SUTL ROUTINES 2018

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| SUTL 6 | |  | SUTL 5 | |
| FIRST ROUTINE | |  | FIRST ROUTINE | |
|  | |  |  | |
| Option 1  Half twist jump  Straddle jump  Seat landing  To feet  Half twist jump  Pike jump  Half twist to seat  Half twist to feet  Tuck jump  Full twist jump | Option 2  Full twist jump  Straddle jump  Seat landing  Half twist to feet  Pike jump  Seat landing  To feet  Tuck jump  Front landing  To feet |  | Option 1  Full twist jump  Straddle jump  Seat landing  Half twist to seat  Half twist to feet  Pike jump  Back landing  Half twist to feet  Tuck jump  Front s/s (T) | Option 2  Back s/s (T)  Straddle jump  Seat landing  Half twist to seat  Half twist to feet  Tuck jump  Half twist to front  To feet  Pike jump  Full twist jump |
|  | |  |  | |
| SECOND ROUTINE | |  | SECOND ROUTINE | |
| Somersault rotation must not exceed 270o and must be without twist.  Minimum Difficulty: 0.5  Maximum Difficulty: 1.1 | |  | There may be a maximum of two somersaults, not exceeding 360o of rotation and without twist.  Minimum Difficulty: 1.2  Maximum Difficulty: 2.0 | |
|  | |  |  | |
| SUTL 4 | |  | SUTL 3 | |
| FIRST ROUTINE | |  | FIRST ROUTINE | |
|  | |  |  | |
| Option 1  Back s/s (T)  Straddle jump  Barani (T/P)  Tuck jump  Half twist jump  Pike jump  Back landing  Half twist to feet  Tuck jump  Front s/s (P) | Option 2  Back s/s (SL)  Straddle jump  Back s/s to seat (T)  Half twist to feet  Half twist jump  Tuck jump  Half twist to front  To feet  Pike jump  Front s/s (T) |  | Option 1  Back s/s (S)  Straddle jump  Back s/s to seat (T)  Half twist to feet  Half twist jump  Tuck jump  Barani (T)  Back s/s (T)  Pike jump  Front s/s (P) | Option 2  Back s/s (S)  Barani (S)  Straddle jump  Back s/s (P)  Barani (P)  Pike jump Full twist jump  Tuck jump  ¾ front s/s to back  To Feet |
|  | |  |  | |
| SECOND ROUTINE | |  | SECOND ROUTINE | |
| Somersaults must not exceed 360o of rotation and 180o of twist.  Minimum Difficulty: 2.1  Maximum Difficulty: 2.9 | |  | Somersaults must not exceed 360o of rotation and 180o of twist.  Minimum Difficulty: 3.0  Maximum Difficulty: 3.9 | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUTL 2 |  | | SUTL 1 | | | |
| FIRST ROUTINE |  | | FIRST ROUTINE | | | |
| 10 different elements with at least 7 somersaults of at least 270° somersault rotation to include at least one of:   * An element of 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation. * A back somersault with 360° somersault rotation and 360° of twist. * A front somersault with 360° somersault rotation and 540° of twist.   Somersaults must not exceed 630o of rotation. |  | | 10 different elements with at least 9 somersaults of at least 270° somersault rotation to include:   * An element of at least 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation.   and at least one of:   * A back somersault with 360° somersault rotation and 360° of twist, or, * A front somersault with 360° somersault rotation and 540° of twist, or, * A double somersault | | | |
| SECOND ROUTINE |  | | SECOND ROUTINE | | | |
| Somersaults must not exceed 630o of rotation.  Minimum Difficulty: 3.9  Maximum Difficulty: 5.4 |  | | Difficulty shall be awarded in the second routine.  Minimum Difficulty: 5.5 Maximum Difficulty: 7.9 | | | |
|  |  | |  | | | |
| SUTL ELITE |  | | SUTL SYNCHRONISED 1 - 3 | | | |
| FIRST ROUTINE |  | | A first and second routine shall be performed, as prescribed, at the category of the lowest level competitor in the pair. The routine requirements of this category shall apply to both competitors as per the individual event, and difficulty shall be awarded.  SS1  Pairs of any combination of gender comprising competitors at levels SUTL ELITE – SUTL 2.  SS2  Pairs of any combination of gender comprising competitors at levels SUTL 3 – SUTL 4.  SS3  Pairs of any combination of gender comprising competitors at levels SUTL 5 – SUTL 6. | | | |
| 10 different elements of at least 270° somersault rotation to include:   * An element of at least 270° somersault rotation, landing on front or back, followed by an element of 450° somersault rotation. * A double somersault. * Four elements, marked with an asterisk (\*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for the first routine |  | |
| SECOND ROUTINE |  | |
| Difficulty shall be awarded in the second routine.  Minimum Difficulty: 8.0  Maximum Difficulty: Unlimited |  | |
|  | | | | | | |
| PENALTIES | | | | | | |
| FIRST ROUTINE | |  | | SECOND ROUTINE | |
| SUTL 6 - SUTL 3:  Interruptions apply (per Code of Points)  SUTL 2 - SUTL ELITE:  Below minimum requirements: 2.0 penalty | |  | | | SUTL 6 - SUTL ELITE:  Below minimum difficulty: 2.0 penalty  Above maximum difficulty: Disqualification | |
| Further penalties can be found in the Rules and British Gymnastics Code of Points 2017-2020 | | | | | | |