

## NATIONAL TRACK COMPULSORY ROUTINES

### FLOOR EXERCISE

**Notes:** All routines may be performed on a tumbling strip or a 40x40 floor.

#### Level 3 Floor Exercise

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Lift arms and kick leg up, step forward to lunge hold	Momentary hold of lunge	No momentary hold (-0.2)
2	Kick to handstand hold	Momentary hold of handstand	No momentary hold (-0.2)
3	Straight arm forward roll, jump hurdle to cartwheel, cartwheel with 1/4 turn to stand	Continuous rhythm throughout sequence	Pause of 2 seconds or more (-0.1)
4	Tucked backward roll to straight or hollow body extended front support	No height requirement on backward roll	Straight arms are allowed
5	Lower to arch support with toes pointed and head up, lift to straddle stand with head up and arms extended	Continuous rhythm throughout sequence	Pause of 2 seconds or more (-0.1)
6	Straddled press to headstand hold	Momentary hold of headstand	No momentary hold (-0.2)
SB 1	Replace #6 with jump from straddle stand to handstand hold (+0.3)	Momentary hold of handstand	Press to handstand allowed No momentary hold (-0.2)
7	Forward roll, tuck jump to stand	Knees to chest in a tight tuck	
SB 2	Replace #7 with forward roll, straight jump with 1/1 turn to stand (+0.3)	Arm position optional in jump 1/1 turn	
8	Run, hurdle, round-off, rebound to stand		Less than one running step (-0.1)
SB 3	Replace #8 with run, hurdle, round-off, back handspring, rebound to stand (+0.3)		Less than one running step (-0.1)

## Level 4 Floor Exercise

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Run, hurdle, forward handspring	Rebound allowed	Less than one running step (-0.1)
2	Step forward and kick to handstand hold	Momentary hold of handstand	No momentary hold (-0.2)
SB 1	Replace #2 with step forward and kick to handstand with 360° full pirouette (+0.3)	Continuous rhythm No hold of handstand required Show control of handstand throughout	
3	Straight arm forward roll, straight legged sissone, step forward to $\frac{1}{2}$ turn rearward	Sissone with legs split 45° or greater	
4	Kick leg up and cartwheel with $\frac{1}{2}$ turn to stand, tuck or pike straight arm backward roll, lower to arched prone support with head up and toes pointed. Lift to straddle stand with head up and arms extended.	Continuous rhythm throughout sequence Backward roll done with straight arms No height requirement on backward roll but may go through handstand	
5	Jump from straddle stand to handstand hold, Pike down or roll out with straight arms to stand. Step(s) forward to $\frac{1}{2}$ turn rearward	Momentary hold of handstand Lower or roll out smoothly with control	No momentary hold (-0.2)
SB 2	In #4, Replace jump from straddle stand to handstand hold with straddled press to handstand hold (+0.3)	Momentary hold of handstand Lower or roll out smoothly with control	No momentary hold (-0.2)
6	Run, hurdle, round-off, back handspring, rebound to stand		Less than one running step (-0.1)
SB 3	Replace #6 with run, hurdle, round-off, back handspring, back handspring, rebound to stand (+0.3)		Less than one running step (-0.1)

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### POMMEL HORSE

#### Level 3, 4 & 5 on MUSHROOM / Level 6 on POMMEL-LESS HORSE

**Note:** Unless otherwise specified, all circles begin and end in a front support. A cross, as noted in the diagram, is used for competition on mushroom.

#### Level 3 Mushroom

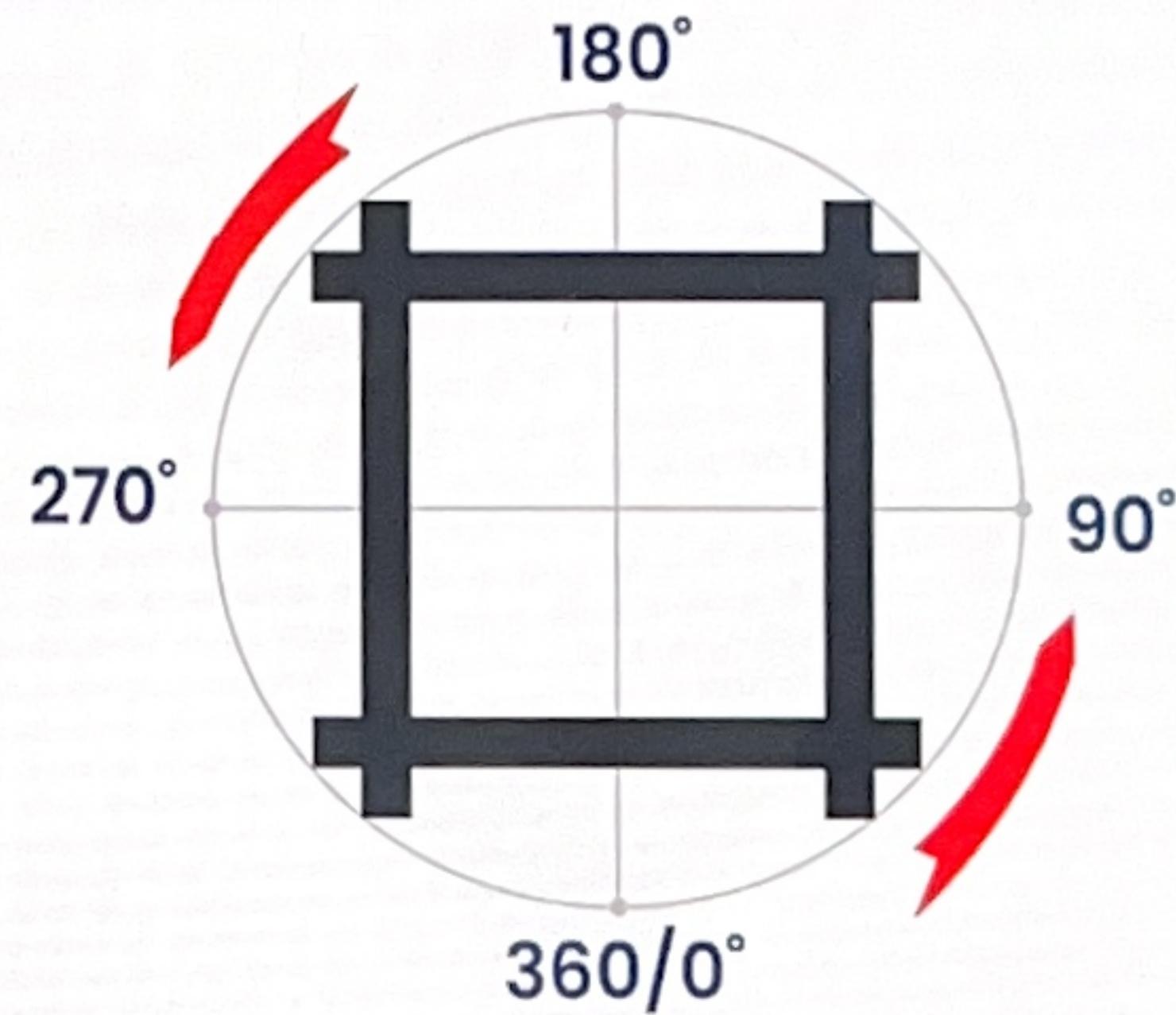
#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Double leg circle	Stretched position from chest to toes with no angular deviation in the hips Partial completion of DLC defined in chart below	No DLC attempted (-4.5) Hip angle (-0.1, -0.2, -0.3) See chart below for incomplete circle deductions
	SB 1 Following #1, add one double leg circle (+0.3)	Stretched position from chest to toes with no angular deviation in the hips	Hip angle (-0.1, -0.2, -0.3)
	SB 2 Following SB1, add one double leg circle (+0.3)		
	SB 3 Following SB2, add one double leg circle (+0.3)		
2	½ double leg circle with ¼ turn to flank dismount	Stretched position from chest to toes with no angular deviation in the hips Flank dismount with hips at horizontal	No dismount attempted (-4.5) Hip angle (-0.1, -0.2, -0.3)

#### Double Leg Circle Performance Criteria Defined

The light gray cross indicates lines for competition  
The dark black square indicates lines for training, if desired

Skill #1 or #2 NOT attempted deduct 4.5 per Skill

0° – 179° deduct 1.0 plus fall (0.5) and execution  
180° – 269° deduct 0.5 plus fall (0.5) and execution  
270° – 359° deduct 0.3 plus fall (0.5) and execution



## Level 4 Mushroom

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Double leg circle	Stretched position from chest to toes with no angular deviation in the hips	Hip angle (-0.1, -0.2, -0.3)
2	Double leg circle	Stretched position from chest to toes with no angular deviation in the hips	
SB 1	Following #2, add two double leg circles (+0.3)	Stretched position from chest to toes with no angular deviation in the hips	SB1 must be performed directly following part #2 and prior to SB2 or SB3 Hip angle (-0.1, -0.2, -0.3)
SB 2	Following #2, SB1, or SB3 add $\frac{1}{2}$ spindle within one or two double leg circles (+0.3)	Turns must be initiated and completed at 90° positions	SB2 may be performed following part #2, SB1 or SB3 Incomplete turns (-0.1, -0.2)
SB 3	Following #2, SB1 or SB2, add two flaired double leg circles (+0.3)	Stretched position from chest to toes with no angular deviation in the hips Leg separation of 90° or more	SB3 may be performed following part #2, SB1 or SB2 Hip angle (-0.1, -0.2, -0.3)
3	Double leg circle	Stretched position from chest to toes with no angular deviation in the hips	Hip angle (-0.1, -0.2, -0.3)
4	$\frac{1}{2}$ double leg circle with $\frac{1}{4}$ turn to flank dismount	Stretched position from chest to toes with no angular deviation in the hips Flank dismount with hips at horizontal	Hip angle (-0.1, -0.2, -0.3)

# NATIONAL TRACK COMPULSORY ROUTINES

## STILL RINGS

**Note:** For all levels, swings on Still Rings should show turnover swing technique. Straight or bent arms allowed on front swings.

### Level 3 Still Rings

#	Skill(s) Description		Performance Criteria	Notes/Deductions
1	From straight arm hang, pull up to flexed arm hang hold		Head between the rings on flexed arm hang Momentary hold of flexed arm hang	No momentary hold (-0.2)
2	Lower to straight arm hang, lift knees to hanging tuck position hold		2 second hold of hanging tuck	< 2 second hold (-0.2) No hold (-0.3)
	SB 1	Replace #2 with lower to straight arm hang, lift legs to hanging "L" hold (+0.3)	2 second hold of hanging "L"	< 2 second hold (-0.2) No hold (-0.3)
3	Shoot legs out, swing backward, swing forward		Swing backward to 45° below horizontal	
4	Swing backward, swing forward		Swing backward to 45° below horizontal	
5	Swing backward, swing forward to straight body inverted hang hold		Swing backward to 45° below horizontal Momentary hold of straight body inverted hang	No momentary hold (-0.2)
6	Lower legs to piked inverted hang hold		Momentary hold of piked inverted hang	No momentary hold (-0.2)
	SB 2	Following #6, extend body to hanging scale rearways hold (back lever) (+0.3)	Momentary hold of hanging scale rearways	No momentary hold (-0.2)
7	Lower to German hang hold (skin-the-cat)		2 second hold of German hang	< 2 second hold (-0.2) No hold (-0.3)
	SB 3	Following #7, pull out of German hang to piked body inverted hang hold and lower through German hang (skin-the-cat) (+0.3)	Momentary hold of piked body inverted hang No hold required on second German hang but it must show full extension prior to release	No momentary hold (-0.2)
8	Release hands and drop to stand			

## Level 4 Still Rings

#	Skill(s) Description		Performance Criteria	Notes/Deductions
1	From straight arm hang (false grip allowed), muscle up to support WITH spotter assistance and with as straight a body as possible		Slight pike in hips permitted	
	SB 1	In #1 perform muscle up WITHOUT spotter assistance (+0.3)	Slight pike in hips permitted	
2	Straight body, straight arm support hold		2 second hold of support Rings turned out and arms free of straps	< 2 second hold (-0.2) No hold (-0.3)
	SB 2	Replace #2 with straight arm support, "L" hold (+0.3)	2 second hold of "L" support Rings turned out and arms free of straps Hips between rings	< 2 second hold (-0.2) No hold (-0.3)
3	Roll backward to piked body inverted hang		Continuous rhythm throughout Bent arms allowed	
	SB 3	Following #3, add extend body horizontally to hanging scale rearways hold (back lever) (+0.3)	2 second hold of hanging scale rearways	< 2 second hold (-0.2) No hold (-0.3)
4	Lower to German hang hold (skin-the-cat).		Momentary hold of German hang	No momentary hold (-0.2)
5	Pull out to piked inverted hang and cast forward to swing backward		Swing backward to 45° below horizontal	
6	Swing forward, swing backward		Swing backward to horizontal	
7	Swing forward, swing backward		Swing backward to horizontal	
8	Swing forward to salto backward tucked dismount		Show slight rise in salto Bent arms allowed	No rise (-0.2)

# NATIONAL TRACK COMPULSORY ROUTINES

## VAULT

**Notes:** The Junior Men's Compulsory program will not give a zero for an attempted vault. A minimum score of 1.0 will be awarded. A "balked" attempt or unrecognizable vault, (i.e., different vault) may be repeated with a 1.0 deduction from the final score. A balked vault is defined as follows: 1. The athlete stops prior to touching the vaulting board or runs by the vaulting board. 2. The athlete pushes from the feet off the vaulting table. No third attempt is allowed. A 2nd attempt may be awarded at the discretion of the judge. All Division 2 vaults have a maximum score of 9.0.

### Vault Judging Criteria

**Evaluation Guidelines:** The compulsory program is integral to establishing proper technique in execution of aspects of the run, approach, board position and block position if a gymnast is to progress successfully to higher levels of competition. The table below enumerates specific deductions that can be taken in order to promote consistent evaluation and correct technique. All other deductions for execution are per the FIG Code of Points.

**Table of Specific Errors and Deductions for Vault: Levels 3 - 6**

Compulsory Vault Scoring: Level 3 - 6 Division 1	Base	Stick Bonus	Max
Level 3, 4 & 5	9.9	0.1	10.0
Level 6	Yamashita	9.9	0.1
	Handsprint	9.6	0.1
<b>Delineation of Errors</b>	<b>Small</b>	<b>Medium</b>	<b>Large</b>
<b>Run Deductions (All Levels)</b>			
Run slows down before hurdle, insufficient velocity or acceleration	0.1	0.2	N/A
Improper arm position and swing action not complementary to the run	0.1	0.2	N/A
No distinct lift of front knee and extension of back leg	0.1	0.2	N/A
Rhythm break during run (stutter-steps) or insufficient stride	0.1	0.2	N/A
<b>Hurdle Deductions (All Levels)</b>			
Hurdle does not stay on level plane as knees lift, insufficient knee lift	0.1	0.2	N/A
Feet are behind hips on initial contact with springboard	0.1	0.2	N/A
Arms overhead or arm swing not executed from back to front	0.1	0.2	N/A
Body not at vertical upon completion of board contact	0.1	0.2	N/A
<b>Flight Deductions (Levels 3 &amp; 4)</b>			
Lack of distinct lift or rise from springboard	0.1	0.2	0.3
<b>First Flight (Pre-flight) Deductions (Levels 5 &amp; 6)</b>			
Diving or insufficient rotation to the blocking surface	0.1	0.2	0.3
Body position too arched or piked	0.1	0.2	0.3
All other deductions per FIG	0.1	0.2	0.3
<b>Second Flight (Post-flight) Deductions (Levels 5 &amp; 6)</b>			
Repulsion not within 0° - 15° of vertical	0.1	0.2	0.3
Lack of distinct lift or rise from blocking surface	0.1	0.2	0.3
Lack of tight body position from blocking surface	0.1	0.2	0.3
<b>Landing Deductions (All Levels)</b>			
All landing deductions are per FIG with modifications as stated in the "Fundamental Elements of the Compulsory Levels" paragraph "E. Documents of Precedence"			

## Level 3 Vault – Straight Jump

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Run: From a maximum distance of 60' (18.3m)	Run must maintain velocity Distinct lift of front leg and extension of back leg Rhythmic movement of flexed arms in run	
2	Hurdle: Lift knees upward while body's center of gravity remains level and feet extend forward to contact the springboard in front of the body	Body at vertical upon contact with the springboard Arm swing from back to front during hurdle	See "Table of Specific Errors and Deductions for Vault" for a listing of possible deductions
3	Straight Jump: Punch vertically off the springboard with straight body	Full extension of arms to vertical above head Legs straight throughout flight	
4	Landing		

## Level 4 Vault – Salto Forward Tucked

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	Run: From a maximum distance of 60' (18.3m)	Run must maintain velocity Distinct lift of front leg and extension of back leg Rhythmic movement of flexed arms in run	
2	Hurdle: Lift knees upward while body's center of gravity remains level and feet extend forward to contact the springboard in front of the body	Body at vertical upon contact with the springboard Arm swing from back to front during hurdle	See "Table of Specific Errors and Deductions for Vault" for a listing of possible deductions
3	Front Salto Tucked: Punch vertically off the springboard and complete a front salto tucked	Arms reach upward above shoulders and forward Hands grasp legs in tight tuck	
4	Landing		

## NATIONAL TRACK COMPULSORY ROUTINES

# PARALLEL BARS

**Notes:** Extra swings are not permitted except where specifically noted in the routine table. A springboard or additional mats may be used to mount. If a springboard is used between the uprights it must be removed immediately after the mount.

### Level 3 Parallel Bars

**Note:** Any combination of mats and springboard may be used to elevate the mounting surface.

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From stand, jump to support swing forward, swing backward	Swing forward and backward with feet at bar height	Springboard not removed from between the uprights immediately after the mount. (-0.2)
SB 1	Replace #1 with from stand, jump to support and press to tucked Planche hold, extend legs backward to support swing forward, swing backward (+0.3)	2 second hold of tucked Planche Hips at horizontal Legs extended backward to bar height Swing forward and backward with feet at bar height	< 2 second hold (-0.2) No hold (-0.3) Criteria for tucked Planche hold 0° – 15° from horizontal (-0.1) 15° – 45° from horizontal (-0.2) > 45° from horizontal (no bonus)
2	Swing forward to straddled support on bars	Extended body in rear support with straight legs	
3	Lift legs into a forward straddled "L" hold	Hips should be in line with or forward of hands Momentary hold of straddled "L"	No momentary hold (-0.2)
SB 2	Replace #3 with lift legs into a forward straddled "V" hold (+0.3)	2 second hold of straddled "V" hold Hips should be in line with or forward of hands	< 2 second hold (-0.2) No hold (-0.3) Criteria for straddled "V" hold 0° – 15° from vertical (-0.1) 15° – 45° from vertical (-0.2) > 45° from vertical (no bonus)
4	Bring legs together and extend forward to straight body		
5	Swing backward, swing forward	Swing backward and forward with feet at bar height	
6	Swing backward, Swing forward	Swing backward to horizontal Swing forward with feet at bar height	
7	Swing backward and dismount between the bars/mats or over either bar to stand.	Swing backward to horizontal Moving a hand to the dismount bar is allowed	Gymnast may not hold onto the bar on landing the dismount (-0.2)
SB 3	Replace #7 with swing backward to handstand hold and dismount between the bars/mats or over either bar to stand (+0.3)	Momentary hold of handstand Moving a hand to the dismount bar is allowed	No momentary hold (-0.2) Gymnast may not hold onto the bar on landing the dismount (-0.2)

## Level 4 Parallel Bars

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From stand or short run, jump to long hang swing forward	Long hang swing forward to 45° below horizontal	Bent knees allowed on forward swing
2	Long hang swing backward, long hang swing forward	Straight legs required at peak of long hang swing backward Long hang swing forward to 45° below horizontal	Bent knees allowed on forward swing
3	Long hang swing backward, uprise to upper arm hang	Long hang swing backward to 45° below horizontal Straight legs required at peak of swing backward	
4	Upper arm swing forward, upper arm swing backward	Upper arm swings forward and backward with shoulders even with elbows	
5	Upper arm swing forward to straddled front uprise to support and immediately lift legs off bars	Straight legs required Finish with arms straight and hips extended	
SB 1	Replace #5 with upper arm swing forward to forward uprise to support (+0.3)	Finish with straight body and straight arms Feet at bar height	
6	Swing backward	Swing backward with feet at bar height	
7	Swing forward to "L" hold	Hips should be in line with or forward of hands 2 second hold of "L"	< 2 second hold (-0.2) No hold (-0.3)
SB 2	Replace #7 with swing forward to "V" or Manna hold (+0.3)	2 second hold of "V" or Manna	< 2 second hold (-0.2) No hold (-0.3) Criteria for "V" hold 0° - 15° from vertical (-0.1) 15° - 45° from vertical (-0.2) > 45° from vertical (no bonus)
8	From hold, extend forward to swing backward	Swing backward with feet at bar height	
9	Swing forward, swing backward	Swing forward and backward to horizontal	
10	Swing forward, swing backward to handstand hold and push off either side to stand	Swing forward to horizontal Momentary hold of handstand Moving hand to dismount bar allowed	No momentary hold (-0.2) Bar not released on landing the dismount (-0.2)
SB 3	Replace #10 with swing forward, swing backward to handstand hold and push off either side to stand (+0.3)	Swing forward to horizontal 2 second hold of handstand. Moving hand to dismount bar allowed	< 2 second hold (-0.2) No hold (-0.3) Bar not released on landing the dismount (-0.2)

# NATIONAL TRACK COMPULSORY ROUTINES

## HORIZONTAL BAR

**Note:** All under swings forward should be performed as tap swings.

### Level 3 Horizontal Bar

**Note:** The gymnast is required to perform all skills with straight legs if the competition bar provided is high enough. Otherwise the gymnast may bend his knees during all hanging skills. Facilities with limited equipment may use any bar available to them such as the low uneven bar rail, parallel bars with one rail removed, and/or a low horizontal bar.

#	Skill(s) Description	Performance Criteria	Notes/Deductions
1	From a hang in overgrip, hanging $\frac{1}{2}$ turn to mixed grip, change second hand to overgrip	Continuous rhythm and hollow body throughout	
2	Pullover to support with spotter assistance	Momentary stop in support is allowed	Momentary stop > 2 seconds (-0.1)
SB 1	In #2 perform pullover to support WITHOUT spotter assistance (+0.3)	Continuous rhythm in pullover Momentary stop in support is allowed	Momentary stop > 2 seconds (-0.1)
3	Cast to undershoot forward	Undershoot with hollow body and straight arms	Pump swing not resulting in a cast (-0.2) each time
SB 2	Replace #3 with cast to back hip circle prior to undershoot forward (+0.3)	Back hip circle with straight body Undershoot with hollow body and straight arms	
4	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
5	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
6	Swing backward and uprise to hop with both hands, tap swing forward	Hop with simultaneous hand release and regrasp Swing backward and forward to 45° below horizontal	No hop (-0.3)
7	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
8	Swing backward, tap swing forward	Swing backward and forward to 45° below horizontal	
9	Swing backward to uprise and release hands dismounting to stand	Shoulders at bar height	
SB 3	Replace #9 with swing backward, tap swing forward to $\frac{1}{2}$ turn touching the bar with both hands, then dropping to stand (+0.3)	No height requirement on $\frac{1}{2}$ turn. Must turn in hollow body position	Both hands not touching the bar to finish $\frac{1}{2}$ turn (-0.2)

## Level 4 Horizontal Bar

#	Skill(s) Description		Performance Criteria	Notes/Deductions
1	From hang in overgrip pullover to support		Momentary stop in support is allowed	Momentary stop > 2 seconds (-0.1)
2	Cast to back hip circle to undershoot forward		Cast to horizontal Back hip circle with straight body Undershoot with hollow body and straight arms	Pump swing not resulting in a cast (-0.2) each time
SB 1	Replace #2 with cast to free hip circle to undershoot forward (+0.3)		Cast to horizontal Free hip with hollow body and hips clear of the bar Undershoot with hollow body and straight arms	No angle requirement for free hip circle
3	Swing backward, tap swing forward with $\frac{1}{2}$ turn to mixed grip		Swing backward and forward to $45^\circ$ below horizontal Maintain hollow body shape during $\frac{1}{2}$ turn	
4	Tap swing forward, swing backward and change hand to double overgrip			
5	Swing forward and kip to support.		No extra swing allowed before kip Momentary stop in support is allowed	Maximum deduction for execution and spotting, except fall (-0.3) Momentary stop > 2 seconds (-0.1)
6	Cast to undershoot forward		Cast to horizontal Undershoot with hollow body and straight arms	Pump swing not resulting in a cast (-0.2) each time
SB 2	Following #6, add swing backward, tap swing forward to $\frac{3}{4}$ giant swing backward to undershoot forward (+0.3)		Continuous rhythm Minimal contact with bar allowed Bent arms allowed	In $\frac{3}{4}$ giant swing backward (hips brushing bar) or a giant swing backwards to support (free of bar) is allowed. No deduction for bent arms.
7	Swing backward, tap swing forward		Swing backward and forward to $45^\circ$ below horizontal	
8	Swing backward, tap swing forward			
9	Swing backward to uprise and release hands dismounting to stand		Shoulders at bar height	
SB 3	Replace #9 with swing backward, tap swing forward to salto backward dismount (+0.3)		Salto may be tucked, piked or straight Salto backward with hips at bar height	A spotter is required to follow, but not assist, the gymnast during the salto backward Spotter not present (-0.2)