 3 – GIRLS

CONTENT	Gymnasts perform two vaults, the highest score counts towards final score All vaults are on table vault 100cm, 110 cm, 120 cm table Pin threshold= 11.0	Listed un-coded skills (0.1) and A skills (0.2) only permitted. 8 elements counted for DV. Highest score = 13.6: [includes 4x CRs @.5 each] minimum 3 dance moves: 3 acro moves: 2 optional moves. Short Exercises see above. One element can fulfil two CR's Pin threshold= 12.2
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	VAULT	DV	FLOOR
COMPOSITIONAL REQUIREMENTS	Handspring 1/2 on push off Handspring 1/2 off 1/2 on, 1/2 off	2.0 2.0 2.4 2.8	CR1: Dance passage; 2 different leaps /hops/jumps, connected directly or indirectly. 1 must be with 160° split /straddle with no deduction CR2: Min 2 connected Acro elements [<i>both flighted with or without hand support</i>] CR3: FWD / SWD and BWD Acro element CR4: Minimum 360° turn FWD Total CR = 2.0
UNCODED SKILLS VALUE = 0.1			Cartwheel [any variety] (FWD el) BWD / FWD walkover /Valdez Handstand forward roll [with straight arms] BWD roll to handstand w/straight arms Tuck Shoushonova

Regional Level 3 – BOYS

CONTENT	Gymnasts perform two vaults, the highest score counts towards final score. All vaults are on table vault. 100cm, 1120 cm, 120 cm table Pin threshold= 11.0	Listed un-coded skills (0.1) and A skills (0.2) only permitted. 10 elements counted for DV. Highest score =14.0: [includes 4x CRs @.5 each] Short Exercises see above. One element can fulfil two CR's Pin threshold= 12.6
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	VAULT	DV	FLOOR
COMPOSITIONAL REQUIREMENTS	Handspring ½ on push off Handspring ½ off ½ on, ½ off	2.0 2.0 2.4 2.8	CR1: Strength or Flexibility Non Acrobatic Element CR2: Fwd Element - 2 linked acro elements CR3: Bwd Element - 2 linked acro elements CR4: Dismount [must be fwd or Bwd Element] Total CR = 2.0
UNCODED SKILLS VALUE = 0.1			Single Leg Circles [2 min] (S&F) Forwrad roll pike to stand (Acro el) Handstand forward roll [straight arms] (Acro el) Backward Roll to Handstand [straight arms] (Acro el) Healy Turn (Acro El) Cartwheel [any variety] / Cartwheel 1 Arm [any variety] (Acro el) Jump 1/1 turn [360°] (non Acro) Straddle Jump (Non Acro) Jump to Prone (Non Acro)

Regional Level 4 – GIRLS










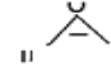











CONTENT	Gymnasts perform two vaults, the highest score counts towards final score All vaults are on table vault 100cm, 110 cm, 120 cm table Pin threshold= 11.8	Listed un-coded skills (0.1), A skills (0.2) and B skills (0.4) permitted. 8 elements counted for DV. Highest score = 15.2: [includes 4x CRs @.5 each] minimum 3 dance moves: 3 acro moves: 2 optional moves. Short Exercises see above. One element can fulfil two CR's Pin threshold= 13.5
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
















	VAULT	DV	FLOOR
COMPOSITIONAL REQUIREMENTS	<p>Handspring ½ on push off</p> <p>Handspring ½ off ½ on, ½ off</p> <p>Handspring 1/1 off ½ on 1/1 off</p>	<p>2.0</p> <p>2.0</p> <p>2.4</p> <p>2.8</p> <p>3.0</p> <p>3.0</p>	<p>CR1: Dance passage; 2 different leaps /hops/jumps, connected directly or indirectly, 1 must be with 180° split /straddle</p> <p>CR2: Min 2 connected Acro elements [1 of which is a salto]</p> <p>CR3: FWD / SWD and BWD Acro element</p> <p>CR4: Minimum 360° turn FWD</p> <p>Total CR = 2.0</p>
UNCODED SKILLS VALUE = 0.1			<p>Cartwheel [any variety] (FWD el)</p> <p>BWD / FWD walkover /Valdez.</p> <p>Handstand forward roll with straight arms pike to stand.</p> <p>BWD roll to handstand w/straight arms.</p>




















Regional Level 4 – BOYS

CONTENT	Gymnasts perform two vaults, the highest score counts towards final score. All vaults are on table vault. 100cm, 1120 cm, 120 cm table Pin threshold= 11.8	Listed un-coded skills (0.1), A skills (0.2) and B skills (0.4) permitted. 10 elements counted for DV. Highest score =16.0: [includes 4x CRs @.5 each] Short Exercises see above. One element can fulfil two CR's Pin threshold= 14.3	
	VAULT	DV	FLOOR
COMPOSITIONAL REQUIREMENTS	Handspring ½ on push off Handspring ½ off ½ on, ½ off Handspring 1/1 off ½ on 1/1 off	2.0 2.0 2.4 2.8 3.0 3.0	CR1: Strength or Flexibility Non Acrobatic Element CR2: Fwd Element - 2 flighted acro elements with or without hand support CR3: Bwd Element - 2 flighted acro elements with or without hand support CR4: Dismount [must be fwd or Bwd Element] 2 flighted acro elements [one of which is a salto] Total CR = 2.0
UNCODED SKILLS VALUE = 0.1			Single Leg Circles [2 min] (S&F) Handstand forward roll pike to stand [straight arms] (Acro el) Backward Roll to Handstand [straight arms] (Acro el) Healy Turn (Acro el) Cartwheel [any variety] / Cartwheel 1 Arm [any variety] (FWD Acro el) Jump 1/1 turn [360°] (Non Acro) Straddle Jump (Non Acro) Jump to Prone (Non Acro)

Girls Elements and their value






















A Elements - DV 0.20		B Elements – DV 0.40	
A Gymnastics, Leaps, Jumps, Hops. DV=0.2		B Gymnastics, Leaps, Jumps, Hops. DV=0.4	
Split leap, [180 ° split]		Split leap with ½ turn [180 ° split]	
Stag leap (180 ° split)		Tour Jete [Fouette hop with leg change to cross split [180 ° split]	
Leap fwd with ¼ turn to straddle pike position		Switch leap with ¼ turn to side split/straddle pike position. (Johnson) [both legs above horizontal].	
Side split to land on one or both feet		Switch leap [180 ° split]	
Pike jump (hips < 90°)		Straddle pike or side split leap with ½ turn [180 ° split]	
Straddle pike jump (both legs above horizontal)		Split jump with ½ turn [180 ° split]	
Side split jump (180° split)		Cat leap 1/1 turn	
Shushunova, straddle pike jump landing in front lying support		Hop with ½ turn free leg above horizontal	
Stretched jump 1/1 turn		Tuck jump with 1/1	
Split jump [180 ° split]			
Stag Jump [180 ° split]			
Sissone [180 ° split]			

Cat leap			
Hop 1/2 turn, Fouette-hop			
Wolf – hop or jump			
A Gymnastics turns. DV=0.2		B Gymnastics turns. DV=0.4	
Full turn on one leg, free leg below horizontal		2/1 turn on one leg free leg below horizontal	
		1/1 turn on one leg with heel of free leg forward at horizontal	
		1/1 turn free leg held upwards in [180 ° split] throughout the turn	
		1/1 illusion turn [180 ° split]	
A Acrobatic elements with hand support. DV =0.2		B Acrobatic elements with hand support. DV=0.4	
Kick to Handstand with 1/2 or 1/1 turn in handstand		Kick to handstand with 1 1/2 or 2/1 turns in handstand	
Hecht roll		Backward roll to handstand 1 1/2 or 2/1 turn	
Straddle lever to handstand			
Backward roll to handstand with 1/2 or 1/1 turn			
Handspring			
Roundoff (can cover fwd or bwd element)			
Flic to two			

Flic to one			
Gainer flic			
A. Acrobatic Salto elements, DV- 0.2		B Acrobatic Salto elements. DV=0.4	
Salto forward tucked		Salto fwd tucked with 1/1 twist.	
Salto forward piked		Salto forward piked with 1/2 twist	
Free [aerial] walkover forward		Salto fwd straight	
Free [aerial] cartwheel		Salto forward straight and with 1/2 turn	
Free [aerial] Roundoff		Arabian salto tucked	
Salto bwd tucked		Arabian salto piked	
Salto bwd piked		Salto BWD with 1/2 twist straight	
Salto bwd straight		Salto BWD full twist, tucked	
		Salto BWD full twist, straight	

Boys Elements and their value

A. Strength or Flexibility Non Acrobatic (boys)	A Symbols	B Strength or Flexibility Non Acrobatic (boys)	B Symbols
Headstand press to handstand (2 sec)		Press to Handstand from Splits (2 sec)	
Straddle lift to Handstand (2 Sec)		Straddle L Sit press to handstand (2 sec)	
Double leg Circles (2 min)		2 x flairs to handstand	
Arabesque		Japanese handstand (2 sec)	
Splits		Planche Legs together (2 Sec)	
Y Balance		Jump 2/1 Turn	
Flairs (2 min)		Standing Scale with 180° split Fwd/Swd/Bwd without hand support	
L Lever (2 Sec)		Russian Lever (2 sec)	
Straddle L Lever (2 Sec)		Endo Roll (2 sec)	
Straddle Planche (2 sec)			
Jump 1 1/2 turn (Non Acro)			
Handstand 1/2 pirouette (180°) or 1/1 pirouette (360°)			
Fwd Walkover			

Bwd Walkover			
Butterfly			
Breakdance variation			
A. Forward Elements DV= 0.2 [boys]		B. Forward Elements DV= 0.4 [boys]	
Handspring		Straight Front Salto	
Flyspring		Straight Front Salto with 1/2 turn	
Dive Roll			
Tuck front salto or piked			
Free Cartwheel			
Free walkover			
Tucked or Piked Salto with 1/2 turn			
A. Backwards Elements. DV=0.2 [boys]		B. Backwards Elements. DV=0.4 [boys]	
Round off			
Back flick		Straight Backward Salto	
Tucked Backwards Salto		Whip Back Salto	
Arabian Salto Tucked		Straight Salto with 1/2 turn	
Piked Backward Salto		Straight Salto 1/1 turn	
Backward roll to handstand 1/2 Turn (straight arms)			

GENERAL TABLE OF FAULTS APPLICABLE TO FLOOR AND VAULT

Faults / Deductions		Small	Med.	Large	Very Large
		0.10	0.30	0.50	0.80 1.00
General Execution Faults					
Bent arms or bent knees	each time	X	X	X	
Leg or knee separations <i>shoulder width or more</i>	each time	X	X		
Legs crossed during elements with twist	each time	X			
Insufficient height of elements (<i>external amplitude</i>)	each time	X	X		
Insufficient exactness of tuck or pike position	each time	X 90° <i>Hip/knee angle</i>	X >90° <i>Hip/knee angle</i>		
Failure to maintain stretched body posture	each time	X	X		
Hesitation during performance of elements & movements	each time	X			
Attempt without performance of an element	each time		X		
Deviation from straight direction	each time	X			
Body and/or leg position in elements (<i>non-dance</i>) Body alignment	each time	X			
Feet not pointed/relaxed	each time	X			
Insufficient split in acro elements (<i>non-flight</i>)	each time	X	X		
Failure to fulfil technical requirements in dance elements (<i>body shape</i>)	each time	X	X	X	
Precision	each time	X			
Balance not held for 3 seconds	each time		X		
Specific floor deductions					
Out of bounds with one hand or foot	each time	X			
Out of boundary of both feet / hands	each time		X		
Coaching from the side [verbal or visual clues]					X
Not ending with the music		X			

Routine overtime (neutral deduction from FS)			X		
Landing Faults <i>(all elements including dismounts)</i>	If there is no fall the maximum landing deduction may not exceed 0.80				
Legs apart on landing	each time	X			
Extra arm swings		X			
Lack of balance	each time	X	X		
Extra steps, slight hop	each time	X			
Very large step or jump <i>(guideline – more than shoulder width)</i>	each time		X		
Body posture fault	each time	X	X		
Deep squat	each time			X	
Brushing/touching apparatus/mats with hands, but not falling	each time		X		
Support on mat/apparatus with 1 or 2 hands	each time				X
Fall on mat to knees or hips	each time				X
Fall on or against apparatus	each time				X
Failure to land feet first on landing from element	each time				X
Artistry of Performance					
Poor body posture/amplitude	throughout				
Insufficient. shoulders down/long neck	throughout	X			
Insufficient trunk posture <i>(ribs out, stomach in)</i>	throughout	X			
Insufficient amplitude of leg swings or kicks	throughout	X			
Feet not pointed/relaxed/turned in Every body part is not active during the choreography	throughout	X			
Rhythm and tempo					
Insufficient variation in rhythm & tempo in movements <i>(no DV)</i>	throughout	X			
Performance a series of disconnected elements & movements <i>(lack of fluency)</i>	throughout	X			

Vault Deductions for Regional level vaults

Faults / deductions		Small	Med.	Large	Very large
First Flight Phase		0.10	0.30	0.50	1.0
For missing degrees of LA turn during flight phase: Vaults with ½ (180°) turns		≤ 45°	≤ 90°		
For missing degrees of LA turn during flight phase Vaults with 1/1 turn (360°)		≤ 45°	≤ 90°	> 90°	
Poor technique:					
Hip angle		X	X		
Arch		X	X		
Bent knees		X	X		
Leg or knee separations		X	X		
Repulsion Phase- Poor technique					
Staggered hand placement		X	X		
Bent arms		X	X	X	
Shoulder angle		X	X		
Failure to pass through vertical		X			
Prescribed LA turn begun too early (on the table)		X	X		
Second Flight Phase					
Height		X	X	X	
Exactness of LA turn		X			
Body position					
Exactness of stretched position in vaults without twist [<i>SLIGHTLY BENT HIPS</i>]		X			
Exactness of stretched position in vaults without twist [<i>Up to 30°</i>]			X		
Body alignment		X	X		
Failure to maintain stretched body position		X	X		
Insufficient and/or late extension		X	X		

Bent knees		X	X	X	
Leg or knee separations		X	X		
Distance (<i>insufficient length</i>)		X	X		
Deviation from a straight direction		X			
Dynamics		X	X		
Landing deductions		See General table			

Vault Deductions for Run up jump on board, straight jump off board to land

Faults /Deductions		Small	Med.	Large	Very large
First Phase jump onto board		0.10	0.30	0.50	1.0
Failure to coordinate the step from floor to board				X	
Failure to land on board with arms behind the body				X	
Second Jumping and landing Phase					
Legs bent		X	X	X	
Leg or knee separations		X	X		
Body shape during jump		X	X		
Lack of height		X	X	X	
Distance (<i>insufficient length</i>)		X	X	X	
Deviation from a straight direction		X	X		
Landing in deep squat				X	
Extra steps large			X	Max 0.80	
Extra steps small each		X			
Extra arm swings to maintain balance		X	X		

Vault Deductions for Handspring Flat Back

Faults / deductions		Small	Med.	Large	Very large
First Flight Phase		0.10	0.30	0.50	
Hip angle		X	X	X	
Excessive Arch		X	X		
Bent knees		X	X	X	
Leg or knee separations		X	X		
Repulsion Phase- Poor technique					
Shoulder angle		X	X		
Staggered hand placement		X	X		
Bent arms		X	X	X	
Lack of Repulsion		X	X	X	
Failure to pass through vertical		X			
Prescribed LA turn begun too early (on the table)		X	X		
Second Flight Phase					
Height		X	X	X	
Body position: Failure to maintain stretched body position		X	X		
Bent knees		X	X	X	
Leg or knee separations		X	X		
Distance (<i>insufficient length</i>)		X	X		
Deviation from a straight direction		X			
Dynamics		X	X		
Lack of body tension		X	X	X	
Legs separated		X	X	X	
Toes not pointed		X	X	X	
Landing deductions		See General table			

Shape on flatback landing can be straight and tight or slightly dished and tight

No arches. Judges should be looking for body control throughout.

GFA - Technical Directives

In order to recognise DV specific technical expectations are required. All directives for angles of completion of elements and body positions are approximate and meant to serve as a guideline.

VAULT AND FLOOR

Body Positions

Tuck

- Less than 90° hip and knee angle in salto & dance elements



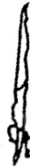
Pike

- Less than 90° hip angle in salto & dance elements



Stretch

- All body parts in alignment



Rewarding DV for turns on 1 leg are in increments of:

- 360° for FX
- The turn must be completed exactly or another element from the COP will be credited.
- The position of the shoulders and hips are decisive otherwise another element from the COP will be credited.

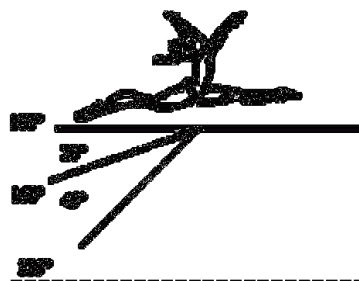
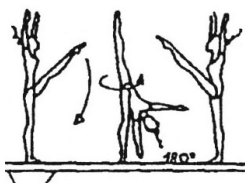
Turn Considerations:

- Must be performed on the toes.
- Have a fixed and well defined shape throughout the turn.
- For turns on 1 leg requiring the free leg to be at a specific position, the position must be maintained throughout the turn.
- If the free leg is not in the prescribed position - credit another element from the COP.

Split Requirement

- For missing degrees of leg separation in Leaps, Jumps, Turns

–



Insufficient Split:

- > 0° - 20° deduct 0.10 small fault
- > 20° - 45° deduct 0.30 medium fault
- > 45° credit another element from the COP or no DV

Needs amending for split requirement less than 180

Tuck Jump with/without turn



Requirements:

- Hip angle - less than 90°
- Knees above horizontal

D-Panel

- > 135° hip/knee angle – No, or other DV

E-Panel

- Knees at horizontal – 0.10 (small fault)
- Knees below horizontal – 0.30 (medium fault)

Wolf Jump with/without turn



Requirements:

- Hip angle - less than 90°
- Extended leg above horizontal

D-Panel

- > 135° hip angle – No, or other DV

E-Panel

- Extended leg at horizontal – 0.10 (small fault)
- Extended leg below horizontal – 0.30 (medium fault)

Cat Leap with/without turn



Requirements:

- Legs alternation
- Knees above horizontal
- Evaluate the lowest knee position

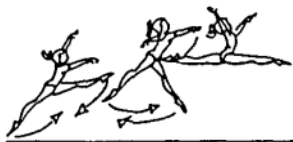
D-Panel

- $> 135^\circ$ hip/knee angle – No, or other DV
- Lack of alternation – Tuck jump

E-Panel

- One/both legs at horizontal – 0.10 (small fault)
 - One/both legs below horizontal – 0.30 (medium fault)
 -
-

Split Leap with leg change



Requirements:

- Free leg swing minimum 45°
- Swing with straight free leg

E-Panel

- Free leg swings less than 45° – 0.10 (small fault)
- Free leg bent – 0.10/0.30 (small/medium fault)