West Wales Handbook



2024 - 2026

Foundation 1 – Age 5 (Season 1)

VAULT	BARS	BENCH	FLOOR	R&C
Mini Spring board & 10cm mat (max 5m run up	Bar height- Enough to hang without touching the floor	Mount from end		
• **Run & Stretch Jump to land** (no arm swing required	• **Hand on bar in straight shape (Hold for 2secs)** • **Show Tuck Shape (Hold for 2secs)** • **Show Pike Shape (Hold for 2secs)** • **Show Straddle Shape (Hold for 2secs)** • **Show Straight Shape & drop to landing (Hold for 2secs)**	• **Squat on** • **Walk to middle** • **Stretch jump to land** • **Turn to face judge (can include side dance pose)** • **Single leg balance (Hold 2secs)** • **Stretch jump off side to land (Hold for 2secs)**	• **Stretch Jump** • **Forward Roll** • **Star jump to land (Hold for 2secs)**	• **Forward roll to pike sit (Hold for 2secs)** • **Straddle sit (Hold for 2secs)** • **Tuck sit (Hold for 2secs)** • **Tuck rock holding knees to stand**

Foundation 2 – Age 5 (Season 2)

VAULT	BARS	BENCH	FLOOR	R&C
Mini Spring board & 20cm mat	Bar height- Enough to hang without touching the floor	Mount from end (Minimum of 3 poses		
• **Run & Stretch Jump to land**	• **Coach to lift gymnast to chin up position on the bar** • **Hold chin up position with chin on the bar (2secs)** • **Slowly lower to hang** • **Show Tuck Shape (Hold for 2secs)** • **Show Pike Shape (Hold for 2secs)** • **Show Straddle Shape (Hold for 2secs)** • **Show Straight Shape & drop to landing (Hold for 2secs)**	• **Squat on** • **Walk 1/3 of length** • **Stretch jump to land, walk 1/3 of length** • **Single leg balance (Hold 2secs), walk to end** • **Releve 1/2 turn, walk to middle** • **Pose to the side** • **Stretch jump off side to land (Hold for 2secs)**	• **Stretch Jump** • **Forward Roll** • **½ turn jump** • **Backward roll tucked** • **Star jump to land (Hold for 2secs)**	• **Forward roll to pike sit (Hold for 2secs)** • **Pike Fold (Hold for 2 secs** • **Straddle sit (Hold for 2secs)** • **Tuck sit (Hold for 2secs)** • **Lie down to dish (hold for 2secs)** • **Rock back and forward to stand**

Foundation 3 – Age 6 (Season 1)

VAULT	BARS	BENCH	FLOOR	R&C
Big Spring board & 40cm mat	Bar height- At head height 40cm block in front	Mount from end – Routine with Basic Dance work		
• **Run & Stretch Jump to land**	• **Start with feet on block, with straight body at an angle in regular grip** • **Chin up over the bar in dish position – return to straight arms on block** • **Take feet off the block and show pike shape (Hold for 2secs)** • **Show Straddle Shape (Hold for 2secs)** • **Show Tuck Shape (Hold for 2secs)** • **Place feet on floor and step back to finish**	• **Squat on** • **Walk 1/3 of length** • **Stretch jump to land, walk 1/3 of length** • **Caterpillar to front support (Hold for 2secs) walk to end** • **Releve 1/2 turn, walk to middle** • **Catleap, Dance pose on the side** • **Tuck jump off side to land (Hold for 2secs)**	• **Stretch Jump** • **Forward Roll** • **Lift leg to horizontal** • **Side Cartwheel to Star Stand**	• **Controlled Forward roll to straddle sit (Hold for 2secs)** • **Fold forwards to Japana and swim through to flat lie** • **Lift to Arch position (Hold 2 secs)** • **Return to lie flat** • **Roll over and lift to dish position (Hold 2secs)** • **Tuck knees in and rock backwards and forwards to stand.**

Foundation 4 – Age 6 (Season 2)

VAULT	BARS	BEAM	FLOOR	R&C
Baby or Big Spring board & 40cm mats/Block	Bar height- Above head height feet touching floor	Low Beam @1m with crash mats under – Routine with Basic Dance work	Travelling from nearest corner to judges, to opposite corner, follow by reurning by same route towards judges **(Old Dev4/5 & Comp 7 Music)**	
• **Run & Stretch Jump to land** • **Walk to end** • **Star jump off to land**	• **Pull up to chin up – chin above bar level. Lift legs to Tuck shape, Lower in Tuck** • **Then extend to pike shape (Hold for 2secs)** • **Open to Straddle Shape (Hold for 2secs)** • **Close legs to pike shape, place heels on floor show dish shape (Hold**	• **Jump to front support swing leg over to straddle sit on beam.** • **Swing legs back to crouch, stand up and walk 1/3 of length** • **Stretch jump prep (Lift to releve and land) to land** • **3 steps forward on toes** • **Caterpillar walk to front support (Hold for 2secs)** • **Balance on one foot (bent free leg) Hold 2 secs** • **Walk to end of beam and stretch jump dismount**	• **Handstand forward roll, stretch jump to 1 foot, cartwheel ¼ turn in, Backward roll with straight legs & finish** • **Stretch Jump ½ turn** • **Forward roll to stand** • **Turn to face judges, Chasse, Catleap** • **3 steps forward** • **Double releve ½ turn on toes.**	• **Controlled Forward roll to straddle sit (Hold for 2secs)** • **Fold forwards to Japana and swim through to flat lie** • **Lift to Arch position (Hold 2 secs)** • **Return to lie flat** • **Roll over and lift to dish position (Hold 2secs)** • **Push to Bridge (hold 2 secs)** • **Shoulder stand (Hold 2secs) and roll forwards to stand.**

Foundation 5 – Age 7 (Season 1)

VAULT	BARS	BEAM	FLOOR	R&C
Big Spring board & 60cm Block	Bar height- Above head height feet nottouching floor	Low Beam @1m– Routine with Basic Dance work	Travelling from nearest corner to judges, to opposite corner, follow by reurning by same route towards judges **(Old Dev4/5 & Comp 7 Music)**	
• **Run & Stretch Jump to land** • **Walk to end** • **Stretch jump off to land**	• **From hang change to dish shape (Hold 2secs)** • **Transition to arch shape (Hold 2secs)** • **Chin up in dish shape & return to hang** • **Lift legs to toes touch the bar, lower to1/2 lever (Hold 2secs)** • **Open to straddle Shape (Hold for 2secs)** • **Close legs and lower to hang,** • **Release bar and land (landing deductions apply)**	• **Jump to front support swing leg over to straddle sit on beam.** • **Swing legs back to crouch, stand up** • Releve ½ turn • Dance 1/3 of a length • **Stretch jump** • **3 steps forward on toes (with arm movements)** • **Caterpillar walk to front support (Hold for 2secs)** • **Balance on one foot (straight free leg behind or in front at 45˚) Hold 2 secs** • **Dance to end of beam and star jump dismount**	• **Handstand forward roll with straight arms, stretch jump to 1 foot, cartwheel ¼ turn in, Backward roll with straight arms and legs & finish** • **½ spin & finish** • **Forward roll to stand** • **Turn to face judges, Chasse, Catleap, Chasse, Scissor Kick** • **3 steps forward** • **Split Jump to 90˚**	• **Controlled Forward roll to straddle sit (Hold for 2secs)** • **Fold forwards to Japana and swim through to flat lie** • **Press to front support position (Hold 2 secs)** • **Swing leg around to splits (Hold 2secs)** • **½ turn to show splits on other leg -may use hand (Hold 2secs)** • **Swing leg to pike sit & Pike fold (Hold 2secs) lie back** • **Push to Bridge (hold 2 secs)** • **Lift 1 leg and kick over to stand.**

Foundation 6 – Age 7 (Season 2)

VAULT	BARS	BEAM	FLOOR	R&C
Big Spring board & 60cm Block	High Bar of A Bars-	FIG Beam Regulation with a safety mat 20 or30cm under full length of beam	Optional Order with Set Elements	
• **Run & Stretch Jump to land** • **Kick to handstand flatback to level mats** **No flight required**	• **From hang reverse chip up and lower** • **½ Turn** • **2 x Leg Lifts** • **Chin up in dish shape & return to hang** • **Dish hold (Hold for 2secs)** • **1 Full Fish Kick (Arch, Dish, Arch)** • **Release bar and land in dish (landing deductions apply)**	• **Jump to front support swing leg over to straddle sit on beam.** • **Stretch Jump** • **Spin prep on flat foot, free leg bent toe to knee (hold 2secs)** • **Step forward and Releve ½ turn** • **Needle Scale Kick to 135˚ (foot to stay on beam)** • **Arabesque (Hold for 2secs)** • **Hurdle step to take off 2 feet into stretch jump dismount (No run required)**	• **Handstand forward roll with straight arms to stand feet together** • **Full spin (any direction)** • **Kick to split handstand and Tic Toc** • **Chasse, Catleap, Chasse, Scissor Kick** • **Cartwheel front to back into piked backward roll with straight arms- legs together to pike stand** • **Split Jump to 135˚**	• **From standing, Crouch Forward roll to straddle sit** • **Lift to Straddle ½ lever (Hold for 2secs)** • **Lower and Fold forwards to Japana and swim through to flat lie** • **Press to front support position (Hold 2 secs)** • **Swing leg around to splits (Hold 2secs)** • **½ turn to show splits on other leg -may use hand (Hold 2secs)** • **Swing leg to pike sit & Pike fold (Hold 2secs) lie back** • **Push to Bridge (hold 2 secs)** • **Lift 1 leg and kick over to stand.** • **Lift 1 leg to horizontal arms to side and leg dip. Step forward** • **Repeat on opposite leg**

Pre-Excel 1 – Age 6 (Season 1)

VAULT	BARS	BEAM	FLOOR	R&C
Big Spring board & 40cm Block	Bar height- Above head height feet touching floor	Low Beam @1m– Routine SET ORDER	Travelling from nearest corner to judges, to opposite corner, follow by reurning by same route towards judges **(Old Dev4/5 & Comp 7 Music)**	
• **Run & Stretch Jump to land** • **Walk to end** • **Stretch jump off to land**	• **Pull to Chin up (chin above bar)** • **Lift legs to Tuck shape (Hold 2secs)** • **Lower to straight arms and extend legs to pike (Hold for 2secs)** • **Open to straddle Shape (Hold for 2secs)** • **Close legs and lower feet to floor in dish (Hold for 2secs)**	• **Jump to front support swing leg over to straddle sit on beam and stand** • **Swing legs back to crouch, stand up** • **3 Dips** • **Stretch jump prep to toes** • **3 steps forward on toes (with arm movements)** • **Caterpillar walk to front support (Hold for 2secs)** • **Balance on one foot (bent free leg toe to knee) Hold 2 secs** • **Walk to end of beam and stretchjump dismount**	• **Handstand forward roll, stretch jump to 1 foot, cartwheel ¼ turn in, Backward roll with straight legs to pike stand** • **Stretch Jump ½ turn** • **Forward Roll** • **Turn to face judges, Chasse, Catleap,** • **3 steps forward on toes** • **Double releve ½ turn on toes**	• **Controlled Forward roll to straddle sit (Hold for 2secs)** • **Fold forwards to Japana and swim through to flat lie** • **Lift to Arch shape (Hold 2 secs)** • **Roll over to dish shape (Hold 2secs)** • **½ turn to show splits on other leg -may use hand (Hold 2secs)** • **Lie back** • **Push to Bridge (hold 2 secs)** • **Lower and lift to shoulder stand (Hold 2secs)** • **Roll forward to stand**

Pre-Development 1 – Age 6 (Season 2)

VAULT	BARS	BEAM	FLOOR	R&C
Big Spring board & 60cm Block with level mats	High Bar	Low Beam @1m– Routine SET ORDER	Voluntary Routine	
• **Run & Stretch Jump to land** • **Kick to handstand flatback to level mats** **No flight required**	• **Show Dish shape (Hold 2 secs)** • **Show Arch Shape (Hold 2 secs)** • **Chin up in dish shape & return to hang** • **Lift legs to toes touching bar lower to piked ½ lever (Hold 2secs)** • **Lower to straight arms and extend legs to pike (Hold for 2secs)** • **Open to straddle Shape (Hold for 2secs)** • **Close legs and to hang (Hold for 2secs)** • **Release bar to land**	• **Jump to front support swing leg over to straddle sit on beam and stand** • **Swing legs back to crouch, stand up** • **Stretch jump** • **Caterpillar walk to front support (Hold for 2secs)** • **Releve ½ turn on toes with optional arm position)** • **Arabesque leg at 45˚) Hold 2 secs** • **Walk to end of beam and hurdle step to 2 feet stretch jump dismount (No run required)**	• **Split Jump over 90˚** • **Chasse, Catleap, Chasse, Scissor Kick** • **Backward roll- straight arms & legs to pike stand** • **Handstand Forward Roll with straight arms** • **Cartwheel ¼ turn in to dish**	• **From standing, crouch Forward roll to straddle sit Lift to Straddled ½ lever (Hold for 2secs)** • **Fold forwards to Japana (Hold 2 secs) and swim** • **Push to front support (Hold 2 secs)** • **Swing leg forwards to splits (Hold 2secs)** • **½ turn to show splits on other leg -may use hand (Hold 2secs)** • **Bring leg around to pike sit, Pike Fold (Hold 2 secs)** • **Lie back, Push to Bridge (hold 2 secs)** • **Lift leg to vertical , Kick over to stand** • **Lift 1 leg to horizontal arms to side and leg dip. Step forward** • **Repeat on opposite leg**

Pre-Excel 2 – Age 7 (Season 1)

VAULT	BARS	BEAM	FLOOR	R&C
Big Spring board & 30cm Block	Metal Bar	Low Beam @1m– Routine SET ORDER to include low and side dance	Voluntary Routine	
• **Run & Stretch Jump** • **Immediate Dive Forward Roll**	• **Show Dish shape (Hold 2 secs)** • **Show Arch Shape (Hold 2 secs** • **Pull to Chin up Circle over to Front Support** • **Cast away in dish to stand on block** • **Jump off Block in Dish** • **3 x Swings – 3rd Swing to land back on block.**	• **Jump to front support swing leg over to straddle sit on beam** • **Straddle Lever (Hold 2 secs)Lower to sit** • **Swing legs to squat and stand up** • **Split Jump to 90˚min** • **Releve ½ turn step into Releve ½ turn (continue in same direction)** • **Baby Split Handstand to finish in Lunge** • **Walk to end of beam and dismount with Backwards stretch jump**	• **Cartwheel ¼ turn in, Backward roll with straight legs to front support** • **Split Leap 135˚** • **½ spin, ½ turn** • **Stretch Jump, Immediate Star Jump** • **Handstand Forward Roll with straight arms**	• **Lift leg to horizontal (Hold 2 Secs)** • **Repeat on Opposite Leg** • **Bend knees backward roll with straight arms to front support** • **Drag feet through to straddle lever (Hold 2 secs)** • **Lower to straddle sit and fold to Japana, swing through and press to front support** • **Swing leg forwards to splits (Hold 2secs)** • **½ turn to show splits on other leg -may use hand (Hold 2secs)** • **Bring leg around to pike sit, Pike Fold (Hold 2 secs)** • **Lie back, Push to Bridge (hold 2 secs)** • **Lift leg to vertical , Kick over to stand**

Pre-Development 2 – Age 7 (Season 2)

VAULT	BARS	BEAM	FLOOR	R&C
Big Spring board & 20cm Mat	Metal Bar	High Beam with 60cm block– Routine SET ORDER to include low and side dance	Voluntary Routine	
• **Run Tucked Front Salto to Fall Forwards**	• **Show Dish shape (Hold 2 secs)** • **Show Arch Shape (Hold 2 secs** • **Pull to Chin up Circle over to Front Support** • **Cast away in dish fall back into undershoot action** • **3 x Swings – to Horizontal**	• **Jump to front support swing leg over to straddle sit on beam** • **Straddle Lever (Hold 2 secs) Lower to sit** • **Stretch Jump, Stretch Jump (No arm swing)** • **Kick to Split Handstand to finish in lunge.** • **Backward Walkover (0.5 Bonus – if No Fall)** • **½ Spin on toes.** • **Split Jump (135◦)** • **Dismount Cartwheel Stretch Jump**	• **From 1 Hurdle Step Round off, Rebound Jump** • **Catleap, Cartwheel to finish in Lunge.** • **Chasse Split leap on 1 leg, step into hop with leg horizontal** • **Full Spin** • **Backward Roll through 135◦ to front support.** • **Dive Forward Roll (No Hecht Needed)**	• **Lift leg to horizontal (Hols 2s)** • **Repeat on Opposite Leg** • **Bend knees backward roll with straight arms to front support** • **Drag feet through to straddle lever (Hold 2 secs)** • **Lift to straddle stand** • **Elephant Lift to Handstand (Show) step down** • **Slide to Splits (Hold 2s), Turn to other leg splits (One hand placement allowed)** • **Bring leg around to Pike Sit, Pike Fold (hold 2s)** • **Lie down and push to Bridge (Hold 2 secs)** • **Lift leg to vertical (Show), Kick over to stand** • **Split Jump, Split Jump on other leg** • **Minimum 135◦**

Pre-Excel 3 – Age 8 (Season 1)

VAULT	BARS	BEAM	FLOOR	R&C
Big Spring board & 40cm Mat	Metal Bar	High Beam with20cm mat– Routine SET ORDER to include low and side dance	Voluntary Routine	
• **Run Tucked Front Salto to Fall Forwards**	• **Pull to Chin up Circle over to Front Support** • **Cast to minimum Horizontal** • **3 x Swings – to Horizontal** • **Backward Giant (0.5 Bonus)**	• **Jump to Japana (Hold 2 secs)** • **Needle Scale Kick to Stand** • **Split Jump to 135˚min (Arms to Side), Stretch Jump (Arms by ears)** • **Kick to Split Handstand** • **Backward Walkover (Same length as split handstand)** • **½ Spin on toes, Releve ½ turn** • **Back Leg Kick (circle arms from side to ears)** • **Dismount Cartwheel Stretch Jump**	• **From 1 Hurdle Step Round off, flic, Rebound Jump** • **Tuck Front Salto or Handspring to 2** • **Split leap on 1 leg, step into hop with leg Horizontal into split leap on other leg.** • **Full Spin** • **Cartwheel**	• **Lift leg to horizontal (Show) Circle to side (Show) continue to arabesque (show) return to stand** • **Repeat on Opposite Leg** • **Pike Fold (Hold 2 secs)** • **Bend knees backward roll with straight arms to front support** • **Drag feet through to straddle lever (Hold 2 secs)** • **Lift to straddle stand** • **Elephant Lift to Handstand (Show)** • **Controlled lower to Bridge (Hold 2 secs)** • **Lift leg to vertical , Kick over through split handstand to stand** • **Straddle Jump, Split Jump, Split Jump on other leg** • **Linked but not rebounding- Minimum 135˚**

WEST AREA
Development Plan



Specific Deductions

5/6/7/8's Tumble & Vault

5 in year

Vault – Run, Hurdle step stretch jump off spring board onto 10cm mat
(use of Mini Springboard is permitted) - SV 13.00

PHASE	EXECUTION FAULTS	PENALTIES
Take off board	Poor co-ordination of arm swing	0.10
	Arms already up on jump onto board	0.30
	Rebound not immediate	0.50
Stretch Jump	Rebound from one foot	0.50
And landing	Body Alignment in jump	0.10 0.30
	Lack of height in jump	0.10 0.30 0.50
	Bent legs in jump	0.10 0.30 0.50
	Legs apart	0.10 0.30
	FIG Landing deductions apply	
General	Insufficient dynamics	0.10 0.30

Tumble – Stretch jump, forward roll, star jump - SV 13.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Stretch jump	1.00	Failure to take off 2 feet	VM
			Lack of straight body shape	0.10 0.30 0.50
			Bent legs	0.10 0.30 0.50
			Lack of height	0.10 0.30
			Landing on 1 foot	0.30
2	Forward roll	1.00	Failure to stand up	VM
			Hesitation/stop	0.10 0.30
			Standing up on 1 foot	0.30
			Use of hand to assist stand	0.50
3	Star jump	1.00	Failure to take off two feet	VM
			Lack of star shape	0.10 0.30 0.50
			Feet in front of hips	0.30
			Bent legs	0.10 0.30 0.50
			Lack of height	0.10 0.30
			Landing on 1 foot	0.30

5/6/7/8's Tumble & Vault
6 in year

Vault – Run, hurdle step, stretch jump off springboard to land on 2 feet on 40cm mats/block - SV 13.00

PHASE	EXECUTION FAULTS	PENALTIES
Take off board	Poor co-ordination of arm swing	0.10
	Arms already up on jump onto board	0.30
	Rebound not immediate	0.50
Stretch Jump	Rebound from one foot	0.50
And landing	Body Alignment in jump	0.10 0.30
	Lack of height in jump	0.10 0.30 0.50
	Bent legs in jump	0.10 0.30 0.50
	Legs apart	0.10 0.30
	FIG Landing deductions apply	
General	Insufficient dynamics	0.10 0.30

Tumble – Stretch jump, forward roll, ½ turn jump, tucked backward roll - SV 13.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Stretch jump	0.50	Failure to take off 2 feet	VM
			Lack of straight body shape	0.11 0.30 0.50
			Bent legs	0.10 0.30 0.50
			Lack of height	0.10 0.30
			Landing on 1 foot	0.30
2	Forward roll	1.00	Failure to stand up	VM
			Hesitation/stop	0.10 0.30 0.50
			Standing up on 1 foot	0.30
			Use of hand to assist stand	0.50
3	½ turn jump	0.50	Failure to complete ½ turn	VM
			Lack of straight body shape	0.10 0.30 0.50
			Bent legs	0.10 0.30 0.50
			Lack of height	0.10 0.30
			Landing on 1 foot	0.30
4	Tucked Backward roll	1.00	Failure to complete roll	VM
			Failure to land on feet	0.50
			Lack of tuck	0.10 0.30
			Legs apart	0.10 0.30

5/6/7/8's Tumble & Vault
7 in year

Vault – Run, hurdle step, stretch jump off springboard to land on 2 feet on 60cm block, Walk to the end, Stretch Jump off to land. - SV 13.00

PHASE	EXECUTION FAULTS	PENALTIES
Take off board	Poor co-ordination of arm swing	0.10
	Arms already up on jump onto board	0.30
	Rebound not immediate	0.50
Stretch Jump	Rebound from one foot	0.50
And landing	Body Alignment in jump	0.10 0.30
(deductions to be	Lack of height in jump	0.10 0.30 0.50
taken for jump on	Bent legs in jump	0.10 0.30 0.50
and off block)	Legs apart	0.10 0.30
	FIG Landing deductions apply	
Walk	Quality of walk along block	0.10 0.30 0.50
General	Insufficient dynamics	0.10 0.30

Tumble – Handstand Forward Roll to stand, Lift 1 Leg, Cartwheel ¼ turn in, Straight Legs into Backward Roll - SV 13.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Handstand forward roll	1.00	Failure to roll out of handstand	VM
			Lack of straight body shape	0.10 0.30
			Hesitation/stop	0.10 0.30
			Standing up on 1 foot	0.30
			Use of hand to assist stand	0.50
2	Lift 1 leg	0.50	Lack of leg lift to horizontal	0.10 0.30
			Bent leg	0.10 0.30
			Flexed Foot	0.10 0.30
3	Cartwheel ¼ turn in	1.00	Lack of Rhythm between leg lift and Cartwheel	0.10 0.30
			Bent legs at any point	0.10 0.30 0.50
			Body alignment	0.10 0.30
			No ¼ turn in	0.50
4	Backward roll	1.00	Failure to complete roll	VM plus a fall 1.00
			Failure to land on feet	1.00
			Lack of tuck	0.10 0.30
			Legs apart	0.10 0.30
			Roll not continuous	0.30

5/6/7/8's Tumble & Vault
8 in year

Vault – Run, hurdle step, stretch jump off springboard to land on 2 feet on 60cm block, Step into Handstand Flatback to level safety mats - SV 13.00

PHASE	EXECUTION FAULTS	PENALTIES		
Take off board	Poor co-ordination of arm swing	0.10		
	Arms already up on jump onto board		0.30	
	Rebound from one foot			0.50
Stretch Jump onto block	Body Alignment in jump	0.10		
	Lack of height in jump	0.10	0.30	
	Bent legs in jump	0.10	0.30	0.50
	Legs apart	0.10	0.30	
	FIG Landing deductions (not more than 0.8)	0.10	0.30	
Repulsion from block	Shoulder angle on contact with block	0.10	0.30	
	Bent arms	0.10	0.30	0.50
	Repulsion from hands on safety mat (and not block)			0.50
	Run/jump/hurdle step into handspring flatback			0.50
Flight from Block to Safety Mats	Bent legs	0.10	0.30	0.50
	Failure to maintain straight body position	0.10	0.30	
	Insufficient Height	0.10	0.30	0.50
	Insufficient Length	0.10	0.30	
	Legs apart in flight phase	0.10	0.30	
Landing on Safety Mats	Landing with hands still touching the block			0.50
	Landing on mats with les apart	0.10		
	Failure to land on flat back (landing in dish)		0.30	
General	Insufficient dynamics	0.10	0.30	

5/6/7/8's Tumble & Vault
8 in year

Tumble – Handstand Forward Roll straight arms, Forward roll to 1 leg, Cartwheel, Cartwheel ¼ turn in, Backward Roll straight arms & legs to Pike Stand - SV 13.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Handstand forward roll straight arms	0.50	Failure to roll out of handstand	VM plus a fall 1.00
			Lack of straight body shape	0.10 0.30
			Bent arms	0.10 0.30 0.50
			Hesitation/stop	0.10 0.30
			Standing up on 1 foot	0.30
			Use of hand to assist stand	0.50
2	Forward roll to 1 foot	0.50	Lack of continuous roll	0.10 0.30
			Standing up on 2 feet	0.50
			Use of hand to assist stand	0.50
			Stop	0.50
3	Cartwheel	0.50	Bent legs	0.10 0.30 0.50
			Body alignment	0.10 0.30
4	Cartwheel ¼ turn in	0.50	Bent legs	0.10 0.30 0.50
			Body alignment	0.10 0.30
			No ¼ turn in	0.30
5	Backward roll straight arms & legs	0.50	Failure to complete roll	VM plus a fall 1.00
			Failure to land on feet	1.00
			Bent arms	0.10 0.30 0.50
			Bent legs	0.10 0.30 0.50
			Legs apart	0.10 0.30
			Roll not continuous	0.30

Foundation Grades

Foundation Grade 1 - (5 years Season 1)

Vault - Mini spring board & 10cm mat (max 5m run up) – SV 13.00 (min score 8.0)
Run and stretch jump to land

PHASE	EXECUTION FAULTS	PENALTIES
Run	More than 5m run	0.50
Take-off & Jump	Jump on board with 1 foot	0.50
	Stretch jump shape (arms NOT required to be swung/up, including shape)	0.10 0.30 0.50
	Lack of height	0.10 0.30 0.50
Landing	FIG Landing deductions	As per CoP
	Fall	1.00

Bars – Bar high enough to hang without touching the floor – SV 13.00
Judge to say the words highlighted to the gymnast, wait 2 secs between shapes

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	General		Jump to bar not deductable	
			Coach helping gymnast verbally	0.30
			Coach helping gymnast physically	0.50
2	Straight shape	0.50	Overall single deduction for shape	0.10 0.30 0.50
3	Tuck shape	0.50	Overall single deduction for shape	0.10 0.30 0.50
4	Pike shape	0.50	Overall single deduction for shape	0.10 0.30 0.50
5	Straddle shape	0.50	Overall single deduction for shape	0.10 0.30 0.50
6	Land	0.50	FIG Landing deductions	As per Cop
			Fall	1.00

Foundation Grade 1 - (5 years Season 1)

Bench – Mount from end – SV 13.00 & Artistry bonus of 0.5
Judge to say the words highlighted to the gymnast (if required)

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	General Squat on Walk to the middle	0.5	Step onto bench not deductable Coach helping gymnast verbally Coach helping gymnast physically Overall artistry bonus (to be added on at the end) on how well the gymnast holds herself during walking etc and confidence (irrelevant of how good/bad the skills are)	 0.30 0.50 0.10 0.30 0.50
2	Stretch jump	0.5	Overall single deduction for jump & landing	0.10 0.30 0.50
3	Turn to face judge, Balance (hold 2 secs)	0.5	Overall single deduction for balance No Hold	0.10 0.30 0.50 0.30
4	Stretch jump off	0.5	Overall single deduction for shape	0.10 0.30 0.50
5	Landing Hold landing for 2 secs	0.5	FIG Landing deductions No Hold Fall	As per CoP 0.30 **1.00**

Tumble - SV 13.00
Judge to say the words highlighted to the gymnast (if required)

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		Coach helping gymnast verbally Coach helping gymnast physically	0.30 0.50
1	Stretch jump	0.50	Overall single deduction for shape	0.10 0.30 0.50
2	Forward Roll	0.50	Overall single deduction for quality of roll (smooth, continuous, legs together etc...) Failure to stand up Hesitation/stop before standing up Use of hand to assist stand	0.10 0.30 0.50 0.50 0.10 0.30 0.50
3	Star jump	0.50	Overall single deduction for shape	0.10 0.30 0.50
4	Landing Hold for 2 secs	0.50	Overall single deduction for shape No held for 2 secs	0.10 0.30 0.50 0.30

Foundation 1 - (5 years Season 1)

R & C - SV 13.00

Judge to say the words highlighted to the gymnast, wait 2 secs between shapes

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		Sit down/transitions not deductable but should be neat and tidy Coach helping gymnast verbally Coach helping gymnast physically	 0.30 0.50
1	Forward Roll to			
2	Pike sit Hold 2 secs	0.50	Overall single deduction for shape Not held for 2 secs	0.10 0.30 0.50 0.30
3	Straddle sit Hold 2 secs	0.50	Overall single deduction for shape Not held for 2 secs	0.10 0.30 0.50 0.30
4	Tuck sit Hold 2 secs	0.50	Overall single deduction for shape Not held for 2 secs	0.10 0.30 0.50 0.30
	Tuck rock holding knees to stand	0.50	Overall single deduction for quality of rock (smooth, continuous, legs together etc...) Failure to stand up Hesitation/stop before standing up Use of hand to assist stand	0.10 0.30 0.50 0.50 0.10 0.30 0.50

Foundation Grades

Foundation Grade 2 - (5 years - Season 2)

Vault - Run, Hurdle step Stretch Jump to Land Mini spring board & 20cm mat – SV 13.00 (min score 8.0)

PHASE	EXECUTION FAULTS	PENALTIES
Run	Should be powerful & more than 5m	
Take-off & Jump	Jump on board with 1 foot Rebound not immediate Stretch jump shape (including arm swing, body shape and height)	0.50 0.50 0.10 0.30 0.50
Landing	FIG Landing deductions Fall	As per CoP 1.00

Bars – Bar high enough to hang without touching the floor – SV 13.00
Coach to lift gymnast to chin up position on the bar

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		Jump to bar & chin up not deductable Coach helping gymnast verbally Coach helping gymnast physically	 0.30 0.50
1	Hold chin up with chin touching bar (2 secs) & lower to hang	0.50	Not held 2 secs/shown Lowering too quickly/out of control Body shape deduction (single deduction)	0.10 0.30 0.10 0.30 0.50 0.10 0.30
2	Tuck shape held 2 secs	0.50	Overall single deduction for shape Not held for 2 secs	0.10 0.30 0.50 0.30
3	Pike shape held 2 secs	0.50	Overall single deduction for shape Not held for 2 secs	0.10 0.30 0.50 0.30
4	Straddle shape held 2 secs	0.50	Overall single deduction for shape Not held for 2 secs	0.10 0.30 0.50 0.30
5	Straight shape drop to Landing held 2 secs	0.50	FIG Landing deductions Fall Not held for 2 secs	As per CoP 1.00 0.30

Foundation Grade 2 - (5 years - Season 2)

Bench – Mount from end minimum of 3 poses within Routine– SV 13.00 & Artistry bonus of 0.5 Judge to say the words highlighted to the gymnast (if required)

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		No dance work required Coach helping gymnast verbally Coach helping gymnast physically Overall artistry bonus (to be added on at the end) on how well the gymnast holds herself during walking etc and confidence (irrelevant of how good/bad the skills are)	 0.30 0.50 0.10 0.30 0.50
1	Squat on	0.50	Overall single deduction for move	0.10 0.30 0.50
2	Stretch jump	0.50	Overall single deduction for jump & landing	0.10 0.30 0.50
3	Balance	0.50	Overall single deduction for balance	0.10 0.30 0.50
4	Relevé ½ turn	0.50	Overall single deduction for turn on toes	0.10 0.30 0.50
5	Stretch jump off	0.50	Overall single deduction for shape	0.10 0.30 0.50
6	Landing		FIG Landing deductions Fall	As per CoP 1.00
	Missing Pose		For each Pose missed	0.30

Tumble - SV 13.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		Coach helping gymnast verbally Coach helping gymnast physically	0.30 0.50
1	Stretch jump	0.50	Overall single deduction for shape	0.10 0.30 0.50
2	Forward roll	0.50	Overall single deduction for quality of roll (smooth, continuous, legs together etc...) Failure to stand up Hesitation/stop before standing up Use of hand to assist stand	0.10 0.30 0.50 0.50 0.10 0.30 0.50
3	½ turn jump	0.50	Overall single deduction for shape	0.10 0.30 0.50
4	Tucked backward roll	0.50	Overall single deduction for quality of roll (smooth, continuous, legs together etc...) Failure to roll over Roll over shoulder	0.10 0.30 0.50 0.50 0.10 0.30
5	Star jump	0.50	Overall single deduction for shape	0.10 0.30 0.50

Foundation Grade 2 - (5 years - Season 2)

R & C - SV 13.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		Transitions should be neat and tidy Coach helping gymnast verbally Coach helping gymnast physically	0.10 each time if not 0.30 0.50
1	From stand, forward roll to Pike sit **Hold 2 secs**	0.50	Overall single deduction for quality of rock (smooth, continuous, legs together etc...) Not held	0.10 0.30 0.50 0.30
3	Pike fold (hold 2 secs)	0.50	Overall single deduction for shape Not held/just shown	0.10 0.30 0.50 0.10 0.30
4	Lie down to dish hold (hold 2 secs)	0.50	Neat and tidy transition Overall single deduction for shape Not held/just shown	0.10 0.10 0.30 0.50 0.10 0.30
5	Roll back and forwa to stand on 2 feet	0.50	Neat and tidy transition Feet not together on standing	0.10 0.10 0.30

Foundation Grades

Foundation Grade 3 - (6 years - Season 1)

Vault - Big spring board & 40cm mats/block – SV 13.00 (min score 8.0)

PHASE	EXECUTION FAULTS	PENALTIES
Run	Should be powerful & more than 5m	
Take-off & Stretch Jump	Jump on board with 1 foot Rebound not immediate Stretch jump shape (including arm swing, body shape and height)	0.50 0.50 0.10 0.30 0.50
Landing	FIG Landing deductions Fall	As per CoP 1.00

Bars – Bar at head height, ~40cm block in front – SV 13.00
Start with feet on block, with straight body in regular grip;

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		Coach helping gymnast verbally Coach helping gymnast physically	0.30 0.50
1	Start with feet on block at an angle in regular grip	0.50	Body shape deduction (single deduction)	0.10 0.30 0.50
2	Chin up above bar in regular grip in dish. Lower to block with straight arms	0.50	Chin not above bar Too quickly/out of control on lower Body shape deduction (single deduction)	0.10 0.30 0.10 0.30 0.10 0.30 0.50
3	Pike shape 2 secs	0.50	Overall single deduction for shape Not held	0.10 0.30 0.50 0.30
4	Straddle shape 2 secs	0.50	Overall single deduction for shape Not held	0.10 0.30 0.50 0.30
5	Tuck shape 2secs	0.50	Overall single deduction for shape Not held	0.10 0.30 0.50 0.30
6	Lower to floor and Step back to finish	0.50	Neat & tidy transition	0.10

Foundation Grade 3 - (6 years - Season 1)

Bench – Mount from end, Routine with basic dance work – SV 13.00 & Artistry bonus of 0.5

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		Coach helping gymnast verbally Coach helping gymnast physically Overall artistry bonus (to be added on at the end) on how well the gymnast holds herself during walking/dance work etc and confidence (irrelevant of how good/bad the skills are)	0.30 0.50 0.10 0.30 0.50
1	Squat on & walk	0.50	Overall single deduction for shape Walk not in releve	0.10 0.30 0.50 0.10 0.30
2	Stretch jump	0.50	Overall single deduction for jump & landing	0.10 0.30 0.50
3	Caterpillar to front support and stand	0.50	Overall single deduction for move	0.10 0.30 0.50
4	Relevé ½ turn	0.50	Overall single deduction for turn on toes	0.10 0.30 0.50
5	Catleap, Dance pose on side	0.50	Overall single deduction for move	0.10 0.30 0.50
6	Tuck jump off	0.50	Overall single deduction for shape	0.10 0.30 0.50
7	Landing	0.50	FIG Landing deductions Fall	As per CoP 1.00

Tumble - SV 13.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General	0.50	Coach helping gymnast verbally Coach helping gymnast physically	0.30 0.50
1	Stretch jump	0.50	Overall single deduction for shape	0.10 0.30 0.50
2	Forward roll	0.50	Overall single deduction for quality of roll (smooth, continuous, legs together etc...) Failure to stand up Hesitation/stop before standing up Use of hand to assist stand	0.10 0.30 0.50 0.50 0.10 0.30 0.50
3	Lift leg to horizontal	0.50	Bent leg Leg below horizontal	0.10 0.30 0.50 0.10 0.30
4	Side Cartwheel to star stand	0.50	Overall single deduction for quality cartwheel (smooth, no hip angle, legs wide etc...) Not finishing in star	0.10 0.30 0.50 0.30

Foundation Grade 3 - (6 years - Season 1)

R & C - SV 13.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		Transitions should be neat and tidy Coach helping gymnast verbally Coach helping gymnast physically	0.10 each time if not 0.30 0.50
1	Controlled forward roll to straddle sit (hold 2 secs)	0.50	Overall single deduction for quality of roll & straddle sit (smooth, continuous, legs straight, heels off floor etc...) Not held/just shown	0.10 0.30 0.50 0.10 0.30
2	Fold forwards to flat lie and legs continue around to flat lying	0.50	Lack of split Not smooth transition/swing through	0.10 0.30 0.50 0.10 0.30
3	Lift to arch (hold 2 secs), return to flat lying	0.50	Overall single deduction for shape Not held/just shown	0.10 0.30 0.50 0.10 0.30
4	Roll over and lift to dish (hold 2 secs)	0.50	Neat and tidy transition Overall single deduction for shape Not held/just shown	0.10 0.10 0.30 0.50 0.10 0.30
5	Tuck knees in and rock backwards and forwards to stand	0.50	Overall single deduction for quality of rock (smooth, continuous, legs together etc...) Failure to stand up Hesitation/stop before standing up Use of hand to assist stand	0.10 0.30 0.50 0.50 0.10 0.30 0.50

Foundation Grades

Foundation Grade 4 - (6 years - Season 2)

Vault - Baby or Full spring board & 40cm mats/block – SV 13.00

PHASE	EXECUTION FAULTS	PENALTIES
Run	Should be powerful & more than 5m	
Take-off & Jump	Jump on board with 1 foot Rebound not immediate Stretch jump shape (including arm swing, body shape and height)	0.50 0.50 0.10 0.30 0.50
Landing	FIG Landing deductions Fall	As per CoP 0.50
Walk to end and Star jump off	Walk to end should be neat and tidy Star jump shape (including arm swing, body shape and height)	0.10 0.30 0.10 0.30 0.50
Landing	FIG Landing deductions Fall	As per CoP 1.00

Bars – bar above head height (feet touching floor) – SV 13.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		Coach helping gymnast verbally Coach helping gymnast physically	0.30 0.50
1	Pull to chin up	0.50	Chin below bar Body shape deduction (single deduction) Jump	0.30 0.10 0.30 0.50 0.30
2	Lift legs to tuck (hold 2 secs)	0.50	Overall single deduction for shape Not held/just shown	0.10 0.30 0.50 0.10 0.30
3	Lower to straight arms and extend to pike (2 secs)	0.50	Lowering too quickly/out of control Overall single deduction for shape Not held/just shown	0.10 0.30 0.10 0.30 0.50 0.10 0.30
4	Straddle (2 secs)	0.50	Overall single deduction for shape Not held/just shown	0.10 0.30 0.50 0.10 0.30
5	Close legs and show dish (hold 2 secs)	0.50	Overall single deduction for shape Not held/just shown	0.10 0.30 0.50 0.10 0.30

Foundation Grade 4 - (6 years - Season 2)

Beam – Low beam @ 1m with crash mat under – SV 13.00 & Artistry bonus of 0.5

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		No dance work required Coach helping gymnast verbally Coach helping gymnast physically Overall artistry bonus (to be added on at the end) on how well the gymnast holds herself during walking etc and confidence (irrelevant of how good/bad the skills are)	 0.30 0.50 0.10 0.30 0.50
1	Jump to front support, swing leg over to straddle beam	0.50	Not showing front support Legs bent Leg touching beam during transition/shuffling	0.30 0.10 0.30 0.50 0.10 0.30
2	Stretch jump prep (Lift to releve & land)	0.50	Overall single deduction for relevé & landing	0.10 0.30 0.50
3	Caterpillar	0.50	Overall single deduction for move	0.10 0.30 0.50
4	Balance on 1 foot (hold 2 secs)	0.50	Overall single deduction for balance Not held/just shown	0.10 0.30 0.50 0.10 0.30
5	Stretch jump off	0.50	Overall single deduction for shape	0.10 0.30 0.50
6	Landing	0.50	FIG Landing deductions Fall	As per CoP 1.00

Foundation Grade 4 - (6 years - Season 2)

Floor - Travelling from nearest corner to judge, to opposite corner, followed by travelling directly towards judge – Set Music - SV 13.00 & Artistry bonus of 0.5

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		Coach helping gymnast verbally Coach helping gymnast physically Overall artistry bonus (to be added on at the end) on how well the gymnast holds herself during dance work etc and confidence (irrelevant of how good/bad the skills are)	0.30 0.50 0.10 0.30 0.50
1	Handstand forward roll	0.50	Failure to roll out of handstand Lack of straight body shape in handstand Hesitation before standing up Use of hand to assist stand	Fall 1.00 0.10 0.30 0.10 0.30 0.50
2	Stretch jump to 1 leg	0.50	Overall single deduction for jump (height, shape, legs etc...)	0.10 0.30 0.50
3	Cartwheel ¼ turn in	0.50	Overall single deduction for quality cartwheel (smooth, no hip angle, legs wide etc...) Not finishing ¼ turn in/feet apart	0.10 0.30 0.50 0.30
4	Backward roll with straight legs to pike stand	0.50	Overall single deduction for quality of roll (smooth, continuous, legs together etc...) Bent legs Roll over shoulder	0.10 0.30 0.50 0.10 0.30 0.50 0.10 0.30
5	Jump ½ turn	0.50	Overall single deduction for jump (height, shape, legs etc...)	0.10 0.30 0.50
6	Forward roll	0.50	Overall single deduction for quality of roll (smooth, continuous, legs together etc...) Hesitation/stop before standing up Use of hand to assist stand	0.10 0.30 0.50 0.10 0.30 0.50
7	Chassé catleap	0.50	Chassé not showing straight legs in the air Lack of height in chassé Lack of height of knees in catleap Lack of alternation	0.10 0.30 0.10 0.10 0.30 0.10
8	Double relevé ½ turns	0.50	Overall single deduction for turn (smooth, straight legs, high on toes etc..) Turning in different directions	0.10 0.30 0.50 0.30

Foundation Grade 4 - (6 years - Season 2)

R & C - SV 13.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		Transitions should be neat and tidy Coach helping gymnast verbally Coach helping gymnast physically	0.10 each time if not 0.30 0.50
1	Controlled forward roll to straddle sit (hold 2 secs)	0.50	Overall single deduction for quality of roll & straddle sit (smooth, continuous, legs straight, heels off floor etc...) Not held/just shown	0.10 0.30 0.50 0.10 0.30
2	Fold forwards to japana (hold 2 secs)and legs continue around to flat lying	0.50	Lack of split Not smooth transition/swing through Not held/just shown	0.10 0.30 0.50 0.10 0.30 0.10 0.30
3	Lift to arch (hold 2 secs)	050	Overall single deduction for shape Not held/just shown	0.10 0.30 0.50 0.10 0.30
4	Roll over to dish (hold 2 secs)	0.50	Neat and tidy transition Overall single deduction for shape Not held/just shown	0.10 0.10 0.30 0.50 0.10 0.30
5	Bridge (hold 2 secs) Lower	0.50	Neat and tidy transition Overall single deduction for shape Not held/just shown Shoulders not past wrists	0.10 0.10 0.30 0.50 0.10 0.30 0.10
6	Shoulder stand (hold 2 secs) roll forwards to stand	0.50	Neat and tidy transition Overall single deduction for shape (straight legs, hips open etc...) Hesitation/stop before standing up Use of hand to assist stand	0.10 0.10 0.30 0.50 0.10 0.30 0.50

Foundation Grades

Foundation Grade 5 - (7 years - Season 1)

Vault - Full spring board & 60cm block – SV 13.00

PHASE	EXECUTION FAULTS	PENALTIES
Run	Should be powerful & more than 5m	
Take-off & Jump	Jump on board with 1 foot	0.50
	Rebound not immediate	0.50
	Stretch jump shape (including arm swing, body shape and height)	0.10 0.30 0.50
Landing	FIG Landing deductions	As per CoP
	Fall	1.00

Bars– bar above head height (feet not touching floor) – SV 13.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		Coach helping gymnast verbally	0.30
			Coach helping gymnast physically	0.50
1	Dish (hold 2 secs)	0.50	Overall single deduction for shape	0.10 0.30 0.50
			Not held/just shown	0.10 0.30
2	Arch (hold 2 secs)	0.50	Overall single deduction for shape	0.10 0.30 0.50
			Not held/just shown	0.10 0.30
3	Pull to chin up & return to hang	0.50	Body shape deduction (single deduction)	0.10 0.30 0.50
			Not making chin up	0.10 0.30 0.50
4	Lift legs, toes to touch bar & lower to pike lever (hold 2 secs)	0.50	Legs bent	0.10 0.30 0.50
			Legs apart	0.10 0.30
			Head out/closed shoulders	0.10 0.30
			Overall single deduction for pike shape	0.10 0.30 0.50
			Not held/just shown	0.10 0.30
5	Straddle (2 secs)	0.50	Overall single deduction for shape	0.10 0.30 0.50
			Not held/just shown	0.10 0.30
6	Close legs and land	0.50	Not showing straight shape before letting go	0.10
			FIG Landing deductions	As per CoP
			Fall	1.00

Foundation Grade 5 - (7 years - Season 1)

Beam – Low beam @ 1m with basic dance work required
– SV 13.00 & Artistry bonus of 0.5

	DESCRIPTION		EXECUTION FAULTS	PENALTIES
	General		Basic & simple dance work required Coach helping gymnast verbally Coach helping gymnast physically Overall artistry bonus (to be added on at the end) on how well the gymnast holds herself during walking/dance work etc and confidence (irrelevant of how good/bad the skills are)	 0.30 0.50 0.10 0.30 0.50
1	Jump to front support, swing leg over to straddle beam & stand up	0.50	Not showing front support Legs bent Leg touching beam during transition/shuffling No specific way to stand up, just neat & tidy	0.30 0.10 0.30 0.50 0.10 0.30 0.10
2	Relevé ½ turn	0.50	Overall single deduction for turn on toes	0.10 0.30 0.50
3	Stretch jump	0.50	Overall single deduction for jump	0.10 0.30 0.50
4	Caterpillar (hold 2 secs)	0.50	Overall single deduction for move Not held/just shown	0.10 0.30 0.50 0.10 0.30
5	Balance with straight leg @ 45° (hold 2 secs)	0.50	Overall single deduction for balance Not held/just shown	0.10 0.30 0.50 0.10 0.30
6	Star jump off	0.50	Overall single deduction for shape	0.10 0.30 0.50
7	Landing	0.50	FIG Landing deductions Fall	As per CoP 1.00

Foundation Grade 5 - (7 years - Season 1)

Floor - Travelling from nearest corner to judge, to opposite corner, followed by travelling directly towards judge – Set Music - SV 13.00 & Artistry bonus of 0.5

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES		
	General		Coach helping gymnast verbally		0.30	
			Coach helping gymnast physically			0.50
			Overall artistry bonus (to be added on at the end) on how well the gymnast holds herself during dance work etc and confidence (irrelevant of how good/bad the skills are)	0.10	0.30	0.50
1	Handstand forward roll with straight arms	0.50	Failure to roll out of handstand	Fall		1.00
			Lack of straight body shape in handstand	0.10	0.30	
			Bent arms	0.10	0.30	0.50
			Hesitation before standing up	0.10	0.30	
			Use of hand to assist stand			0.50
2	Stretch jump to 1 leg	0.50	Overall single deduction for jump (height, shape, legs etc...)	0.10	0.30	0.50
3	Cartwheel ¼ turn in	0.50	Overall single deduction for quality cartwheel (smooth, no hip angle, legs wide etc.)	0.10	0.30	0.50
			Not finishing ¼ turn in/feet apart		0.30	
4	Backward roll to pike stand with straight arms and legs	0.50	Overall single deduction for quality of roll (smooth, continuous, legs together etc...)	0.10	0.30	0.50
			Bent legs	0.10	0.30	0.50
			Bent arms	0.10	0.30	0.50
			Roll over shoulder	0.10	0.30	
5	½ Spin	0.50	Not on Toes	0.10	0.30	0.50
			Turn not complete	0.10	0.30	
6	Forward roll	0.50	Overall single deduction for quality of roll (smooth, continuous, legs together etc...)	0.10	0.30	0.50
			Hesitation/stop before standing up	0.10	0.30	
			Use of hand to assist stand			0.50
7	Chassé catleap, chassé Scissor kick	0.50	Chassés not showing straight legs in the air	0.10	0.30	
				0.10		
			Lack of height in chassés	0.10	0.30	
			Lack of height of knees in catleap	0.10		
			Lack of alternation	0.10	0.30	0.50
			Overall single deduction for scissor kick	0.10	0.30	
			Overall single deduction for flow of passage			
8	Split jump to 90°	0.50	Overall single deduction for jump	0.10	0.30	0.50

Foundation Grade 5 - (7 years - Season 1)

R & C - SV 13.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		Transitions should be neat and tidy Coach helping gymnast verbally Coach helping gymnast physically	0.10 each time if not 0.30 0.50
1	Controlled forward roll to pike sit (hold 2 secs)	0.50	Overall single deduction for quality of roll & pike sit (smooth, continuous, legs straight, heels off floor etc...) Not held/just shown	0.10 0.30 0.50 0.10 0.30
2	Open to straddle and fold forwards to Japana (hold 2 secs)and legs continue around to flat lying	0.50	Overall single deduction for transition to straddle & shape Lack of split Not smooth transition/swing through Not held/just shown	0.10 0.30 0.50 0.10 0.30 0.50 0.10 0.30 0.10 0.30
3	Press up to front support and bring 1 leg around to splits (hold 2 secs)	0.50	Overall single deduction for transition & front support shape Overall dingle deduction for split shape Not held/just shown	0.10 0.30 0.50 0.10 0.30 0.50 0.10 0.30
4	½ turn to other leg (may use hands) (hold 2 secs)	0.50	Neat and tidy transition Overall single deduction for shape Not held/just shown	0.10 0.10 0.30 0.50 0.10 0.30
5	Bring back leg around, show pike sit, then pike fold (hold 2 secs)	0.50	Neat and tidy transition Overall single deduction for shape Not held/just shown	0.10 0.10 0.30 0.50 0.10 0.30
6	Bridge (hold 2 secs)	0.50	Neat and tidy transition Overall single deduction for shape Not held/just shown Shoulders not past wrists	0.10 0.10 0.30 0.50 0.10 0.30 0.10
7	Lift 1 leg and kick over to stand	0.50	Neat and tidy transition (step in allowed) Overall single deduction for kick over (straight legs, wide split etc...)	0.10 0.10 0.30 0.50

Foundation Grades

Foundation Grade 6 - (7 years - Season 2)

Vault - Full spring board & 60cm block – SV 13.00

PHASE	EXECUTION FAULTS	PENALTIES
Run	Should be powerful & more than 5m	
Take-off & Jump	Rebound not immediate Stretch jump shape (including arm swing, body shape and height)	0.50 0.10 0.30 0.50
Landing	FIG Landing deductions Fall	As per CoP 1.00
Step into handstand flat back (no flight required)	Not showing straight body shape before step Overall single deduction for skill Not showing straight handstand shape Landing in dish/not landing flat	0.10 0.30 0.10 0.30 0.50 0.10 0.30 0.50 0.10 0.30

Bars– High bar of A-Bars – SV 13.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		Coach helping gymnast verbally Coach helping gymnast physically	0.30 0.50
1	Pull to reverse chin up & return	0.50	Body shape deduction (single deduction) Not making chin up	0.10 0.30 0.50 0.10 0.30 0.50
2	½ turn to regular grip	0.50	Overall single deduction for turn Not bringing arm to side	0.10 0.30 0.50 0.10
3	Chin up and return to hang	0.5	Body shape deduction (Single Deduction) Not making Chin Up	0.1 0.3 0.50 0.10 0.3 0.50
4	Lift legs to touch bar & lower x2	0.50	Legs bent Legs apart Head out/closed shoulders Toes not touching bar	0.10 0.30 0.50 0.10 0.30 0.10 0.30
5	Dish hold 2 secs the 1 full fish kicks (Arch & Dish)	0.50	Overall single deduction for shape Deduction is for each dish (x1) and arch (x1)	**0.10 0.30** 0.50
6	Release to Land in dish	0.50	Stopping before letting go FIG Landing deductions Fall	0.10 As per CoP 1.00

Foundation Grade 6 - (7 years - Season 2)

Beam –Full height with 20/30cm safety mats under full length with dance work – SV 13.00 & Artistry bonus of 0.5

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		Basic & simple dance work required Coach helping gymnast verbally Coach helping gymnast physically Overall artistry bonus (to be added on at the end) on how well the gymnast holds herself during walking/dance work etc and confidence (irrelevant of how good/bad the skills are)	 0.30 0.50 0.10 0.30 0.50
1	Jump to front support, swing leg over to straddle Cross sit	0.50	Not showing front support Legs bent Leg touching beam during transition/shuffling Overall single deduction for swing to squat Not landing on feet	0.30 0.10 0.30 0.50 0.10 0.30 0.10 0.30 0.50 0.30
2	Stretch jump	0.50	Overall single deduction for jump	0.10 0.30 0.50
3	Spin Prep Flat foot free leg toe to knee 2secs step fwd & Relevé ½ turn	0.50	Free leg toe not to knee Not held Overall single deduction for turn on toes	0.10 0.30 0.10 0.30 0.50
4	Needle Scale min 135° Standing leg foot to stay on beam- return to Lunge	0.50	Overall single deduction for move 135 degrees not achieved	0.10 0.30 0.50 VM
5	Arabesque @ 45* (hold 2 secs)	0.50	Overall single deduction for arabesque Not held/just shown	0.10 0.30 0.50 0.10 0.30
6	Hurdle step stretch jump (no run required)	0.50	Overall single deduction for shape No hurdle step Not dynamic i.e. pause	0.10 0.30 0.50 0.30 0.10 0.30
7	Landing	0.50	FIG Landing deductions Fall	As per CoP 1.00

Foundation Grade 6 - (7 years - Season 2)

Floor – Set Elements – Optional Order 70-90 secs - SV 13.00 & Artistry bonus of 0.5

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES		
	General		Coach helping gymnast verbally		0.30	
			Coach helping gymnast physically			0.50
			Overall artistry bonus (to be added on at the end) on how well the gymnast holds herself during dance work etc and confidence (irrelevant of how good/bad the skills are)	0.10	0.30	0.50
1	Handstand forward roll with straight arms to stand feet together	0.50	Failure to roll out of handstand	Fall		1.00
			Lack of straight body shape in handstand	0.10	0.30	
			Bent arms	0.10	0.30	0.50
			Hesitation before standing up	0.10	0.30	
			Use of hand to assist stand			0.50
2	Split Handstand to Tic Toc	0.50	Overall single deduction for split handstand	0.10	0.30	0.50
			Lack of Shoulders flexibility	0.10	0.30	
			Overall single deduction for tic toc (splits, legs, control etc...)	0.10	0.30	0.50
3	Cartwheel ¼ turn in, backward roll to pike stand with straight arms and legs	0.50	Overall single deduction for quality cartwheel(smooth, hip angle,legs wide etc)	0.10	0.30	0.50
			Not finishing ¼ turn in/feet apart		0.30	
			Overall single deduction for quality of roll (smooth, continuous, legs together etc..)	0.10	0.30	0.50
			Bent legs	0.10	0.30	0.50
			Bent arms	0.10	0.30	0.50
			Roll over shoulder	0.10	0.30	
4	Forward roll to straddle sit, ¼ turn to splits	0.50	Overall single deduction for quality of roll (smooth, straddle sit, heels off etc...)	0.10	0.30	0.50
			Overall single deduction for splits	0.10	0.30	0.50
5	Chassé catleap, chassé Scissor Kick	0.50	Chassés not showing straight legs in the air	0.10	0.30	
			Lack of height in chassés	0.10		
			Lack of height of knees in catleap	0.10	0.30	
			Lack of alternation	0.10		
			No stretch jump after assemble		0.30	
			Overall single deduction for stretch jump	0.10	0.30	0.50
			Overall single deduction for flow of passage	0.10	0.30	
6	Split jump 135°	0.50	Overall single deduction for jump	0.10	0.30	0.50

Foundation Grade 6 - (7 years - Season 2)

R & C - SV 13.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	General		Transitions should be neat and tidy Coach helping gymnast verbally Coach helping gymnast physically	0.10 each time if not 0.30 0.50
1	From stand, crouch Controlled forward roll to straddle sit (	0.50	Overall single deduction for quality of roll & pike sit (smooth, continuous, legs straight, heels off floor etc...) Not held/just shown	0.10 0.30 0.50 0.10 0.30
2	Lift to Straddle Lever (hold 2 secs) fold forwards Japana 2 secs swim through legs continue around to flat lying	0.50	Overall single deduction for transition to straddle & shape Not held/just shown Lack of split Not smooth transition/swing through	0.10 0.30 0.50 0.10 0.30 0.10 0.30 0.50 0.10 0.30
3	Press up to front support 2 secs	0.50	Overall single deduction for transition & front support shape Not Held	0.10 0.30 0.50 0.30
4	Swing leg to splits 2secs	0.50	Overall single deduction for Split Bent legs in the transition Not held	0.10 0.30 0.50 0.10 0.30 0.30
5	½ turn to opposite leg split 2 secs	0.50	Overall single deduction for Split Bent legs in the transition Not held	0.10 0.30 0.50 0.10 0.30 0.30
6	Swing leg forward to pike sit & Pike Fold (hold 2 secs)	0.50	Overall single deduction for splits Neat and tidy transition Not held No deduction for using hands	0.10 0.30 0.50 0.10 0.30
7	Lie back and push to Bridge 2secs	0.50	Neat and tidy transition Overall single deduction for shape Not held	0.10 0.10 0.30 0.50 0.10 0.30
8	Lift leg to Vertical kick over to split handstand to stand	0.50	Lifted Leg not at vertical Lack of Rhythm in Kick Over Lack of Split in Handstand phase	0.10 0.30 0.10 0.30 0.10 0.30 0.50
9	Leg Lift to Horizontal single leg squat	0.50	Leg lift below horizontal Lack of squat in single leg squat Free Foot Touching Floor	0.10 0.30 0.10 0.30 0.50 0.30
10	Leg Lift to Horizontal on opposite leg and single leg squat	0.50	Leg lift below horizontal Lack of squat in single leg squat Free Foot Touching Floor	0.10 0.30 0.10 0.30 0.50 0.30

Pre- Excel Levels

General

The gymnasts will get a mark out of 10 for their E score.
Their D score will be dependent on how many elements were given the value of the move.
Non-attempt of any element will incur a 1.00 deduction plus the value of the move.
Any supported element will be regarded as a non-attempt.

Pre-Excel Level 1 – (6 years - Season 1)

Vault – Red block ~ 40cm (2 attempts- best one to count)

Stretch Jump up a level walk to end, stretch jump off to land- SV – 14.00

PHASE	EXECUTION FAULTS	PENALTIES
Take off board	Poor co-ordination of arm swing	0.10 0.30
	Leaning forwards on the board	0.10
	Arms already up on jump onto the board	0.30
	Rebound from 1 foot	0.50
Stretch Jump (on & off block)	Failure to maintain straight body position	0.10 0.30
	Lack of Height (to be taken both onto & off the block)	0.10 0.30
	Lack of body tension in any phase	0.10 0.30
	Legs apart	0.10 0.30
	Legs bent	0.10 0.30 0.50
	Lack of Control in Landing on the block	0.10 0.30
	Landing penalties off the block	As per CoP
General	Insufficient dynamics	0.10 0.30

Pre-Excel Level 1 – (6 years - Season 1)

Bars – Bar above head height (feet touching the floor) - SV –14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Chin up above bar level	0.50	Failure to make 90˚ elbow angle Forehead not at height of bar Chin level with bar Chin resting on bar	VM VM 0.30 0.30
2	Lift legs to tuck shape – **hold 2 secs**	0.50	Not held for 2 secs Lack of tuck	0.30 0.10 0.30
3	Lower to Straight arms & extend to pike shape – **hold 2 secs**	0.50	Not held for 2 secs Lowering out of control Legs below horizontal Bent legs	0.30 0.10 0.30 0.10 0.30 0.10 0.30 0.50
4	Open to Straddle – **hold 2 secs**	0.50	Not held for 2 secs Legs below horizontal Legs Bent	0.30 0.10 0.30 0.10 0.30 0.50
5	Close legs & lower to place heels on floor	0.50	Legs apart when lowered Bent legs Lowering out of control	0.10 0.30 0.10 0.30 0.50 0.10 0.30
6	Show dish shape – **hold 2 secs**	0.50	Not held for 2 secs Insufficient dish shape Lack of body tension	0.30 0.10 0.30 0.10 0.30 0.50

Pre-Excel Level 1 – (6 years - Season 1)

Beam – **Low Beam 1metre** - SV – 14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Jump front support, swing 1 leg over to straddle beam, stand up	0.50	Failure to show front support Bent arms in front support Brushing foot on beam while lifting leg over beam Hitting foot/leg on beam while lifting leg over beam Bent legs	VM 0.10 0.30 0.10 0.30 0.10 0.30 0.50
2	3 dip steps	0.50	Failure to complete 3 dip steps Lack of bend in knee for dips	VM 0.10 0.30
3	Stretch jump prep	0.50	Failure to take off 2 feet Insufficient straight position Insufficient height	VM 0.10 0.30 0.10 0.30
4	3 steps forward on toes (with arm movements – artistry)	0.50	Poor technique	0.10 0.30
5	Caterpillar walk with 3 hand movements (straight arms and legs) to front support position (shoulders above hands) Hold 2 secs	0.50	Failure to complete 3 hand movements forwards Failure to start from pike shape Bent arms Failure to show hold in front support position Poor body posture in front support Bent legs	VM 0.30 0.10 0.30 0.50 0.30 0.10 0.30 0.10 0.30 0.50
6	Balance on 1 foot – **hold 2 secs**	0.50	Failure to hold for 2 secs Poor technique	0.30 0.10 0.30
7	Walk to end & stretch jump dismount	0.50	Take off from one foot Lack of straight body shape Insufficient height Landing penalties	VM 0.10 0.30 0.10 0.30 As CoP

Pre-Excel Level 1 – (6 years - Season 1)

Floor –Travelling from nearest corner to Judge, to opposite corner, then Travelling directly towards the Judge - Set music - SV – 14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Handstand forward roll to 2 Feet	0.50	Failure to roll out of handstand Lack of straight body shape Standing up on 1 foot Use of hand to assist stand	VM plus fall 1.00 0.10 0.30 0.30 0.50
2	Stretch jump to 1 foot, into Cartwheel ¼ turn in	0.50 0.50	Lack of height in jump Lack of straight shape Failure to land on one foot Stop/pause between stretch jump & cartwheel Bent legs Body alignment No ¼ turn in	0.10 0.30 0.10 0.30 0.30 0.50 0.10 0.30 0.50 0.10 0.30 0.30
3	Backward roll with straight Legs to pike	0.50	Failure to complete roll Bent legs at any stage Failure to land on feet Roll not continuous	VM plus fall 1.00 0.10 0.30 0.50 1.00 0.30
4	Stretch Jump ½ turn	0.50	Failure to complete ½ turn Landing on one leg Lack of straight shape Lack of height	VM 0.30 0.10 0.30 0.10 0.30
5	Forward roll	0.50	Failure to stand up from roll Hesitation/stop in roll Standing up on 1 foot Use of hand to assist stand	VM plus fall 1.00 0.30 0.30 0.50
6	Turn to face Judges, Chassé Catleap	0.50	No chassé Either knee below 45° Knees below horizontal Lack of alternation	0.50 VM 0.10 0.30 0.10
7	3 Steps Forwards on toes Double rélèvé ½ turn	0.50	Failure to complete both ½ turns Any phase not on toes Turns not in same direction Lack of Amplitude	VM 0.10 0.30 0.10 0.10 0.30

Pre-Excel Level 1 – (6 years - Season 1)

R & C - SV – 14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Controlled forward roll to straddle sit – **hold 2 secs**	0.50	Not held for 2 secs Lack of control in roll Bent Legs Straddle position not shown	0.30 0.10 0.30 0.50 0.10 0.30 0.50 0.30
2	Fold to Japana - **hold 2 secs**	0.50	Not held for 2 secs Torso not close to floor Bent legs	0.30 0.10 0.30 0.10 0.30 0.50
3	Legs swim through to flat lying	0.50	Lack of splits Poor technique	0.10 0.30 0.10 0.30
4	Lift to arch hold - **hold 2 secs**	0.50	Not held for 2 secs Lack of arch Arms not by ears &/or bent Bent legs	0.30 0.10 0.30 0.10 0.30 0.10 0.30 0.50
5	Roll over to dish shape – **hold 2 secs**	0.50	Not held for 2 secs Arms/legs touching floor during roll Lack of dish shape Poor technique	0.30 0.10 each time 0.10 0.30 0.10 0.30 0.50
6	Bridge – **hold 2 secs**	0.50	Not held for 2 secs Insufficient shoulder extension Knees bent in held position Feet apart at any point Arms wider than shoulder width	0.30 0.10 0.30 0.10 0.30 0.50 0.10 0.10
7	Shoulder stand – **hold 2 secs**	0.50	Not held for 2 secs Lack straight shape in shoulder stand Use of hands to hold shape	0.30 0.10 0.30 0.50 0.30
8	Roll up to stand	0.50	Failure to stand from roll Hesitation or stop Poor technique	VM 0.10 0.30 0.10 0.30

Pre-Excel Level 2 – (7 years - Season 1)

Vault – 2 Crash mats ~30cm **Stretch Jump Immediate rebound Dive Forward Roll** - SV – 14.00

PHASE	EXECUTION FAULTS	PENALTIES
Take off board	Poor co-ordination of arm swing Arms already up on jump onto board	0.10 0.30
First Flight	• Hip angle • Arch • Bent legs • Legs apart	0.10 0.30 0.10 0.30 0.10 0.30 0.50 0.10 0.30
Repulsion	Pause between Landing and Dive Roll	0.10 0.30
Second Flight And landing	Bent legs in flight Failure to maintain straight body position Insufficient height Legs apart	0.10 0.30 0.50 0.10 0.30 0.10 0.30 0.50 0.10 0.30 0.10 0.30
General	Body alignment at any phase (taken only once) Dynamics	0.10 0.10 0.30

Pre-Excel Level 2 – (7 years - Season 1)

Bars – Low Bar - Metal Bar (can be raised upon request for taller gymnasts) - SV –14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Dish Hold 2 secs	0.50	Overall Deduction for shape Not Held	0.10 0.30 0.50 0.30
2	Arch Hold 2 secs	0.50	Overall Deduction for shape Not Held	0.10 0.30 0.50 0.30
3	Chin Up and Circle Over	1.00	Failure to make 90˚ elbow angle Forehead not at height of bar Chin level with bar Chin resting on bar Poor technique (arch to initiate a swing)	VM VM 0.30 0.30 0.10 0.30
3	Cast away in dish to land on Block	1.00	Cast Penalties (horizontal) Cast with legs apart	0.10 0.30 0.50 0.10 0.30
4	3 x Swings – 3rd swing back to land back on block	1.00	Poor Shape in Swings	0.10 0.30 0.50

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Pre-Excel Level 2 – (7 years - Season 1)

Beam – Low Beam 1 Metre – (SET ROUTINE) - SV – 14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Jump front support, swing 1 leg over to cross sit,	0.50	Failure to show front support Bent arms in front support Brushing foot on beam while lifting leg over beam Hitting foot/leg on beam while lifting leg over beam Bent legs	VM 0.10 0.30 0.10 0.30 0.10 0.30 0.50
2	show straddle lever – **hold 2 secs**	0.50	Not held 2 seconds Feet held below horizontal Feet held lower than level of beam Head not lifted	0.30 0.10 0.30 0.10
3	Swing legs back to squat on	0.50	Squat on with 1 foot	0.30
4	Split jump to 90°	0.50	Angle of split below 45° Insufficient split Insufficient height Bent legs Landing on one foot	VM 0.10 0.30 0.10 0.30 0.10 0.30 0.50 0.30
5	Relevé ½ turn step onto Releve ½ turn (continue in same direction	0.50	Failure to complete both ½ turns Any phase not on toes Turns not in same direction Lack of Amplitude	VM 0.10 0.30 0.10 0.10 0.30
6	Kick to baby split handstand return to Lunge	0.50	Failure to take both feet off beam Insufficient split 1st leg not reaching vertical	VM 0.10 0.30 0.10 0.30
7	Backwards stretch jump dismount	0.50	Failure to take off two feet Lack of straight body shape Insufficient height Deviation from straight line Landing penalties	VM 0.10 0.30 0.50 0.10 0.30 0.10 As CoP

Pre-Excel Level 2 – (7 years - Season 1)

Floor – Voluntary routine 50 – 90 secs to include - SV – 14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Cartwheel ¼ turn to dish, Backward Roll to Front Support	0.50	Body Shape in Cartwheel Break in series Body Shape in Front Support Failure to get to front support	0.10 0.30 0.50 0.30 0.10 0.30 0.50 VM plus fall 1.00
2	Split leap135°	0.50	Less than 45° of split Insufficient split Bent legs	VM 0.10 0.30 0.10 0.30 0.50
3	Half spin/half turn	0.50	Either spin or turn incomplete Spin or turn not completed on toes Lack of Amplitude	VM 0.30 0.10 0.30
4	Stretch Jump (rebound) immediate Star jump	0.50 0.50	Lack of straight shape Lack of height Pike in hips Jumps not rebounding Elements performed in incorrect order	0.10 0.30 0.10 0.30 0.10 0.30 0.30 0.30
5	Handstand forward roll with straight arms and legs	0.50	Failure to get to Kick to handstand Legs bent Bent arms Poor technique	VM plus fall 1.00 0.10 0.30 0.50 0.10 0.30 0.50 0.10 0.30

Pre-Excel Level 2 – (7 years - Season 1)

R & C - SV – 14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Lift leg forwards to horizontal - **hold 2 secs.** Lift the other leg forwards to horizontal – **hold 2 secs**	0.50 0.50	Not held for 2 secs Either leg below 45˚ Leg below horizontal Legs bent at any stage Poor technique-leaning backwards	0.30 VM 0.10 0.30 0.10 0.30 0.50 0.10 0.30
2	Bend Knees Backward roll with straight arms to front support	0.50	Failure to get to front support Legs bent at any stage Bent arms	VM plus fall 1.00 0.10 0.30 0.50 0.10 0.30 0.50
3	Transition from front support to Straddle Lever Hold 2 Secs	0.50	Not held for 2 secs Taking one foot off the floor before the other Legs held at horizontal Legs below horizontal Legs bent in hold	0.30 0.30 0.10 0.30 0.10 0.30 0.50
4	Sit in straddle – lie forward through japana. Swim Through, and press to front support	0.50	Straddle fold not shown Insufficient fold Legs bent in fold Lack of box splits Poor body posture in press	0.30 0.10 0.30 0.10 0.30 0.10 0.30 0.10 0.30
5	Leg forwards to splits – **hold 2 secs.** Turn to other leg splits – **hold 2 secs** **One hand placement allowed**	0.50	Splits not held for 2 secs Lack of flexibility in splits Hands touching the floor in held position Bent legs	0.30 0.10 0.30 0.30 0.10 0.30 0.50
6	Bring rear leg around to pike sit, pike fold – **hold 2 secs**	0.50	Pike fold not held for 2 secs Insufficient pike position Legs bent in pike fold	0.30 0.10 0.30 0.10 0.30
7	Push to bridge – **hold 2 secs**	0.50	Bridge not held for 2 secs Insufficient shoulder extension Knees bent in held position Feet apart at any point	0.30 0.10 0.30 0.10 0.30 0.50 0.10
8	Lift 1 leg & kick over through split handstand to stand	0.50	Failure to kick over Lack of split Bent legs	1.00 fall 0.10 0.30 0.10 0.30 0.50

Pre-Excel Level 3 – (8 years - Season 1)

Vault – 40cm Safety Mat - Tucked Front somersault to fall forwards - SV – 14.00

PHASE	EXECUTION FAULTS	PENALTIES
First Flight	Lack of acceleration during run up	0.10 0.30
	Arms not behind body in hurdle step	0.10 0.30
Second Flight	Poor technique	
	• Insufficient Tuck	0.10 0.30
	• Legs separated	0.10 0.30
	• Lack of height	0.10 0.30 0.50
	• Lack of length	0.10 0.30
	• Insufficient or late extension	0.10 0.30
Landing	Under or over rotation	
	-Without falling backwards	0.10
	- With fall backwards	0.30
	Steps	0.10 0.30 max 0.80
	Fall	1.00
	Jump after landing before fall forward onto soft mats	0.10 0.30 0.50
	Deviation from straight line on landing	0.10 0.30
	Legs apart on landing	0.10
	Failure to land feet first – invalid vault	VM
General	Insufficient dynamics	0.10 0.30

Pre-Excel Level 3 – (8 years - Season 1)

Bars – Single Metal Bar with loops and gloves - SV –14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Chin up circle over to front support	0.50	Failure to circle over Failure to make 90° elbow angle Lack of body extension Chin level with bar Chin resting on bar Poor technique (arch/leg swing to instigate circle)	VM plus fall 1.00 VM & Non Attempt 0.10 0.30 0.30 0.30 0.10 0.30
2	Cast to min horizontal (emphasis on shape) and push away into	0.50	Cast Penalties - Below 45°from bar 45° to 90° below bar 90° to 45° above bar Legs straddled or apart Arched Bent arms Bent legs	 VM 0.30 0.10 0.10 0.30 0.10 0.30 0.50 0.10 0.30 0.50 0.10 0.30 0.50
3	3 swings to min horizontal each side All 3 swings to be judged at the front and back	0.50 0.50 0.50 0.50 0.50 0.50	Below horizontal Above 45° above bar 45° to 65° 65° to 90° Body alignment Head out Head too far in Lack of kick/extended hang under bar Back swing, swings over the top of the bar Additional swings	VM No deduction 0.10 0.30 0.10 0.30 0.50 0.10 0.30 0.10 0.10 0.30 0.50 0.50 each
4	Backward Giants through to handstand **Optional Bonus Element**	0.50 Bonus	**E panel deductions as below** Body alignment in h/stand Hip angle Bent arms/legs	 0.10 0.30 0.10 0.30 0.10 0.30 0.50

Pre-Excel Level 3 – (8 years - Season 1)

Beam – High Beam with 20cm mats under- SET ORDER – to include Low and Side Dance

SV – 14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Mount Jump to Japana – **hold 2 secs**	0.50	Not held for 2 secs Lack of extension in support Bent legs	0.30 0.10 0.30 0.10 0.30 0.50
2	Needle Scale Kick to Stand	0.50	Insufficient Split Bent Legs	0.10 0.30 0.10 0.30 0.50
2	Split jump 135° min (arms to side) into Stretch jump	0.50 0.50	Less than 45° of split Insufficient split Lack of height Bent legs Lack of straight shape Lack of height No connection Elements performed in incorrect order	VM 0.10 0.30 0.10 0.30 0.10 0.30 0.50 0.10 0.10 0.30 0.30 0.30
3	Kick to split handstand	0.50	Insufficient split If overbalance to tic toc	0.10 0.30 0.50
4	Backward walkover (must be in same length as split handstand)	0.50	Insufficient split Bent legs Body or leg alignment	0.10 0.30 0.10 0.30 0.50 0.10 0.30
5	½ spin on toe, Releve ½ turn with arms by ears	0.50	Turn not complete Turn not on toes Body Posture Arms in incorrect position Lack of continuity	VM 0.30 0.10 0.30 0.30 0.30
6	Back Leg Kick – Circle Arms from Side to Ears..	0.50	Lack of relevé Pody posture Arms in incorrect position	0.10 0.10 0.30 0.30
7	Dismount- Cartwheel immediate stretch jump dismount	0.50	Body Alignment Stop between elements Lack of height in jump Landing out of line with beam	0.10 0.30 1.00 0.10 0.30 0.10 0.30

Pre-Excel Level 3– (8 years - Season 1)

Floor – voluntary routine 50 – 90 secs to include - SV – 14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Jump from 2 feet, 1 hurdle step round off flic rebound jump	0.50 0.50 0.50	R/off from run or not off 2 feet Feet apart between r/off & flic Element penalties in acro's Missing flic within series Pause/break between elements Lack of flight Lack of extension in jump Deviation from straight line	0.30 0.10 VM 1.00 0.10 0.30 0.10 0.30 0.10 0.30
2	Tucked front salto or Handspring to two feet	0.50	Insufficient tuck Lack of height Landing faults	0.10 0.30 0.10 0.30 As per CoP
3	Split leap on first leg step into hop, with leg at horizontal, step into split leap on other leg – arms to side at horizontal during leaps, and arms lift during hop	0.50 0.50 0.50	Less than 45° split Technical requirements in leaps as per CoP (lack of split, bent legs, flexed feet) Leg below horizontal in hop Arms in incorrect position Lack of height Series break each time	VM 0.10 0.30 0.50 0.10 0.30 0.30 0.10 0.30 0.30
4	Full spin	0.50	Spin incomplete Precision Body posture	VM 0.10 0.10 0.30
5	Cartwheel	0.50	Element penalties for acro	As per CoP

Pre-Excel Level 3 – (8 years - Season 1)

R & C - SV – 14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Lift leg forwards to horizontal, **show position**, circle free leg to side, **show position**, continue to circle leg backwards to arabesque, **show position**, return to stand. Repeat on the other leg	0.50 0.50	Either leg below 45˚ Leg at horizontal Leg below horizontal 0° to 20° Leg below horizontal 20°to 45° Legs bent Chest below horizontal in arabesque Hips and shoulders not parallel Lack of control in transitions	VM No deduction 0.10 0.30 0.10 0.30 0.50 0.10 0.30 0.10 0.30 0.10 0.30 0.50
2	From standing, pike fold – **hold 2 secs**	0.50	Not held for 2 secs Insufficient pike position Legs bent in pike fold	0.30 0.10 0.30 0.10 0.30
3	Backward roll with straight arms to front support	0.50	Failure to get to front support Legs bent at any stage Bent arms	VM plus fall 1.00 0.10 0.30 0.50 0.10 0.30 0.50
4	Drag feet into straddle lever – **hold 2 secs**	0.50	Not held for 2 secs Taking one foot off the floor before the other Legs resting on arms Legs held at horizontal Legs below horizontal Legs bent in hold	0.30 0.30 0.30 0.10 0.30 0.10 0.30 0.50
5	Lift to straddle stand	0.50	Feet brushing floor in transition Feet hitting floor in transition	0.30 0.30
6	Straddle press to handstand – **show position** – legs together	0.50	Failure to reach handstand Jumping not pressing to handstand Body alignment in handstand	VM plus fall 1.00 VM 0.10
7	Controlled lower to bridge	0.50	Lack of control Legs apart Insufficient shoulder extension	0.10 0.30 0.10 0.30 0.10 0.30
8	Lift 1 leg & kick over through split handstand to stand	0.50	Failure to kick over to stand Lack of split Bent legs	VM plus fall 1.00 0.10 0.30 0.10 0.30 0.50
9	Straddle jump, split jump, split jump on other leg into ½ turning jump – linked but not rebounding min135˚	1.50	Missing or incomplete jump More than 45° split missing Lack of split Legs twisted/body alignment Loss of balance	VM & non attempt VM 0.10 0.30 0.10 0.30 0.50 0.10 0.30

Pre-Development Levels

General

The gymnasts will get a mark out of 10 for their E score.
Their D score will be 14.0 plus any bonuses applicable
Elements not given the value will lose 0.50 off the D score.
Non-attempt or spotting of any element will incur a 1.00 deduction plus the value of the move.
This is a neutral deduction and will come off the FINAL SCORE.
Coaches are allowed to stand in for bar exercises and beam dismounts without penalty.
Normal FIG penalties apply (ie. bent legs, flexed feet etc).
Artistry deductions also apply, but age and complexity should be considered

Pre-Development Level 1 – (6yrs - Season 2)

Vault – Red block 60cm with Level Mats – Stretch Jump up a level, Handstand flat back
- SV – 14.00

PHASE	EXECUTION FAULTS	PENALTIES
Stretch Jump	Poor co-ordination of arm swing	0.10
	Arms already up on jump onto board	0.30
	Leaning forwards on board	0.10
	Rebound not immediate	0.30 0.50
	Rebound not from 2 feet	0.50
	Feet staggered on board	0.10 0.30
	Body alignment in jump	0.10 0.30
	Lack of height	0.10 0.30 0.50
	Bent legs	0.10 0.30 0.50
	Legs apart	0.10 0.30
	Landing on block with feet apart	0.10
	Steps/jumps on landing	0.10 0.30
	Falling off block	1.00
Handstand flatback	Stepping backwards in preparation	No deduction
	Shoulder angle on contact with block	0.10 0.30
	Bent arms	0.10 0.30 0.50
	Hands placed on safety mat	0.50
	Knees bent	0.10 0.30 0.50
	Failure to maintain straight body position	0.10 0.30 0.50
	Insufficient height	0.10 0.30 0.50
	Insufficient length	0.10 0.30
	Legs apart in flight phase	0.10 0.30
	Landing with hands still touching block	0.10 0.30 0.50
	Legs apart on landing	0.10
	Failure to land on flat back (landing in dish/arch)	0.10 0.30

Pre-Development Level 1 – (6yrs - Season 2)

Bars – Single High bar Chalk Bar- SV –14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
	Jump to catch bar, assisted by coach		Legs bent/apart, lack of body extension etc Lack of extension in hang	0.10 0.30 0.10 0.30
1	Show dish shape – hold 2 secs	0.50	Not held for 2 secs Lack of dish/pike shape Lack of extension in hang	VM 0.10 0.30 0.50 0.10 0.30
2	Show arch shape – hold 2 secs	0.50	Not held for 2 secs Lack of arch/closed shoulders Lack of extension in hang	VM 0.10 0.30 0.50 0.10 0.30
3	Chin up in dish shape & return to hang	0.50	Failure to make 90˚ elbow angle Chin not level with bar Chin resting on bar Poor technique (jerk) Chin up not in dish shape Lowering out of control Lack of extension in hang	VM 0.10 0.30 0.30 0.10 0.30 0.10 0.30 0.50 0.10 0.30 0.10 0.30
4	Leg Lift, toes to touch bar	0.50	Failure to reach horizontal Toes not touching bar Poor technique	VM 0.10 0.30 0.10 0.30 0.50
5	Lower to ½ lever – hold 2 secs	0.50	Not held for 2 secs Legs below horizontal Poor shape	0.10 0.30 VM 0.10 0.30 0.10 0.30 0.50
6	Open to straddle lever – hold 2 secs Close legs & lower to hang. Drop and land. (landing deductions apply)	0.50	Not held for 2 secs Legs below horizontal Legs open 90˚ in straddle Legs closer than 90˚ Poor shape Landing deductions	0.10 0.30 VM 0.10 0.30 0.10 0.30 0.10 0.30 0.50 As per FIG

Pre-Development Level 1 – (6yrs - Season 2)

Beam – Low Beam @ 1 metre high - SV – 14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Jump front support, swing 1 leg over to straddle beam	0.50	Failure to show front support Touch of leg on beam (whilst swinging 1 leg over) Poor technique	VM 0.10 0.30 0.10 0.30 0.50
2	Stretch jump	0.50	Failure to take off 2 feet Insufficient straight position Insufficient height	VM 0.10 0.30 0.10 0.30
3	Caterpillar walk (hold extended front support for 2 secs)	0.50	Failure to hold for 2 secs Lack of extension Lack of body tension (ie. not a strong dish shape) Not showing pike stand before/after	VM 0.10 0.30 0.50 0.10 0.30 0.50 0.10
4	Rélèvé ½ turn on toes, optional arms	0.50	Failure to complete turn Any phase not on toes Poor technique	VM 0.10 0.30 0.10 0.30 0.50
5	Arabesque leg at 45° (hold 2 secs)	0.50	Failure to hold for 2 secs Leg below 45° Poor technique	0.10 0.30 VM 0.10 0.30 0.10 0.30 0.50
6	Hurdle step on to 2 feet Stretch Jump dismount (no deduction for running)	0.50	Run quality Failure to take off two feet Lack of straight body shape Insufficient height Landing deductions	No deduction VM 0.10 0.30 0.50 0.10 0.30 As per FIG

Pre-Development Level 1 – (6yrs - Season 2)

Floor – Voluntary Routine 50 – 90 secs to include: - SV – 14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Split jump over 90°	0.50	Split at 90° Split between 90° & 60° Split less than 60° Insufficient height Body posture/technique	0.10 0.30 0.30 & VM 0.10 0.30 0.50 0.10 0.30
2	Chassé cat leap, chassé Scissor Kick	0.50	Knees below 45° Knees below horizontal Lack of alternation Missing chassé Poor technique Lack of height in stretch jump	VM 0.10 0.30 0.10 0.30 0.10 0.30 0.50 0.10 0.30
3	Backward roll with straight arms & legs to pike	0.50	Legs tucked at any stage Legs/arms bent at any stage Poor technique	VM 0.10 0.30 0.10 0.30 0.50
4	Handstand forward roll with straight arms	0.50	Not passing through handstand Lack of straight shape in handstand Arms bent at any stage Standing up on 1 foot Roll not continuous	VM 0.10 0.30 0.10 0.30 0.30 0.10 0.30
5	Cartwheel ¼ in to dish	0.50	No ¼ turn in Not finishing in dish Poor technique	VM 0.10 0.10 0.30 0.50

Pre-Development Level 1 – (6yrs - Season 2)

R & C - SV – 14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	From stand crouch forward roll to straddle sit	0.50		VM No deduction 0.10 0.30 0.10 0.30 0.50
2	Lift to Straddle ½ Lever Hold 2 secs	0.50	Not held for 2 secs Legs below horizontal Bent Legs	VM 0.10 0.30 0.10 0.30 0.50
3	Lower to straddle sit and fold to Japana Hold 2 secs	0.50	Not held Lack of flexibility	VM 0.10 0.30 0.50
4	Swim through then push to front support Hold 2 secs	0.50	Not held for 2 secs Poor shape in front support	0.30 0.10 0.30 0.50
5	Swing one leg into split Hold 2 secs	0.50	Not held Lack of flexibility	VM 0.10 0.30 0.50
6	½ turn to show split on other leg Hold 2 secs - hand placement allowed	0.50	Not held Lack of flexibility	VM 0.10 0.30 0.50
7	Swing Legs together to pike sit and Pike Fold Hold 2 secs	0.50	Lack of control Legs apart Insufficient shoulder extension	0.10 0.30 0.10 0.30 0.10 0.30
8	Lie back Push to Bridge Hold 2	0.50	Bridge not held for 2 secs Insufficient shoulder extension Knees bent in held position Feet apart at any point	0.30 0.10 0.30 0.10 0.30 0.50 0.10
8	secs lift 1 leg to Vertical & kick over through split handstand to stand	0.50	Failure to kick over to stand Lack of split Bent legs	VM plus fall 1.00 0.10 0.30 0.10 0.30 0.50
9	Lift one leg to horizontal arms to side single leg squat step forward and repeat on opposite leg	1.00	Leg lift below horizontal Lack of squat in single leg squat Free Foot Touching Floor **Deductions on both leg lift & squat**	0.10 0.30 0.10 0.30 0.50 0.30

Pre-Development Level 2 – (7yrs - Season 2)

Vault – Firm Mats ~20cm – Tucked Front Somersault fall Forward - SV – 14.00

PHASE	EXECUTION FAULTS	PENALTIES
First Flight & Second Flight	Poor technique • Insufficient Tuck • Legs separated • Lack of height • Lack of length • Insufficient or late extension • Deviation from straight direction	 0.10 0.30 0.10 0.30 0.10 0.30 0.50 0.10 0.30 0.10 0.30 0.10
Landing	Under rotation Break in Fall Failure to maintain arch shape on fall forward	0.10 0.30 0.50 0.10 0.30 0.50
General	Insufficient dynamics	0.10 0.30

Bars – Gloves & Straps - SV –14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Show dish shape **hold 2 secs**	0.50	Not held for 2 secs Lack of dish/pike shape Poor technique	VM 0.10 0.30 0.50 0.10 0.30 0.50
2	Show arch shape **hold 2 secs**	0.50	Not held for 2 secs Lack of arch/closed shoulders Poor technique	VM 0.10 0.30 0.50 0.10 0.30 0.50
3	Chin up circle over to front support	0.50	Failure to pull over Chin not level with bar Poor technique	VM 0.10 0.10 0.30 0.50
4	Cast Immediate fall backwards into undershoot action	0.50	Cast Penalties (horizontal) Dropping hips from bar before body is horizontal Poor technique	0.10 0.30 0.50 0.50 0.10 0.30 0.50
5	3 swings to horizontal	0.50 each	Less than 3 swings performed above 45˚ Height of swings each Poor technique (shapes)	VM 0.10 0.30 0.10 0.30 0.50

Pre-Development Level 2 – (7yrs - Season 2)

Beam – Red block under beam (60cm) – SET ORDER- to include Low & Side Dance - SV – 14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Jump front support, swing 1 leg over to straddle beam	0.50	Failure to show front support Touch of leg on beam (whilst swinging 1 leg over) Poor technique	VM 0.10 0.30 0.10 0.30 0.50
2	Straddle Lever Hold 2 secs	0.50	Not held 2 seconds Feet held below horizontal Feet held lower than level of beam Head not lifted	0.30 0.10 0.30 0.10
2	Stretch jump to immediate stretch jump (no arm swing)	0.50	Failure to perform both elements Series Break Arm Swing Poor technique in both jumps Height in both jumps	VM 0.30 0.50 0.10 0.30 0.50 0.10 0.30
3	Kick to split handstand step down to finish in lunge	0.50	Insufficient split Bent legs Body or leg alignment	0.10 0.30 0.10 0.30 0.50 0.10 0.30
4	Backward walkover + Bonus (if no fall)	0.50 Plus 0.50 bonus	No Feet on Beam Insufficient split Bent legs Body or leg alignment	VM 0.10 0.30 0.10 0.30 0.50 0.10 0.30
5	½ Spin	0.50	Failure to complete ½ turn not on toes Poor technique	VM 0.30 0.10 0.30 0.50
6	Split Jump 135° min	0.50	Angle of split below 45° Insufficient split Insufficient height Bent legs Landing on one foot	VM 0.11 0.30 0.10 0.30 0.10 0.30 0.50 0.30
7	Cartwheel stretch jump dismount	0.50	Failure to take off two feet Lack of straight body shape Insufficient height Landing Penalties	VM 0.10 0.30 0.50 0.10 0.30 As per FIG

Pre-Development Level 2 – (7yrs - Season 2)

Floor – Voluntary Routine 50 – 90 secs to include: - SV – 14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	From two feet, jump to hurdle step into Roundoff rebound jump	0.50	Failure to jump off 2 feet Lack of rebound (after roundoff) More than 1 step into r/off Poor technique	VM 0.10 0.30 each 0.10 each step 0.10 0.30 0.50
2	Cat leap, Cartwheel to finish in lunge	0.50 0.50	Knees below horizontal Insufficient height Poor technique Lack of lunge	0.10 0.30 0.10 0.30 0.10 0.30 0.50 0.10 0.30
3	Chassé split leap, step hop leg at horizontal	0.50 0.50	Less than 90° of split Poor technique in both jumps Height in both jumps Free leg below horizontal	VM 0.10 0.30 0.50 0.10 0.30 0.10 0.30
4	Full spin	0.50	Spin incomplete Poor technique	VM 0.10 0.30 0.50
5	Backward roll through 135° to front support with straight arms and legs	0.50	Less than 135° body angle Legs bent at any stage Bent arms Poor technique	VM 0.10 0.30 0.50 0.10 0.30 0.50 0.10 0.30 0.50
6	Dive forward roll (not hecht)	0.50	Lack of extension Poor technique	0.10 0.30 0.50 0.10 0.30 0.50

Pre-Development Level 2 – (7yrs - Season 2)

R & C - SV – 14.00

	DESCRIPTION	VALUE	EXECUTION FAULTS	PENALTIES
1	Lift leg forwards to horizontal **hold 2 secs** Repeat on other leg	0.50 0.50	Not held for 2 secs Either leg below 45˚ Leg below horizontal Poor technique	VM VM 0.10 0.30 0.10 0.30 0.50
2	Bend knees into backward roll straight arms to front support	0.50	Bent arms Poor technique	0.10 0.30 0.50 0.10 0.30 0.50
3	Drag feet in to straddle lever **hold 2 secs,** Straddle lever lift to straddle stand, feet flat on floor	0.50	Not held for 2 secs Poor transition to straddle lever Failure to lift to stand Bent legs or arms Poor technique	VM 0.10 0.30 VM 0.10 0.30 0.50 0.10 0.30 0.50
4	Elephant lift to handstand	0.50	Failure to reach, or join legs in handstand Straight handstand not shown Jumping to handstand Poor technique	VM 0.10 0.30 0.10 0.30 0.10 0.30 0.50
5	Slide to splits **hold 2 secs**	0.50	Not held for 2 secs Lack of splits Poor technique	VM 0.10 0.30 0.50 0.10 0.30 0.50
5	Turn to other leg splits with or without single hand placement **hold 2 secs**	0.50	Not held for 2 secs Lack of splits Poor technique	VM 0.10 0.30 0.50 0.10 0.30 0.50
6	Bring rear leg around to pike sit, Pike Fold **Hold 2 secs**, lie down	0.50	Pike sit not shown Poor technique in lift to bridge Insufficient shoulder extension Knees not extended Feet not flat on floor Arms wider than shoulder width Elements not Held	0.30 0.10 0.30 0.50 0.10 0.30 0.10 0.30 0.10 0.30
7	Push to bridge **Hold 2 secs** Lift 1 leg to vertical, show Position kick back through split handstand to stand	0.50	Not Held Kick over immediate with no vertical leg shown Failure to kick over Lack of split Poor technique	VM 0.30 VM 0.10 0.30 0.10 0.30 0.50
8	Split jump on Both legs	0.50 0.50	Less than 90˚ of splits Poor technique in both jumps Height in both jumps	VM 0.10 0.30 0.50 0.10 0.30