

SCOTTISH UNIVERSITIES GYMNASTICS

LEAGUE 2025/6

ARTISTIC COMPETITION RULES AND INFORMATION



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General Information

1. Determining the Final Score

- 1.1. The Final Score of an exercise will be established by the addition of the D-Score and Final E-scores.
- 1.2. The All-Around Score is the sum of the Final Scores obtained on the top scored exercises performed by the gymnast across their apparatus. The number of apparatus included is specified in each category.
- 1.3. The Final Score is normally calculated by the competition scoring personnel, but must be confirmed by the competitions committee before the medals presentation. Until the medals presentation displayed scores are subject to change following a review or challenge.

2. Short Exercise

- 2.1. For exercise presentation, the gymnast may earn a maximum E-Score of 10.00 points.
- 2.2. The D-Jury will take the appropriate neutral deduction (ND) for a short exercise from the Final Score.

Artistic	
Number of Elements	Neutral Deduction
8	0
7	0
6	0
5	3.0
4	4.0
3	5.0
2	6.0
1	7.0
0	10.0

3.Regulations Governing the D-Score

3.1. Difficulty Value

- 3.1.1.Elements that are not listed in the Difficulty Tables must be submitted for a difficulty rating to the Competition Chair at least two weeks prior to the competition commencement. Provisional difficulty ratings may be given at competitions at the discretion of the Competition Chair.
- 3.1.2.An element may be repeated but such repeated element may or may not contribute towards the D-score. See apparatus specific details.

3.1.3.Elements that do not appear in the Code are considered elements without difficulty value.

3.1.4.A maximum of 8 elements of highest DV including dismount are counted towards the Final Score.

3.2. Compositional Requirements

3.2.1.Composition Requirements are described in the respective Apparatus Sections.

3.2.2.One element may fulfil more than one CR; however, an element may not be repeated to fulfil another CR.

3.3. Falls on Landing

3.3.1.With landing feet first – the DV is awarded.

3.3.2.Without landing feet first – no DV is awarded.

4.Description of E-Score

4.1. For perfection of execution, combination and artistry of presentation, the gymnast may earn a score of 10.00 P.

4.2. The E-Score includes deductions for faults in:

4.2.1.Execution

4.2.2.Artistry of presentation

5.Evaluation by E-Jury

5.1. The E-Jury will judge the exercise and determine the deductions independently.

5.2. Each exercise is evaluated with reference to expectations of perfect performance. All deviations from this expectation are deducted.

5.3. Deductions for errors in execution and artistry are added together and then deducted are from 10.00 P. to determine the E-Score.

6.Changing Category

6.1. Gymnasts that receive an all-around score equal to or greater than the move up score in two competitions must move up to the next category. If a gymnast receives their second move up score at the final competition of the season, the gymnast must move up to the next category for the next season.

6.2. If gymnasts have competed in a different competition series or format they must attempt to compete in a level which most similarly matches the highest level they have previously competed or above. Competing in a lower category will be considered moving down a category and will be subject to the following rules in 6.3.

6.3. If a gymnast wishes to move down a category, they must meet one of the following criteria and be approved:

- 6.3.1.Sustained an injury and or mental block that prevents the gymnast from competing specific skills.
- 6.3.2.Has not competed in any gymnastics competitions within the past year, in this case the gymnast is expected to compete in a category that is appropriate for their current abilities.
- 6.3.3.Has encountered a significant life event which would prevent them competing on apparatus that they have previously competed on or at a level that they have previously competed at.

7.Skill Repetition

- 7.1. Skills may be repeated but difficulty will only be counted for the first instance of each repeated skill.

8.Judging

- 8.1. All execution judging, unless stated, will use the existing FIG rules.
- 8.2. Vault will use the traditional WAG rules for all competitors.

Routines and Apparatus

9. Categories and Overall Requirements

9.1. Novice

- 9.1.1.Novice competitors will compete a maximum of three apparatus with the choice of Vault, Balance Beam, Artistic Floor, Floor.
- 9.1.2.The top two scoring apparatus will be included in their All-Around Final Score.
- 9.1.3.A minimum of two apparatus must be completed in order to receive an All-Around Final Score. Competing less than the minimum will make the competitor ineligible for the All-Around competition.

9.2. Intermediate

- 9.2.1.Intermediate competitors will compete a maximum of four apparatus with the choice of Vault, Balance Beam, Uneven Bars, Horizontal Bar, Still Rings, Parallel Bars, Pommel Horse, Artistic Floor and Floor.
- 9.2.2.The top three scoring apparatus will be included in their All-Around Final Score.
- 9.2.3.A minimum of three apparatus must be completed in order to receive an All-Around Final Score. Competing less than the minimum will make the competitor ineligible for the All-Around competition.

9.3. Intervanced

- 9.3.1. Intervanced competitors will compete a maximum of four apparatus with the choice of Vault, Balance Beam, Uneven Bars, Horizontal Bar, Still Rings, Parallel Bars, Pommel Horse, Artistic Floor and Floor.
- 9.3.2. The top three scoring apparatus will be included in their All-Around Final Score.
- 9.3.3. A minimum of three apparatus must be completed in order to receive an All-Around Final Score. Competing less than the minimum will make the competitor ineligible for the All-Around competition.

9.4. Advanced

- 9.4.1. Advanced competitors will compete a maximum of four apparatus with the choice of Vault, Balance Beam, Uneven Bars, Horizontal Bar, Still Rings, Parallel Bars, Pommel Horse, Artistic Floor and Floor.
- 9.4.2. The top three scoring apparatus will be included in their All-Around Final Score.
- 9.4.3. A minimum of three apparatus must be completed in order to receive an All-Around Final Score. Competing less than the minimum will make the competitor ineligible for the All-Around competition.

9.5. Elite

- 9.5.1. Elite competitors will compete a maximum of six apparatus with the choice of Vault, Balance Beam, Uneven Bars, Horizontal Bar, Still Rings, Parallel Bars, Pommel Horse, Artistic Floor and Floor.
- 9.5.2. The top four scoring apparatus will be included in their All-Around Final Score.
- 9.5.3. A minimum of four apparatus must be completed in order to receive an All-Around Final Score. Competing less than the minimum will make the competitor ineligible for the All-Around competition.

9.6. Disability: Lower

- 9.6.1. Disability: Lower competitors will compete a maximum of four apparatus with the choice of Vault, Balance Beam, Uneven Bars, Horizontal Bar, Still Rings, Parallel Bars, Pommel Horse, Artistic Floor and Floor.
- 9.6.2. The top two scoring apparatus will be included in their All-Around Final Score.
- 9.6.3. A minimum of two apparatus must be completed in order to receive an All-Around Final Score. Competing less than the minimum will make the competitor ineligible for the All-Around competition.
- 9.6.4. Difficulty will not be included in the calculations for Final Score for each apparatus or for All-Around.

9.7. Disability: Higher

- 9.7.1. Disability: Higher competitors will compete a maximum of six apparatus with the choice of Vault, Balance Beam, Uneven Bars, Horizontal Bar, Still Rings, Parallel Bars, Pommel Horse, Artistic Floor and Floor.

9.7.2. The top three scoring apparatus will be included in their All-Around Final Score.

9.7.3. A minimum of three apparatus must be completed in order to receive an All-Around Final Score. Competing less than the minimum will make the competitor ineligible for the All-Around competition.

9.7.4. Difficulty will not be included in the calculations for Final Score for each apparatus or for All-Around.

10. Apparatus and Specific Requirements

10.1. Vault

10.1.1. Gymnasts are required to a minimum of one and maximum of two vaults.

10.1.2. Gymnasts may perform the same vault pass twice.

10.1.3. Run distance is a maximum of 25 meters.

10.1.4. All vaults must be performed with repulsion from both hands off the vaulting table.

10.1.5. After performing the first vault pass, gymnasts will return to the end of the runway to immediately perform the second pass.

10.1.6. An empty run without touching the springboard or vault table = -1.0 deduction.

10.1.7. If a gymnast performs a pass supporting on only one hand = -2.0 deduction.

10.1.8. Invalid vaults:

- No support phase (no hands)
- Does not use the 'safety collar' for round off entry
- Spotting assistance during the vault
- Failure to land feet first
- The intended vault cannot be recognised
- Gymnast performs a prohibited vault

Category Specific Requirements

Novice: Can compete skills up to and including 1.8 in difficulty.

Intermediate: Can compete skills between 1.8 and 2.2 in difficulty.

Intervanced: Can compete skills between 2.2 and 3.0 in difficulty.

Advanced: Can compete skills between 3.0 and 3.4 in difficulty.

Elite: Can compete skills of 3.0 or above in difficulty.

Disability: Lower: Can compete skills up to and including 2.2 in difficulty.

Disability: Higher: Can compete skills of 2.2 or above in difficulty.

If an element is not listed in the table of elements that the gymnast would like to compete, please get in touch.

10.2. Balance Beam

10.2.1. Routines should comprise of:

- Elements from each group in the table of elements (where available)
- Changes of level
- Changes of direction
- Changes of rhythm and tempo
- Creative movements and transitions

10.2.2. Rhythm and tempo should be smooth and fluent.

10.2.3. Evaluation begins with the take-off from the springboard or mat.

Additional supports under the springboard are not permitted.

10.2.4. Maximum duration may not exceed 90 seconds. A -0.1 deduction will be applied for exceeding the time limit.

10.2.5. For interruption due to a fall, an intermediate time period of 10 seconds is allowed. Time begins when the gymnast is on their feet. If the gymnast exceeds the time limit a -0.3 penalty will be applied. If the gymnast does not resume within 60 seconds, the exercise is terminated.

10.2.6. Within the 8 counting elements there must be a minimum of 3 dance and 3 acro elements.

10.2.7. No connection or dismount bonus.

Composition requirements for all levels	
One connection between 2 different jumps and or leaps	0.5
A turning element	0.5
A dismount element	0.5

Category Specific Requirements

Novice: Can compete skills up to and including 0.2 in difficulty. Maximum difficulty is 1.2, excluding composition requirements.

Intermediate: Can compete skills up to and including 0.3 in difficulty. Minimum difficulty is 1.3 and maximum difficulty is 2.0, excluding composition requirements.

Intervanced: Can compete skills up to and including 0.4 in difficulty. Minimum difficulty is 2.1 and maximum difficulty is 2.8, excluding composition requirements.

Advanced: Can compete skills up to and including 0.5 in difficulty. Minimum difficulty is 2.9 and maximum difficulty is 3.6, excluding composition requirements.

Elite: Can compete any listed (or requested) skills of any difficulty. Minimum difficulty is 3.7, excluding composition requirements.

Disability: Lower: Can compete skills up to and including 0.3 in difficulty. Maximum difficulty is 2.0, excluding composition requirements.

Disability: Higher: Can compete any listed (or requested) skills of any difficulty. Minimum difficulty is 2.1, excluding composition requirements.

If an element is not listed in the table of elements that the gymnast would like to compete, please get in touch.

10.3. Uneven Bars

10.3.1. Evaluation begins with the take-off from the springboard or mat.

Additional supports under the springboard are not permitted.

10.3.2. If the gymnast falls from the apparatus an intermediate time period of 30 seconds is allowed. If the gymnast exceeds 30 seconds, a -0.3 penalty will be deducted. Time starts when the gymnast is on their feet after the fall. The exercise officially resumes when the feet leave the floor. If the gymnast fails to resume after 60 seconds, the exercise will be terminated.

10.3.3. During flight elements, if the gymnast falls and grasps the bar with both hands DV is awarded. If they do not grasp the bar with both hands no DV is awarded.

10.3.4. If there is no dismount a deduction of -0.5 will be applied. If they fall when dismounting a deduction of -1.0 will be applied.

10.3.5. No connection or dismount bonuses.

Composition requirements for all levels	
A mount element	0.5
A close bar element	0.5
A dismount element	0.5

Category Specific Requirements

Intermediate: Can compete skills up to and including 0.2 in difficulty. Maximum difficulty is 1.4, excluding composition requirements.

Intervanced: Can compete skills up to and including 0.3 in difficulty. Minimum difficulty is 1.5 and maximum difficulty is 2.2, excluding composition requirements.

Advanced: Can compete skills up to and including 0.4 in difficulty. Minimum difficulty is 2.3 and maximum difficulty is 3.0, excluding composition requirements.

Elite: Can compete any listed (or requested) skills of any difficulty. Minimum difficulty is 3.1, excluding composition requirements.

Disability: Lower: Can compete skills up to and including 0.2 in difficulty. Maximum difficulty is 1.4, excluding composition requirements.

Disability: Higher: Can compete any listed (or requested) skills of any difficulty. Minimum difficulty is 1.5, excluding composition requirements.

If an element is not listed in the table of elements that the gymnast would like to compete, please get in touch.

10.4. Horizontal Bar

- 10.4.1. Gymnast must jump or be assisted to a still or swinging hand on the bar from a stand or short run. Evaluation begins when the gymnast leaves the floor.
- 10.4.2. Any flight element with salto over the bar requires a giant swing afterward or -0.3 deduction.
- 10.4.3. No connection or dismount bonuses.
- 10.4.4. Unless indicated, elements have the same difficulty when performed with the 'wrong' grip.
- 10.4.5. Skills may be repeated but the difficulty value will only count towards the first skill.
- 10.4.6. Flight elements always receive value with a distinct hang phase shown before the gymnast falls.

Composition requirements for all levels	
A mount element	0.5
A close bar element	0.5
A dismount element	0.5

Category Specific Requirements

Intermediate: Can compete skills up to and including 0.2 in difficulty. Maximum difficulty is 1.4, excluding composition requirements.

Intervanced: Can compete skills up to and including 0.3 in difficulty. Minimum difficulty is 1.5 and maximum difficulty is 2.2, excluding composition requirements.

Advanced: Can compete skills up to and including 0.4 in difficulty. Minimum difficulty is 2.3 and maximum difficulty is 3.0, excluding composition requirements.

Elite: Can compete any listed (or requested) skills of any difficulty. Minimum difficulty is 3.1, excluding composition requirements.

Disability: Lower: Can compete skills up to and including 0.2 in difficulty. Maximum difficulty is 1.4, excluding composition requirements.

Disability: Higher: Can compete any listed (or requested) skills of any difficulty. Minimum difficulty is 1.5, excluding composition requirements.

If an element is not listed in the table of elements that the gymnast would like to compete, please get in touch.

10.5. Still Rings

10.5.1. From standing, the gymnast must jump or be assisted to a still hang on the rings. Evaluation begins the moment feet leave the ground. The coach is not permitted to give the gymnast an initial swing.

10.5.2. Exercise must start in a hang position with arms straight.

10.5.3. False grip/ over grip is permitted for strength elements.

10.5.4. Skills may be repeated but the difficulty value will only count towards the first skill.

10.5.5. No connection or dismount bonuses.

Composition requirements for all levels	
A static strength element	0.5
A swinging element	0.5
A dismount element	0.5

Category Specific Requirements

Intermediate: Can compete skills up to and including 0.2 in difficulty. Maximum difficulty is 1.4, excluding composition requirements.

Intervanced: Can compete skills up to and including 0.3 in difficulty. Minimum difficulty is 1.5 and maximum difficulty is 2.2, excluding composition requirements.

Advanced: Can compete skills up to and including 0.4 in difficulty. Minimum difficulty is 2.3 and maximum difficulty is 3.0, excluding composition requirements.

Elite: Can compete any listed (or requested) skills of any difficulty. Minimum difficulty is 3.1, excluding composition requirements.

Disability: Lower: Can compete skills up to and including 0.2 in difficulty. Maximum difficulty is 1.4, excluding composition requirements.

Disability: Higher: Can compete any listed (or requested) skills of any difficulty. Minimum difficulty is 1.5, excluding composition requirements.

If an element is not listed in the table of elements that the gymnast would like to compete, please get in touch.

10.6. Parallel Bars

10.6.1. Gymnasts must initiate exercise from a run or stand still. Evaluation begins when the gymnast leaves the floor.

10.6.2. A springboard is permitted for the mount.

10.6.3. No connection or dismount bonuses.

10.6.4. Skills may be repeated but the difficulty value will only count towards the first skill.

Composition requirements for all levels	
A mount element	0.5
A swinging element	0.5
A dismount element	0.5

Category Specific Requirements

Intermediate: Can compete skills up to and including 0.2 in difficulty. Maximum difficulty is 1.4, excluding composition requirements.

Intervanced: Can compete skills up to and including 0.3 in difficulty. Minimum difficulty is 1.5 and maximum difficulty is 2.2, excluding composition requirements.

Advanced: Can compete skills up to and including 0.4 in difficulty. Minimum difficulty is 2.3 and maximum difficulty is 3.0, excluding composition requirements.

Elite: Can compete any listed (or requested) skills of any difficulty. Minimum difficulty is 3.1, excluding composition requirements.

Disability: Lower: Can compete skills up to and including 0.2 in difficulty. Maximum difficulty is 1.4, excluding composition requirements.

Disability: Higher: Can compete any listed (or requested) skills of any difficulty. Minimum difficulty is 1.5, excluding composition requirements.

If an element is not listed in the table of elements that the gymnast would like to compete, please get in touch.

10.7. Pommel Horse

10.7.1. Gymnasts must start from a standing position. An approach step or hop is permitted. Evaluation begins when the gymnasts' feet leave the floor.

10.7.2. Exercise must consist exclusively of swings without pauses.

10.7.3. Circles must be performed with complete extension.

10.7.4. Handstand elements should be performed with straight arms.

10.7.5. No connection or dismount bonuses.

10.7.6. Gymnasts may repeat a dismounting element if they determine they did not receive credit due to a fall or large deduction. Must be down within 30 seconds of the exercise finishing. Stepping off the podium means the exercise is terminated. Skills may be repeated but the difficulty value will only count towards the first skill.

Composition requirements for all levels	
Any two different elements connected	0.5
A single leg swing element	0.5
A dismount element	0.5

Category Specific Requirements

Intermediate: Can compete skills up to and including 0.3 in difficulty. Maximum difficulty is 1.4, excluding composition requirements. May repeat 3 elements and still receive difficulty for the repeat elements to make up an 8 element routine i.e. only 5 unique skills are required but there must still be 8 total.

Intervanced: Can compete skills up to and including 0.4 in difficulty. Minimum difficulty is 1.5 and maximum difficulty is 2.2, excluding composition requirements. May repeat 3 elements and still receive difficulty for the repeat elements to make up an 8 element routine i.e. only 5 unique skills are required but there must still be 8 total.

Advanced: Can compete skills up to and including 0.5 in difficulty. Minimum difficulty is 2.3 and maximum difficulty is 3.0, excluding composition requirements.

Elite: Can compete skills up to and including 0.8 in difficulty. Minimum difficulty is 3.1, excluding composition requirements.

Disability: Lower: Can compete skills up to and including 0.3 in difficulty. Maximum difficulty is 1.4, excluding composition requirements. May repeat 3 elements and still receive difficulty for the repeat elements to make up an 8 element routine i.e. only 5 unique skills are required but there must still be 8 total.

Disability: Higher: Can compete skills up to and including 0.8 in difficulty. Minimum difficulty is 1.5, excluding composition requirements. May repeat 3 elements of 0.4 or lower difficulty and still receive difficulty for the repeat elements to make up an 8 element routine i.e. only 5 unique skills are required but there must still be 8 total but 0.5 or higher skills cannot be repeated.

If an element is not listed in the table of elements that the gymnast would like to compete, please get in touch.

10.8. Artistic Floor

- 10.8.1. All levels will be performed on a 12 x 12m sprung floor.
- 10.8.2. Choreography should be developed such that one movement flows smoothly into the next with contrasts in speed and intensity.
- 10.8.3. The exercise should include a varied selection of elements, changes of level, changes of direction, and cover all corners of the floor.
- 10.8.4. Music should be flawless, without abrupt cuts, have a clear start and finish, and a clear correlation between the gymnasts movements and the music.
- 10.8.5. Music should be submitted prior to the competition, saved as the name of the gymnast and which club they are from.
- 10.8.6. Human voice may be used in the music without the use of words e.g. humming, vocalising without words, whistling, and /or chanting.
- 10.8.7. Absence of music or music with words is a -1.0 deduction.
- 10.8.8. The exercise begins with the first movement of the gymnast.
- 10.8.9. The exercise should not exceed 90 seconds and must end with the music.
- 10.8.10. Penalty for overtime is -0.1.
- 10.8.11. No connection or dismount bonuses.
- 10.8.12. Skills may be repeated but the difficulty value will only count towards the first skill.

- 10.8.13. Within the 8 elements 3 must be dance, 3 acro, and 2 optional elements

Composition requirements for all levels	
Any two leaps or jumps connected	0.5
A turning element	0.5
A non-acrobatic element	0.5

Category Specific Requirements

Novice: Can compete skills up to and including 0.2 in difficulty. Maximum difficulty is 1.0, excluding composition requirements.

Intermediate: Can compete skills up to and including 0.3 in difficulty. Minimum difficulty is 1.1 and maximum difficulty is 1.8, excluding composition requirements.

Intervanced: Can compete skills up to and including 0.4 in difficulty. Minimum difficulty is 1.9 and maximum difficulty is 2.6, excluding composition requirements.

Advanced: Can compete skills up to and including 0.5 in difficulty. Minimum difficulty is 2.7 and maximum difficulty is 3.4, excluding composition requirements.

Elite: Can compete any listed (or requested) skills of any difficulty. Minimum difficulty is 3.5, excluding composition requirements.

Disability: Lower: Can compete skills up to and including 0.3 in difficulty. Maximum difficulty is 1.8, excluding composition requirements.

Disability: Higher: Can compete any listed (or requested) skills of any difficulty. Minimum difficulty is 1.9, excluding composition requirements.

If an element is not listed in the table of elements that the gymnast would like to compete, please get in touch.

10.9. Floor Exercise

10.9.1. All levels will be performed on a 12 x 12m sprung floor.

10.9.2. Gymnasts must start within the floor area, standing still with legs together. The exercise and evaluation begin with the first movement of the feet.

- 10.9.3. The exercise must occur within the floor area. Elements initiated outside of the floor area will be evaluated for execution but not recognised by the D-Jury.
- 10.9.4. Exercise duration is a maximum of 70 seconds. No minimum time.
- 10.9.5. Full floor area must be used. No limit to the total number of times a diagonal may be used. Failure to go to and/ or from each corner will result in -0.3 deduction.
- 10.9.6. No more than a 2 second pause can occur between each skill.
- 10.9.7. Exercise must end with an acrobatic element with both feet finishing together.
- 10.9.8. No connection or dismount bonuses.
- 10.9.9. Skills may be repeated but the difficulty value will only count towards the first skill.
- 10.9.10. Maximum number of acro lines is 4, any additional will not be counted towards difficulty

Composition requirements for all levels	
A non-acrobatic element	0.5
A forward acrobatic element	0.5
A backwards acrobatic element	0.5

Category Specific Requirements

Novice: Can compete skills up to and including 0.2 in difficulty. Maximum difficulty is 1.0, excluding composition requirements.

Intermediate: Can compete skills up to and including 0.3 in difficulty. Minimum difficulty is 1.1 and maximum difficulty is 1.8, excluding composition requirements.

Intervanced: Can compete skills up to and including 0.4 in difficulty. Minimum difficulty is 1.9 and maximum difficulty is 2.6, excluding composition requirements.

Advanced: Can compete skills up to and including 0.5 in difficulty. Minimum difficulty is 2.7 and maximum difficulty is 3.4, excluding composition requirements.

Elite: Can compete any listed (or requested) skills of any difficulty. Minimum difficulty is 3.5, excluding composition requirements.

Disability: Lower: Can compete skills up to and including 0.3 in difficulty. Maximum difficulty is 1.8, excluding composition requirements.

Disability: Higher: Can compete any listed (or requested) skills of any difficulty.
Minimum difficulty is 1.9, excluding composition requirements.

If an element is not listed in the table of elements that the gymnast would like to compete, please get in touch.

11. Possible accommodations

11.1. Below is a list of some accommodations that can be provided at our competitions. This is not an exhaustive list of all accommodations that we can provide but is provided to show some possibilities and what sort of accommodations will be accepted in and outside the disability categories.

11.2. Non-Disability Accommodations

- 11.2.1. Place non-damaging tape on the apparatus to mark out key points.
Tape may be of any colour.
- 11.2.2. Use coloured spots or markers on the apparatus.
- 11.2.3. Avoid penalisation for hesitation.
- 11.2.4. Have any music or audio being played paused for the duration of their performance.

11.3. Disability Accommodations

- 11.3.1. Avoid penalisation for aspects of execution which cannot be controlled by the gymnasts e.g. being unable to point toes due to disability.
- 11.3.2. Utilise additional matting around apparatus in Disability: Lower.

Table of Elements

Vault

1.6	1.8	2.2	2.6	3.0	3.4	3.8	4.2
Squat on jump off	Squat through	Handspri ng	Handspri ng Half Off	Yamashita ½ Turn	Handspri ng 1½ Off	Handspri ng 2/1 Off	Round Off flic with ½ twist On, ½ Off
	Straddle Over	½ On	½ On, ½ Off	Handspri ng 1/1 Off	½ On, 1 ½ Off	Round Off Flic On, ½ Off	Handspri ng Tuck/ Pike 1/1 Salto
			Yamashita	½ On, 1/1 Off	Yamashita 1/1 Off	Handspri ng Tuck/ Pike Barani	Tsukahara Stretched with ½ Twist
				1/1 On	1/1 On, 1/1 Off	Handspri ng Straight Salto fwd	Round Off Flic On Tucked/ Piked Salto Bwd Off
				Tsukahara Tucked/ Piked	Round Off Flic On	Tsukahara Tucked with 1/1 Twist	
					Handspri ng Tuck/ Pike Salto fwd	Tsukahara Stretched	
					Tsukahara Tucked / Piked with ½ Twist		

Balance Beam

Mounts

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Support, Kick Leg Over, Stand Up	Leap	Leap Landing in Arabesque	Split Leap	Switch Leap	Two Flairs	Three Flairs	Phillips
Squat On	Flank to Rear Support	Thief Vault	Straight Jump with ½ Turn	Straight Jump with 1/1 Turn	Head Spring	Round Off Straddle bwd Over Beam into bwd Hip Circle	Salto fwd with ½ Twist
	Squat Through	Flank to Rear Support with ½ Turn	Jump ½ Turn to Straddle Lever	Jump ½ Over Shoulder to Neck Stand, ½ Turn to Chest Stand	Fwd Walkover	Salto fwd Tucked	Round Off ½ Turn Jump to Tucked Salto fwd
	Straight Jump Onto Beam	Jump with Hand Support to Cross Split or Box Split	Free Jump to Cross Split or Box Split	Jump, Press, or Swing to hdst Shift Weight to One Arm	Flyspring	Round Off Flic to Stand	
		Fwd Roll	Jump, Press, or Swing to hstd	Cartwheel	Round Off Flic Through hstd with Swing Down to Straddle Sit		
		Cartwheel with Bent Arms Through Chest Stand					

Leaps, Jumps & Hops

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Straight Jump	Split Leap 45o	Split Leap 90o	Split Leap 180o	Split Leap with ½ Turn	Split Jump with 1/1 Turn	Switch Leap to Ring Position	
Straight Jump ¼ Turn	Split Jump 45o	Split Jump 90o	Split Jump 180o	Split Jump with ½ Turn	Tour Jete with ½ Turn		
Hop On One Leg	Tuck Jump	Straddle Jump	Straddle Jump with ½ Turn	Straddle Jump with 1/1 Turn	Switch Leap with ½ Turn		
	Straight Jump ½ Turn	Pike Jump	Pike Jump with ½ Turn	Pike Jump with 1/1 Turn	Johnson with ½ Turn		
	Cat Leap	Tuck Jump with ½ Turn	Tuck Jump with 1/1 Turn	Tour Jete			
		Fouetté Hop to Land in Arabesque	Fouetté Hop with ½ Turn to Land in Arabesque	Switch Leap			
		Side Leap	Sissone to Ring Position	Johnson			
		Sissone	Cat Leap 1/1 Turn	Sheep Jump			
		Stag Jump	Wolf Jump with ½ Turn	Straight Jump with 1 ½ Turn			
		Straight Jump 1/1 Turn		Wolf Jump 1/1 Turn			
		Hop with ½ Turn					

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
		with Free Leg at Horizontal					
		Cat Leap ½ Turn					
		Scissor Leap					
		Stride Leap fwd to Wolf Jump					
		Wolf Jump					

Turns

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
¼ Turn	½ Turn on One Leg	1/1 Turn on One Leg	1½ Turn on One Leg	1/1 Turn with Free Leg Held in fwd 180oSplit	2/1 Turn on One Leg	1/1 Turn with Free Leg Held bwd with Both Hands	3/1 Turn on One Leg
½ Turn on Two Feet (Standing)		½ Turn with Free Leg Held fwd at Horizontal	1/1 Turn on One Leg in Attitude	1½ Wolf Turn	1½ Turn on One Leg in Attitude	2/1 Turn with Free Leg Held fwd at Horizontal	3/1 Wolf Turn
½ Turn on Two Feet (Squattin g)		½ Illusion Turn with Hand	1/1 Turn with Free Leg Held fwd at Horizontal		1½ Turn with Free Leg Held fwd at Horizontal	2/1 Turn with Free Leg Held in fwd 180oSplit	
		½ Wolf Turn	½ Illusion Turn without Hand		1½ Turn with Free Leg Held in fwd 180o Split	1/1 Illusion Turn without Hand	

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
			1/1 Wolf Turn		1/1 Illusion Turn with hand	2½ Wolf Turn	
					2/1 Wolf Turn		

Holds & Acrobatic Non-Flight

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Stork Balance Hold 2 Seconds	From Kneeling Sit Position, Rise Upward With Body Wave Through Toe-Balance Stand	Needle Scale	Leg Separation 180o Fwd Without Holding	Russian Lever	Fwd Walkover In Side Position		
Tuck Lever Hold 2 Seconds	Arabesque Hold 2 Seconds	Kick To Handstand 180o Without Hold (Side)	Leg Separation 180o Bwd Without Holding	Bwd Roll To Handstand	Bwd Walkover In Side Position		
	Pistol Squat	Kick To Handstand 180o Without Hold (Cross)	Kick To Handstand 180o Hold 2 seconds (Side)	Swd Roll, Body Stretched Without Support			
	Kick To Handstand <180o Without Hold	Bwd Roll					
	Y Balance	Fwd Roll					

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
	Straddle Lever Hold 2 Seconds	Cartwheel	Kick To Handstand 180oHold 2 seconds (Cross)	One Hand Fwd Walkover			
	Pike Lever Hold 2 Seconds	Splits Hold 2 Seconds	Handstand Forward Roll	One hand Bwd Walkover			
			Free Shoulder Roll Fwd With Hip Extension Without	Bwd Walkover Stoop To Splits			
			Hand Support	Valdez			
			Swd Roll Through Neck Stand				
			One Hand Cartwheel				
			Dive Cartwheel				
			Fwd Walkover				
			Bwd Walkover				

Acrobatic Flight

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
		Round Off	Flic To Cross Straddle Sit	Handspring To One	Handspring With Leg Change	Onodi	Arabian
				Handspring To Two	Free Cartwheel	Worley	Straight Bwd Salto
				Flic	Free Round Off	Pike Fwd Salto	

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
				Flic Step Out	Free Walkover	Pike Bwd Salto	
				Gainer Flic	Tuck Fwd Salto		
				Rueda	Tuck Bwd Salto		

Dismounts

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Straight Jump	Straddle Jump	Handspring	Free Walkover	Free Walkover With ½ Twist	Free Walkover With 1/1 Twist	Fwd Salto With 1½ Twist	Fwd Salto With 2/1 Twist
Tuck Jump	Pike Jump	Flyspring	Free Cartwheel	Free Cartwheel With ½ Twist	Free Cartwheel With 1/1 Twist	Bwd Salto With 1/1 Twist	Bwd Salto With 2/1 Twist
	Round Off	1/1 Twist Jump	Tuck Fwd Salto	Tuck Fwd Salto With ½ Twist	Fwd Salto With 1/1 Twist		
	½ Twist Jump		Pike Fwd Salto	Pike Fwd Salto With ½ Twist	Straight Bwd Salto With ½ Twist		
			Tuck Bwd Salto	Straight Fwd Salto			
			Pike Bwd Salto	Straight Fwd Salto With ½ Twist			
			Gainer Salto To Side Of Beam	Arabian			
			Gainer Salto To End Of Beam	Straight Bwd Salto			

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
				Tuck Bwd Salto With ½ Twist			
				Pike Bwd Salto With ½ Twist			

Uneven Bars

Casts & Clear Hip Circles

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Jump to Hang on HB	Jump ½ Turn to Hang on HB	Upstart on LB	Upstart with ½ Turn on LB	Jump 1/1 Turn Upstart on LB	Salto Fwd to Hang on HB	Salto Fwd Over LB to Hang on HB	Hindorff
Jump to Support on LB	Jump ½ Turn to Support on LB	Jump to HB Upstart	Jump ½ Turn Upstart on LB	Glide on LB and Stoop Through to Rear Support	Cast 1/1 Turn to Handstan d	Shaposhn ikova	
Cast to 45o	Cast to 90o	Jump Over LB to Hang on HB	Jump ½ Turn Upstart on HB	Swing on HB and Stoop Through to Rear Support	Front Support on HB, Stoop With Flight or Free Straddle fwd Over HB and ½ Turn to Hang on HB		
	Squat On	Jump 1/1 Turn to	Jump ½ Turn Over LB to	Jump ½ Turn Over LB to	Clear Hip Circle Bwd on		

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
		Hang on HB	Hang on HB	Upstart on HB	HB With Hecht To Clear on LB		
	Jump From LB to HB	Jump to Handstand on LB	Straddle Vault Over LB to Catch HB	Free Straddle Jump Over LB to Catch HB			
	Chin Up	Cast to Handstand Straddled Legs	Jump to Handstand ½ Turn on LB	Free Stretch Jump Over LB to Catch HB			
	Circle Up	Fwd Hip Circle	Cast to Handstand Legs Together	From Front Support on HB, Cast and Release 1/1 Turn To Hang on HB			
	Mill Circle	Bwd Hip Circle	Clear Hip Circle	Clear Hip Circle To Handstand			
			Clear Underswing on LB, Release and Catch HB				

Giant Circles

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Fish Swings	Regular Swings	Baby Giant	Fwd Giant	Hang on HB, Swing Fwd and	Bwd Giant ½ Turn to	Bwd Giant 1/1 Turn to	Swing Fwd on HB

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
				Roll Bwd to Clear Support on LB	Handstand	Handstand	Release ½ Turn Flight to Handstand on LB
			Bwd Giant		Swing Bwd, Straddle Flight Bwd Over LB to Handstand on LB		Tkatchev

Stalder Circles

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
		Clear Straddle Circle Fwd To Clear Support		Stalder	Clear Straddle Circle Bwd on HB with Flight to Clear Support on LB	Clear Straddle Circle Bwd on HB with Flight to Handstand on LB	
		Clear Straddle Circle Bwd To Clear Support			Stalder Bwd to Handstand		
		Rear Support, Seat Circle Fwd to Rear Circle			Stalder Bwd Release to Catch HB		
		Rear Support, Seat					

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
		Circle Bwd to Rear Circle					

Pike Circles

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Leg Lift		Sole Circle		Sole Circle to Handstan d			
Hanging Pike Lever Hold 2 Seconds		Sole Circle Bwd		Sole Circle Bwd to Handstan d			

Dismounts

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Straight Hang	From Swing	From Swing ½ Turn	From Swing 1/1 Turn	Bwd Salto With ½ Twist	Bwd Salto With 1/1 Twist	Bwd Salto With 1/1 Twist	Bwd Double Salto Over The Bar
	Circle Down on LB or HB	Straddle Undersho ot	Fwd Salto Tuck/ Pike/ Straight	Hecht Straddle			
		Pike Undersho ot	Bwd Salto Tuck/ Pike/ Straight	Hip Circle Bwd on LB or HB			

Horizontal Bar

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Straight Hang Hold (2s)	Cast to 90o	Cast to Handstand	Fwd Giant	Back Uprise to Handstand	Back Uprise to Handstand ½ Turn	Back Uprise And Straddle Hecht With ½ Turn To Hang	Czech Giant And Vault Bwd Straddle to Hang
Straight Hang Dismount	Chin Up Hold (2s)	Bwd Hip Circle	Bwd Giant	½ Turn Through Handstand	Flying Giant Swing Bwd	Yamawaki	Swing Fwd ½ Turn To Salto Fwd Straddle To Hang
Fish Swings	Swings Under Bar (Max 2)	Fwd Hip Circle	Swing Under Bar With 1/1 Turn	Clear Hip Circle To Handstand	Steineman Uprise With ½ Turn To Support	Adler	Salto Bwd Tucked Over The Bar
Cast to 45o	Tuck Hold (2s)	Back Uprise to Support	Kip To Handstand	Endo	Back Uprise And Straddle Over To Hang RW	Bwd Double Salto Dismount	Bwd Double Salto Over The Bar Dismount
Chin Up No Hold	Straddle Hold (2s)	Swing From Cast	Clear Hip Circle	Stalder	Bwd Salto With 1/1 Twist Dismount		
Leg Lift to 90oNo Hold	Pike Hold (2s)	Swing Under Bar With ½ Turn	Stoop Circle To Handstand	Bwd Salto With ½ Twist Dismount			
	Circle Up	Stoop Circle To Hang	From Swing 1/1 Turn Dismount	Hecht Straddle Dismount			
	Circle Down	Upstart	Fwd Salto Tuck/ Pike/				

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
			Straight Dismount				
	Circle Down Dismount	From Swing ½ Turn Dismount	Bwd Salto Tuck/ Pike/ Straight Dismount				
	Toes to Bar Hold (2s)						
	From Swing Dismount						

Still Rings

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
L Sit Hold 2 Seconds	From Any Support, Swallow or swing Bwd in Support, Roll Forward to Bwd Swing in Hang	Fwd Uprise	Felge Upward to Support	Swing Fwd Through Handstand	Double Tuck Salto Bwd to Hang	Inverted Cross Hold 2 Seconds	Davtyan
Straddle Sit Hold 2 Seconds	Muscle Up	Chechi	Honma	Bwd Uprise Through Handstand	Honma Straight	Honma to V Sit	Back Kip to Inverted Cross
L Lever Hold 2 Seconds	Kip To Support	Tuck Salto Bwd to Hang	Back Kip to Support	Backward Swing to Salto Fwd, Piked to Support	From Handstand Lower Through Cross to Inverted Hang		Double Bwd Straight Salto Dismount

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Straddle Lever Hold 2 Seconds	Fwd Swing to Swing Bwd in hang	Dislocate From Swing	From Support Swing Bwd to Handstan d Hold 2 Seconds	Honma to Handstan d Hold 2 Seconds	Fwd Uprise to V Cross		
Shoulder Stand Hold 2 Seconds	Forward Roll to Hang	Bwd Uprise	Press to Handstan d with Straight Body and Straight Arms From Support	Any Cross Hold 2 Seconds	Honma to L Sit		
Inverted Hang Hold 2 Seconds	Backward Roll to Hang	Inlocate From Swing	Fwd Uprise to L Sit	Fwd Uprise to V Sit	Fwd Uprise to Cross		
German Hang Hold 2 Seconds	V Sit	Slow Dislocate From German Hang	Kip to L Sit	Kip To V Sit	Double Bwd Salto Dismount		
Inverted Splits Hold 2 Seconds	Back Lever Hold 2 Seconds	Slow Inlocate From Hang	Felge Upward to Straddle Support	Bwd Salto 1/1 Twist Dismount	Bwd Tuck/ Pike Salto 2/1 Twist Dismount		
Chin Up	Front Lever Hold 2 Seconds	Back Kip with Bent Arms to Support	Bwd Salto ½ Twist Dismount				
Straight Hang Dismount	Press to Handstan d with Bent Body and Bent Arms Hold 2 Seconds	Forward Roll to Support					

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Support Hold 2 Seconds	Bwd Tuck / Pike Salto Dismount	Fwd Roll Muscle Up					
	Swing 1/1 Twist Dismount	Bwd Straight Salto Dismount					

Parallel Bars

Elements Starting in Upper Arm Position

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Swings in Upper Arms	Fwd Uprise to Support	Fwd Uprise and Straddle Cut Bwd to Handstan d	Fwd Uprise and Straddle Cut Bwd to Hang	Bwd Salto with Straddled Cut to Upper Arms	Fwd Uprise to Mukuts to Upper Arm	Fwd Uprise with ½ Turn to Handstan d	
	Fwd Uprise with ¼ Turn to Hang on 1 Rail	Bwd Uprise to Handstan d	Roll Bwd to Handstan d with Straight Arms	Bwd Uprise with ½ Turn and Straddle Cut Bwd to Support			
	Bwd Uprise and Straddled Cut or Flank Over to Support	Bwd Uprise with ½ Turn to Support	Bwd Uprise with ½ Turn and Straddle Cut Bwd to Upper Arm Hang				

Elements in Support or Through Support on 2 Bars

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
½ Turn in Support	Any Swing to Handstand	Press to Handstand	Straddle Cut Bwd to Handstand	Stützkehr Fwd to Handstand	Salto Bwd to Handstand	Swing Bwd with ¾ Turn Hop to Handstand	Swing Bwd with 1/1 Turn Hop to Handstand
Jump to Support	L Sit	Straddle Cut Bwd to Support	Any Handstand with 1/1 Turn	Carballo	Stützkehr Bwd Through Handstand to Support	Salto Fwd Straddled to Bent Arm Support	
Dip to 90o	Straddle Sit	Swing to Handstand ½ Turn	Salto Fwd to Upper Arm Hang	Stützkehr Bwd to Support	Swing Bwd with ½ Turn Hop to Handstand		
Support Hold	Healy to Upper Arm	Handstand with ¼ Turn Fall Back to Support ¼ Turn		Salto Fwd to Support	Salto Fwd Straddled to Upper Arm Hang		
Swings in Support	1/1 Turn in Support	Healy to Support					
	Fwd Roll to Straddle Sit	Any Handstand with ½ Turn					
	Fwd Roll to Upper Arm	V Sit					
	Headstand						

Long Swings in Hang on 1 or 2 Bars and Underswings

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
	Upstart	Upstart with ½ Turn to Support	Moy to Support	Swing Down with Salto Bwd Straight to Hang	Giant Swing Bwd	Giant Swing Bwd with Straddle Cut to Upper Arm Hang	Giant Swing Bwd with Diamidov to Handstand
	Cast to Upper Arm Hang	Upstart Straddled Cut Bwd to Handstand	Upstart Bwd to Handstand	Felge with ½ Turn to Upper Arm Hang			Giant Swing Bwd and Salto with ½ Turn to Hang on the End
		Cast To Support	Cast with ½ Turn to Support	Felge Straddle Cut to Support			
		Cast with ½ Turn to Upper Arm Hang	Felge to Support				
		Felge with Travel to Hang	Felge Fwd to Support				

Dismounts

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Fwd Flank	Fwd Flank 1/1 Turn	Fwd Salto Tuck/ Pike/ Straight	½ Twist Fwd Salto Tuck/ Pike/ Straight	1/1 Twist Fwd Salto Tuck/ Pike/ Straight	1½ Twist Fwd Salto Tuck/ Pike/ Straight	2/1 Twist Fwd Salto Tuck/ Pike/ Straight	Double Salto Fwd
Bwd Flank	Bwd Flank 1/1 Turn	Bwd Salto Tuck/	½ Twist Bwd Salto Tuck/	1/1 Twist Bwd Salto Tuck/	1½ Twist Bwd Salto Tuck/	2/1 Twist Bwd Salto Tuck/	Double Salto Bwd

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
		Pike/ Straight	Pike/ Straight	Pike/ Straight	Pike/ Straight	Pike/ Straight	
Straight Support Hold to Drop							

Pommel Horse

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Pendulum Swing	Scissor Forward	Scissor Forward With ½ Turn	Double Scissor Forward	Flair Through Handstan d and Lower to Flair or Circle	Russian Wendesw ing 360o	Russian Wendesw ing 540o	Yamawaki
Straight Dismount	Scissor Backward	Scissor Backward With ½ Turn	Double Scissor Backward	Russian Wendesw ing 180o			
Side Planche	Circle in Side Support	Circles in Cross Support Between the Pommels	Any ½ Spindle				
Tuck Planche	Circle in Cross Support Frontway s on End	Circles in Side Support Between or Outside the Pommels	Schwaben flank				
Straddle Planche	Circle in Cross Support	Any ¼ Spindle	Russian Wendesw ing				

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
	Rearways on End						
Straight Planche	Handstand Hold (2s)	Circles with Any Travel in Side Support	Circle or Flair Through Handstand Dismount				
Tuck Lever	Press to Handstand	Travel Fwd in Cross Support					
Straddle Lever	Straddle Press to Handstand	Travel Bwd in Cross Support					
Pike Lever		Wendeswing Dismount					

Floor Exercise & Artistic

Leaps, Jumps & Hops

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Straight Jump	½ Turn Tuck Jump	1/1 Turn Tuck Jump	Straddle/ Pike/ Side Split Jump with 1/1 Turn to Front Support	Tour Jeté with additional 1/1 Turn to One or Both Feet			
Star Jump	½ Turn Straddle Jump	1/1 Turn Straddle Jump	Hop with 1 ½ Turn to Front Support	Butterfly With 2/1 Twist			
Tuck Jump	½ Turn Pike Jump	1/1 Turn Pike Jump	2/1 Turn Cat Leap	Straddle/ Pike/ Side Split with 1 ½ Turn			

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Straddle Jump	1/1 Turn Jump	2/1 Turn Jump	2/1 Turn Wolf Jump	Split Jump with 1 ½ Turn			
Pike Jump	½ Turn Cat Leap	1/1 Turn Cat Leap	Split Leap 1/1 Turn	Switch Leap 1/1 Turn			
½ Turn Jump	½ Turn Wolf Jump	1/1 Turn Wolf Jump	Tour Jeté with additional ½ Turn to One or Both Feet or to Split sit	Switch Leap to Ring Position with ½ Turn			
Cat Leap	½ Turn Stag Jump	Straddle/ Pike/ Side Split Jump to Front Support	Csillag	Johnson 1/1 Turn			
Wolf Jump	Sheep Jump	Moerz	Butterfly with 1/1				
Stag Leap / Jump	Split Leap / Jump	Split Jump/ Leap ½ Turn	Twist fwd or bwd				
Scissor Leap	Sissone	Tour Jeté (Splits or Ring Position)	Switch Leap ½ Turn				
Hop to Land in Arabesque	Tuck Jump with Separation of Legs to Splits	Sissone/ Stag to Ring Position	Switch Leap to Ring Position				
	Side Leap	Butterfly fwd or bwd	Split Jump to Ring Position with 1/1 Turn				

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
	Hop ½ Turn to Land in Arabesque	Switch Leap	Johnson ½ Turn				
		Johnson					

Turns

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
½ Turn on One Leg	1/1 Turn on One Leg	2/1 Turn on One Leg	3/1 Turn on One Leg	2/1 Turn with fwd Leg at Horizontal Througho ut	4/1 Turn on one Leg	3/1 Turn with Leg Held in 180o Splits	
½ Turn on Both Feet	1/1 Turn with fwd Leg at Horizontal Througho ut	1/1 Turn with Leg Held in 180o Splits	1/1 Wolf Spin	2/1 pirouette with Leg Extended, Lowering to Complete the Turn in Wolf Position	2/1 Turn with Leg Held in 180oSplits	3/1 Wolf Spin	
		1/1 Turn in Back Attitude			2/1 Turn in Back Attitude	3/1 Turn with fwd Leg at Horizontal Througho ut	
		Illusion			2/1 Turn with Free Leg Held with Both Hands bwd		
					2/1 Wolf Spin		

Non-Acrobatic Elements

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Hdst (No Hold)	Hdst (2 s)	Hdst to L-sit or Strad L-sit (2 s)	V-sit (Russian Lever)	Manna	Manna (2 s) press to hdst (2 s)	Flair Hopping with 360o Turn bwd through hdst back to Flair (2 hops)	
Any Standing Scale, no hands (2 s) e.g. Arabesque, fwd, sideways	Hdst fwd Roll	Swiss press to hdst (2 s)	Piked Body, str arm or str body, bent arms press to hdst (legs together, 2s)	V-sit (2 s) press to hdst (2 s)	Manna (2 s), turn over to hdst (2 s)	Flair with >270 Spindle (2 circles) to hdst	
Fwd Roll To Stand	Hdst ½ Turn (In or To hdst)	Rock to hdst from prone (2 s)	Hdst Press from Spilt, L-sit, or front sup (2 s)	Spilt Press to Japanese hdst (2 s)	Swallow (2 s) press to Japanese hdst (2 s)		
Fwd Roll to Straddle Stand	Cross (Front) or Side Split (2 s)	Straddle Planche (2 s)	Press, Lower, or Swing to Japanese hdst (2 s)	Planche (2 s) press to hdst (2 s)	Circles to hdst		
Bwd Roll to Stand	Any Standing Scale with 180oStraddle using Hands e.g. Needle (2 s)	Hdst 1/1 Turn (In or To hdst)	Planche or Swallow (2 s)	Jump bwd with 1/1 Turn to Front Sup	Flair to hdst		

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Bwd Roll to Straddle Stand	Y Balance (2 s)	Endo Roll to hdst (2 s)	Straddle Planche (2 s) press to hdst (2 s)	1 Double Leg Circle	Lower from hdst to Circle		
Headstand Tucked (2 s)	Bwd Roll to hdst	Fwd Walkover	From L-sit or V-sit Turn Over bwd to Stand	1 Flair	Lower from hdst to Flair		
Headstand Straight (2 s)	Hecht Roll or Dive Roll	Bwd Walkover	Endo Roll Piked to hdst (2 s)	Flair with ½ Spindle	Circle or Flair to hdst Continue to Circle or Flair		
Japana or Pike Lie Flat (2 s)	Bridge Kickover	Any Standing Scale with 180o Straddle No Hands (2 s)	Jump bwd with Pike to Front Sup	Hdst 3/1 Turn	Flair with 1/1 Spindle (2 Circles)		
Side Straddle Roll		Jump bwd to Front Sup	Bwd Roll to hdst with 1/1 Twist Hop	Bwd Roll to hdst 2/1 Twist Hop	Flair with ½ Spindle to hdst		
Bridge		Bwd Roll to hdst with ½ Turn	Hdst 2/1 Turn		Russian Weneswing		
			Valdez				

Acrobatic Elements

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
Cartwheel Sideways	Round Off	Fwd Handspring to One	Salto fwd Tucked	Handspring Salto fwd Tuck	Salto fwd with 1/1 Twist (Tucked or Straight)	Salto fwd with 2/1 Twist	Double Salto fwd Tucked with ½ Twist
Cartwheel Front to Back	One handed Cartwheel	Fwd Handspring to Two	Salto fwd Piked	Salto fwd Straight	Salto bwd with 1/1 Twist (Tucked or Straight)	Salto bwd with 2/1 Twist	Double Salto fwd Piked
	Two Cartwheels Connected	Flyspring	Salto bwd Tucked	Salto fwd Tucked with ½ Twist	Whip Salto bwd with 1/1 Twist	Double Salto fwd Tucked	Double Salto fwd Pike with ½ Twist
		Bwd Handspring	Salto bwd Piked	Salto fwd Piked with ½ Twist		Double Salto bwd Tucked	Tucked Barani into Salto bwd (1/2 in Back Out)
		Jump bwd with ½ Twist to fwd Roll	Arabian	Salto fwd Straight with ½ Twist			Double Salto bwd Piked
		Gainer bwd Handspring	Onodi	Salto fwd to Front Support			Double Salto bwd Tucked with ½ Twist
			Fwd Handspring with 1/1 twist after Hand Support	Salto bwd Straight			Double Salto bwd Piked with ½ Twist
			Free cartwheel	Salto bwd Straight			

0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8
				with ½ Twist			
				Whip Salto bwd with ½ Twist			