

IMPORTANT NOTES:

ROUTINE CONSTRUCTION

Example:

Floor (12 x 12 m. work just on one diagonal is permitted)

Specific Requirements (SR)	Value	Bonus	Deductions
- Dive roll	0.50	- Handspring = 0.30	As per F.I.G.
- Cartwheel or round off	0.50	- Back flick = 0.30	
- Backward roll with straight arms	0.50	- Any A element = 0.30	0.1, 0.3, 0.5 Fall = 1.0
- 1/1 turn jump	0.50	- Tucked front or back somersault = 0.40	
- One balance element	0.50	- Any B element = 0.50 - Any splits = 0.10	

1. Gymnasts must perform the elements/skills in the Specific Requirements (SR) column within their routine. If they are not performed they will not be credited the value of the skill.

These total to 2.50 for D score

2. Any skill/element performed from the Bonus box will be credited to the shown value and added to the D score

3. Routines must consist of a minimum of 5 skills (SR's) and a maximum of 8. (3 from Bonus box)

SHORT ROUTINES

The following E scores will apply to short routines:

5 Elements – 10.00

4 Elements – 7.00

3 Elements – 5.00

2 Elements – 3.00

1 Element – 1.00

Criteria

(Age group 2003/04)

Floor (12 x 12 m. work just on one diagonal is permitted)

Specific Requirements (SR)	Value	Bonus	Deductions
- Dive roll	0.50	- Handspring = 0.30	As per F.I.G. 0.1, 0.3, 0.5 Fall = 1.0
- Cartwheel or round off	0.50	- Back flick = 0.30	
- Backward roll with straight arms	0.50	- Any A element = 0.30	
- 1/1 turn jump	0.50	- Tucked front or back somersault = 0.40	
- One balance element	0.50	- Any B element = 0.50 - Any splits = 0.10	

High Mushroom

Specific Requirements (SR)	Value	Deductions
- 5 x double legs circles	Each circle = 0.50	<u>Each stop / fall will be deducted 0.30 pts.</u> Others deductions as per F.I.G. 0.1, 0.3, 0.5
Each gymnast may have 5 attempts to complete the double legs circles		

Rings (Safety mat for landing)

Specific Requirements (SR)	Value	Bonus	Deductions
- Straight inverted hang	0.50	- Chin up and hold (2 sec) 0.10	As per F.I.G. 0.1, 0.3, 0.5 Fall = 1.0
- Swing forwards, swing backwards	0.50	- Static inlocate = 0.20	
- Swing forwards, swing backwards	0.50	- ½ lever in hang (2 sec.) = 0.20	
- Swing forwards, swing backwards	0.50	- ½ lever in supp. (2 sec.) = 0.30	
- Tucked back dismount	0.50	- Muscle up = 0.50	
		- German Hang = 0.20	
		- Inlocation = 0.40	
		- Dislocation = 0.40	
		- Back up rise = 0.50	

Vault (Vaulting table, height 110 cm. Two springboards are allowed.)

Specific Requirements (SR)	Value		Deductions
- Squat on, stretch jump off	2.0	Each gymnast may have 2 attempts & the best score count	As per F.I.G.
- Squat through	2.4		0.1, 0.3, 0.5
- Handspring	3.0		Fall = 1.0
- ½ on	3.0		

Parallel Bars (With biscuit mat under)

Specific Requirements (SR)	Value	Bonus	Deductions
- 1x dip (from support)	0.50	- ½ lever (2 sec.) = 0.20	As per F.I.G. 0.1, 0.3, 0.5 Fall = 1.0
- Swing backwards, swing forwards	0.50	- V Lever = 0.20	
- Swing backwards, swing forwards	0.50	- Swing to Handstand (each time) = 0.20	
- Swing backwards, swing forwards	0.50	- Long upstart to straddle sit = 0.30	
- Swing backwards and front vault dismount to stand above the bar.	0.50	- long upstart = 0.40	
		- Russian lever (2 sec.) = 0.40	
		- Lift to Hst. (2 sec.)=0.50	

High Bar (Loops and Gloves)

Specific Requirements (SR)	Value	Bonus	Deductions
- Pike leg lift (toes to the bar)	0.30	- Swings above the bar height front and back = 0.20 (each)	As per F.I.G.
- Circle up and underswing to cast forwards	0.70	- Swing to handstand front and back = 0.40 (each)	0.1, 0.3, 0.5 Fall = 1.0
- 5 x swings forwards and backwards (Each full swings = 0.30 pts.)	1.50		

Criteria

(Age group 2002.)

Floor (12 x 12 m. work just on one diagonal is permitted)

Specific Requirements (SR)	Value	Bonus	Deductions
- Dive roll - Handspring - Cartwheel or round off - 1/1 turn jump - One balance element	0.50 0.50 0.50 0.50 0.50	- Any splits = 0.10 - Back flick = 0.20 - Any A element = 0.20 - Tucked front or back somersault = 0.30 - Any B element = 0.40 - Any C element = 0.50	As per F.I.G. 0.1, 0.3, 0.5 Fall = 1.0

High Mushroom

Specific Requirements (SR)	Value	Deductions
- 8 x double legs circles Each gymnast may have 5 attempts to complete the double legs circles	Each circle = 0.30	<u>Each stop / fall will be deducted</u> <u>0.40 pts.</u> Other deductions as per F.I.G. 0.1, 0.3, 0.5

Rings (Safety mat for landing)

Specific Requirements (SR)	Value	Bonus	Deductions
- ½ lever in hang (2 sec.) - German Hang (2 sec.) - Swing forwards, swing backwards - Swing forwards, swing backwards - Straight back dismount	0.50 0.50 0.50 0.50 0.50	- Dislocation = 0.20 - Inlocation = 0.20 - Static Inlocation = 0.20 - ½ lever in supp. = 0.20 - Back up rise = 0.30 - Shoulder stand = 0.40 - Front or Back Lever (2sec) = 0.40 - Muscle up = 0.50	As per F.I.G. 0.1, 0.3, 0.5 Fall = 1.0

Vault (Vaulting table, height 110 cm.)

Specific Requirements (SR)	Value		Deductions
- Squat on, stretch jump off - Squat over - Handspring - ½ on - Handspring ½ turn	2.00 2.40 3.00 3.00 3.20	Each gymnast may have 1 attempt	As per F.I.G. 0.1, 0.3, 0.5 Fall = 1.0

Parallel Bars (Height 1.15 m.)

Specific Requirements (SR)	Value	Bonus	Deductions
- Upstart - ½ lever in support - Swing backwards, swing forwards - Swing backwards, swing forwards - Swing backwards and front vault dismount to stand above the bar.	0.50 0.50 0.50 0.50 0.50	- Swing to Handstand each time = 0.20 - Drop Upstart = 0.30 - Lift to Handstand. (2 sec) = 0.40 - Russian lever (2 sec) = 0.30 - Manna (2 sec) = 0.50	As per F.I.G. 0.1, 0.3, 0.5 Fall = 1.0

High Bar (Loops and Gloves)

Specific Requirements (SR)	Value	Bonus	Deductions
- Pike leg lift (toes to the bar) and stretch down to hang - Circle up and under swing to cast forwards, swing backwards into - 5 x swings forwards and backwards above the bar height (Each full swings = 0.30 pts.)	0.30 0.70 1.50	- Swing to handstand front and back = 0.30 (each)	As per F.I.G. 0.1, 0.3, 0.5 Fall = 1.0

Criteria

(Age group 2001)

Floor (12 x 12 m.)

Specific Requirements (SR)	Value	Bonus	Deductions
- Handspring	0.50	- Any splits = 0.10	As per F.I.G. 0.1; 0.3; 0.5 Fall = 1.0
- Back flick	0.50	- Connection of 2 saltos = 0.20	
- 1/1 turn jump	0.50	- Tucked back salto = 0.30	
- Front somersault	0.50	- 2 x double leg circles = 0.30	
- One balance element	0.50	- Any A element = 0.20 - Any B element = 0.40 - Any C element = 0.50	

High Mushroom

Specific Requirements (SR)	Value	Deductions
- 5 x double legs circles	Each circle = 0.20	<u>Each stop / fall will be deducted 0.50 pts.</u> Others as per F.I.G. 0.1, 0.3, 0.5
- ½ Spindle	½ Spindle = 0.50	
- 5 x double leg circles		

Rings

Specific Requirements (SR)	Value	Bonus	Deductions
- Pull up until head level with rings (2 sec.)	0.50	- Dislocation = 0.20	As per F.I.G. 0.1; 0.3; 0.5 Fall = 1.0
- German Hang (2 sec.)	0.50	- Shoulder stand = 0.20	
- 2 x inlocations (straight body)	1.00	- Bail from shoulder stand = 0.20	
- Straight back dismount	0.50	- Back up rise & ½ lever in supp.= 0.30	
		- Bail from handstand = 0.30	
		- Muscle up = 0.30	
		- Lift to handstand = 0.40	
		- Front or Back Lever (2sec) = 0.40	

Vault (Vaulting table, height 115 cm.)

Specific Requirements (SR)	Value		Deductions
- Handspring	3.00	Each gymnast may have 1 attempt	As per F.I.G.
- Handspring ½ turn	3.20		
- Handspring full turn	3.40		
- Handspring front	3.60		0.1, 0.3, 0.5 Fall = 1.0
- Tuck Tsukahara	3.60		
- Pike Tsukahara	4.00		

Parallel Bars (Height 1.50 m)

Specific Requirements (SR)	Value	Bonus	Deductions
- Long upstart to straddle sit	0.50	- Swing to handstand (each time) = 0.10	As per F.I.G.
- ½ lever in support	0.50	- Drop upstart = 0.20	
- Swing backwards, swing forwards	0.50	- Russian Lever = 0.20	0.1; 0.3; 0.5 Fall = 1.0
- Swing backwards, swing forwards	0.50	- Lift to handstand (2 sec)= 0.40	
- Front vault dismount to stand above the bar	0.50	- Manna (2 sec.)= 0.40	
		- Front Uprise = 0.40	
		- Pirouette = 0.40	

High Bar (Loops and Gloves)

Specific Requirements (SR)	Value	Bonus	Deductions
- Pike leg lift (toes to the bar)	0.50	- Forward Longswing (2 max) = 0.5 each	As per F.I.G.
- Dynamic body shaper, cast forwards, swing backwards into,	0.50		
- 2 x swings Fw.&Bw. above the bar height	0.50		0.1, 0.3, 0.5 Fall = 1.0
- 2 Backwards longswings	1.00		

Regulations (Age groups 2000/99)

Floor (12 x 12 m.)

Specific Requirements (SR)	Value	Bonus	Deductions
- Handspring - Front somersault - Round off back flic - Tuck back salto - Balance element (2 sec)	0.50 0.50 0.50 0.50 0.50	- 2x double leg circles = 0.20 - Connection of 2 different saltos = 0.20 - Any B element = 0.30 - B balance element = 0.30 - Any C element = 0.40 - Any D element = 0.50	As per F.I.G. 0.1, 0.3, 0.5 Fall = 1.0

High Mushroom

Specific Requirements (SR)	Value	Deductions
- 2 double leg circles - 1 Czechkehr or Stockli - 2 double leg circles - ½ spindle - 1 double leg circle	0.60 0.50 0.60 0.50 0.30	<u>Each stop / fall will be deducted</u> <u>0.60 pts</u> Others as per F.I.G. 0.1, 0.3, 0.5

Rings

Specific Requirements (SR)	Value	Bonus	Deductions
- Muscle up to support with assistance (Muscle up without assistance extra 0.30) - ½ lever in supp 2 sec - 1 x inlocation - 1 x dislocation - Minimum Straight back dismount	+ 0.50 + 0.50 + 0.50 + 0.50 + 0.50	- Bail from shoulder stand = 0.10 - Shoulder stand = 0.20 - Back up rise = 0.20 - Straight back ½ turn dismount = 0.20 - Back uprise to straddle ½ lever = 0.30 - Bail from handstand = 0.30 - Front or Back Lever (2sec) = 0.30 - Lift to handstand (2sec) = 0.40 - Straight back full turn dismount = 0.40 - Double back dismount = 0.50	As per F.I.G. 0.1, 0.3, 0.5 Fall = 1.0

Vault (Vaulting table, height 120 cm.)

Specific Requirements (SR)	Value	Deductions
- Handspring - Handspring ½ turn - Handspring full turn - Handspring front - Tuck Tsukahara - Pike Tsukahara	3.00 3.20 3.40 3.60 3.60 4.00	Each gymnast may have 1 attempt As per F.I.G. 0.1, 0.3, 0.5 Fall = 1.0

Parallel Bars (Height 1.50 m.)

Specific Requirements (SR)	Value	Bonus	Deductions
- Long upstart through support - ½ lever - Swing to handstand - Swing to handstand (2sec.) - Front vault dismount to stand above the bar.	0.50 0.50 0.50 0.50 0.50	- Drop upstart = 0.10 - Front Uprise = 0.20 - Russian lever (2 sec) = 0.20 - Lift to handstand (2 sec) = 0.30 - Manna (2 sec) = 0.30 - Pirouette = 0.40	As per F.I.G. 0.1, 0.3, 0.5 Fall = 1.0

High Bar (Loops and Gloves)

Specific Requirements (SR)	Value	Bonus	Deductions
- Pike leg lift (toes to the bar) - Dynamic body shaper, cast forwards, swing backwards into, - 2 x swings Forward & Backward above the bar height - 2 Backwards Longswings - 2 Forward Longswings	0.50 0.50 0.50 1.00	Clear Circle Handstand = 0.50 Stalder to Handstand = 0.50	As per F.I.G. 0.1, 0.3, 0.5 Fall = 1.0