

Level 1 – 10  
&  
Intermediate Club Team Rules

*January 2010 Edition*  
*Women's Technical Committee*  
Irish Gymnastics Ltd

# COMPETITION STRUCTURE 2010

## BACKGROUND

- This competition structure is now in its 3<sup>rd</sup> year. It has been designed to allow a gymnast to develop from a basic level to a reasonable level on the FIG Code of Points.
- A reasonable level on the FIG Code of Points would be considered as being able to perform the minimum requirement of **7 FIG** elements & **2/3** of the CR's (Composition Requirements) on Bars, Beam & Floor. And at minimum, a good Handspring Vault.
- At present at National level, our gymnasts are achieving the minimum requirements on Vault, Beam & Floor, **but not** on Bars.
- In order to improve the standard of gymnastics on Bars, we have decreased the rate of progression on Beam & Floor in each level so that the gymnast can spend more time working on Bars, which at first they may find difficult.
- We have created the Bar routines to improve the gymnasts strength, stamina & swing at the lower levels, by using repetition of swings, casts, circles and many other basic skills whilst not making it too difficult. (Upstart is only introduced at level 7).
- We would hope that when the gymnast progresses through the levels, they will be well prepared for the more difficult elements in Levels 7, 8, 9 & 10 and the gymnast should reach National Level with their Bar Routines on par with their routines on the other apparatus.
- On Floor, we felt the need to have routines performed to music at a much earlier level as FIG have made the conscious decision to reiterate the importance of "artistry" in the sport.
- Floor routines are done to music from Level 3 onwards.
- This should not pose a problem to Clubs or Regions, as they can use the same music & or the same or similar routines for all their gymnasts if they wish. The elements are set, but we would hope to see a lot of variety in the dance & connections.
- When constructing the floor routine, please bear in mind the age/maturity and ability of the gymnast.
- This new structure caters for gymnasts that choose (or have no choice) **not** to work on all 4 apparatus or who want to specialise in 2 or 3 apparatus.
- They can compete at National Level and progress through the levels on as many apparatus as they wish.
- We would however encourage as many people as possible to work all 4 apparatus.

## MOVING BETWEEN THE LEVELS

- Any gymnast wishing to compete as an ‘All-around Gymnast’ should enter at a level where she can complete the Bar & Beam routines as well as the Vault and Floor.
- Only Gymnasts that have never competed in the past can compete in Level ‘1A’.
- When a Gymnast enters this structure, at a suitable Level, she may **never** move back a level - i.e. if a Gymnast enters Level 4 in the All-Around Championships, she must continue to compete at Level 4 or higher in the All-Around Championships (subject to the rules below).
- She should move up 1 or more levels each year.
- There is no limit as to how many Level’s a Gymnast may move up.
- In Level’s 1C – 6 **National All-Around Championships:-**
  - All Medal winners at National Finals must move up a Level the following year.
- In Level 2-6 **Individual Apparatus Championships:-**
  - All Medal Winners at National Finals must move up a Level the following year with **the exception of the following:-**
    - A Gymnast may stay at the same Level the following year but will not be eligible to compete on the Apparatus in which she meddled on the previous year (i.e. A Gymnast wins a Bronze medal on Vault in 2009 in Level 6. In 2010 she wishes to remain in Level 6, which she is allowed to do, however, as she won a medal on Vault the previous year, she may only enter Level 6 A-Bars, Beam & Floor Competitions i.e. she may not enter Vault in 2010 as she won a medal on Vault in 2009).
- Gymnasts may compete in different Level’s in each competition i.e.
  - A gymnast may compete in Level 5 All-Around Championships and may compete in Level 6 Apparatus Championships (if your gymnast is an “Apparatus Specialist” she could end up in a higher Level in the Individual Apparatus Championships in comparison with the All-Around Championships). However, the Level at which a gymnast competes at in Apparatus Championship must be equal to, or higher then the Level she competes in the All-Around – i.e. a gymnast cannot do Level 5 in the All-Around competition in May ’09 and then to Level 4 in the Apparatus Competition in 2010.
- In Levels 7-10 we would encourage all gymnasts to move up to the next level, however, this is currently left to the discretion of the coach.
- Generally, a gymnast should be able to move up 1 or more Levels each year.

- When entering a gymnast for the Individual Apparatus Competition, she must compete on each or all Apparatus within the same Level.
- All gymnasts must compete within their age group. **i.e.** you don't enter a 10 year old as an under 13.
- Gymnasts who compete at Level 8 **or lower** are eligible to compete at the Intermediate Club Team Competition.
- After a gymnast competes in Intermediate Teams she must compete in Level 6 or higher.
- A gymnast who competes at National Team Championships may only compete at Levels 8, 9 & 10, however, if she competes in National All-Around & Apparatus Championships (FIG) she may no longer compete in the Levels Competition, unless she is a Minor and has not won a medal at same (Minors are allowed, due to their age, to continue to compete at Levels 8, 9 & 10, but **not** at Intermediate Teams).

## **COMPETITIONS**

- Level 1 Team Finals. (Includes Level 1A, 1B, & 1C)
- Levels 2-6 Individual Apparatus and Regional Teams Finals
- Levels 7-10 Individual Apparatus Finals
- Levels 1C – 10 All-Around Finals
- Intermediate Club Team's Finals

**RULES**  
**COMPETITION STRUCTURE 2009**

**LEVEL 1**

**Age Groups**

**Level 1A & 1B**

Under 9  
Under 11  
Over 11

**Level 1C**

Under 9  
Under 11  
Under 13  
Over 13

- Level 1A, B & C will be a **TEAM ONLY** Competition at National Finals.
- Level 1C will be included in the All-around Competition later on in the year.
- Regions will award Individual Placing's to the Top 4 Gymnasts (combined floor & Vault scores) in each Age Group, as well as Club Team Placing's.
- At Regional level, Teams are to consist of a minimum of 3 gymnasts with a maximum of 6 gymnasts per Team per Age Group.
- The highest **3** scores will count towards the Team Total. Combined Floor & Vault scores for '1B' & '1C'
- Top **4** gymnasts from each Age Group **regardless of club** will form the Regional Team for the National Finals.
- Each routine has been appointed a set Start Value on each apparatus (i.e. - SV 12.00).

## Level 1A

### FLOOR

#### **START VALUE - 12.00**

Start standing with both arms down.

- Bring both arms up to vertical by your ears.
- Forward roll to straddle sit.
- Do a 180 turnaround sideways across your shoulders. (straddle roll around).
- Join legs and show Piked fold for 2 sec.
- Lie down stretched.
- With a dish shape, roll over to front lie and push to front support.
- Lift one leg up behind, hold for 2 sec then place the knee of the same leg under your hips.
- Swing the other leg around in front & turn sideways to the starting position for side roll.
- Side roll.
- Side roll back the opposite direction
- ¼ Turn to face forwards, Stand up and join your feet.
- Jump ½ turn.
- Forward roll to immediate stretched high jump.

**Routine judged out of 12.00.**

#### **Element attempted but not achieved/finished**

- **Deduct 0.50 for gymnastic elements or connections**
- **Deduct 1.00 for acrobatic & underlined Elements**  
**1.00 deduction for a fall may also apply**

#### **Element not attempted**

- **Deduct 0.50 for connections/steps etc that are not elements.**
- **Deduct 1.50 for gymnastic element or connection**
- **Deduct 2.50 for an acrobatic/underlined element.**

## LEVEL 1B

### VAULT

**START VALUE – 11.00**

- 10 metre run into
- High, Straight jump onto
- Mats set at 60cm

### FLOOR

**START VALUE – 12.-00**

Start standing with both arms down.

- Bring both arms up to vertical by your ears.
- Step Cartwheel (front to back)
- Join feet and Jump ½ turn.
- Forward roll to straddle sit
- Fold Forward, Chest on the floor. (hold for 2 sec).
- Sit up , join legs
- Roll back to shoulderstand. (hold for 2 sec).
- Roll to stand (feet together).
- Immediate Tuck Jump
- Step to Handstand.
- Backward roll straddled.
- Replace hands on the floor & jump to join feet together to stand up. (Legs straight)

**Routine judged out of 12.00.**

#### **Element attempted but not achieved/finished**

- **Deduct 0.50 for gymnastic elements or connections**
- **Deduct 1.00 for acrobatic & underlined Elements**  
**1.00 deduction for a fall may also apply**

#### **Element not attempted**

- **Deduct 0.50 for connections/steps etc that are not elements.**
- **Deduct 1.50 for gymnastic element or connection**
- **Deduct 2.50 for an acrobatic/underlined element.**

## LEVEL 1C

### VAULT

**START VALUE - 11.00**

- Handspring Prep
- No Vault
- Mats set at 60cm

### FLOOR

**START VALUE – 12.00**

Start standing with both arms down.

- Bring both arms up to vertical by your ears.
- Step into handstand forward Roll to stand.
- Step and show an arabesque. (2 seconds)
- From arabesque, (while still holding the leg up) Forward Roll to Straddle Sit.
- Fold Forwards, Chest on the floor. (hold for 2 sec)
- Backward roll to straddle stand.
- Turn to Right or Left splits
- Turn back to straddle sit and join legs.
- Backward roll to stand, feet together.
- Cartwheel, skip Cartwheel. (Start forwards, Do them continuously and sideways but finish facing to the direction they came from).
- Join your feet and Jump 1/1 turn.

**Routine judged out of 12.00.**

**Element attempted but not achieved/finished**

- **Deduct 0.50 for gymnastic elements or connections**
- **Deduct 1.00 for acrobatic & underlined Elements**  
1.00 deduction for a fall may also apply

**Element not attempted**

- **Deduct 0.50 for connections/steps etc that are not elements.**
- **Deduct 1.50 for gymnastic element or connection**
- **Deduct 2.50 for an acrobatic/underlined element.**

**RULES**  
**COMPETITION STRUCTURE 2009**

**LEVEL'S 2 – 6**

**Age Groups**

<b><u>Level 2</u></b>	Under 9 Under 11 Under 13 Over 13
<b><u>Level 3 &amp; 4</u></b>	U-11 U-13 O-13
<b><u>Level 5 &amp; 6</u></b>	Under 12 Over 12

- **Level 2 - 6** will be a **INDIVIDUAL APPARATUS & CLUB TEAMS COMPETITION** first at Regional Level and then an Individual Apparatus & Regional Teams Competition at National Level.
- Clubs may enter 1 or more Teams per Level, per Age Group with a maximum of **7** Gymnasts per Team
- The maximum Gymnasts to compete from each team on each apparatus is **5**.
- The **Top 3 Scores** on each apparatus will form the Team Total. Therefore each Gymnast does not have to compete on all apparatus. i.e. a Team could consist of 1 or 2 All-around Gymnasts & 4/5 Gymnasts doing only 2 or 3 pieces.
- As a member of a Team, a Gymnast may only be required to compete on 1 Apparatus, however, if the gymnast is entered as an Individual, she must compete on **AT LEAST 2** Apparatus or more in Levels 2-6.
- 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Individual Placing's will be awarded on each Apparatus per Age Group.
- 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place will be awarded for Club Team Placing's.
- For **National Finals** each Region will send **1 REGIONAL Team per Age Group** in each level.

- This Team will consist of the **top 3** Gymnasts on **Each Apparatus** per Age Group, regardless of club (possible max of 12, but not likely).
- The **top 2** scores on each Apparatus will be added together to arrive at the Regional Team Total.
- If the Region does not have 3 Gymnasts on each Apparatus to compete as a Regional Team, they may send up to 3 Individuals who can compete the apparatus for which they qualified on.
- 3 Placing's will be awarded on Each Apparatus per Age Group
- 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Placing's will be awarded to the 3 highest scoring regional teams, per Age Group, per Level.
- Later in the season, there will be an **INDIVIDUAL ALL-AROUND COMPETITION**, which will cater only for Gymnasts who are competing **on all 4 Apparatus in Level 2-10 and on 2 Apparatus in Level 1C.**
- The top **3** All-around Gymnasts in each Age Group, from each Region, will qualify for National Finals

#### NOTES:

- Level 2 Floor Routine is a **SET** Routine with no music and it can be performed on a strip of mats or on a Sprung Tumble/Ski Run
- From Levels 3 - 9, the Floor routines will be Voluntary Routines to music with **SET elements**.
- There is a 'Start Value' given to each Routine/Apparatus from which the Execution Deductions are taken.
- The length of the Music for Level's 3 - 6 cannot exceed **1 minute**.
- The length of the Music for Levels 7 – 10 cannot exceed **1 minute & 30 seconds**
- The music must be on a CD (**No Tapes allowed**) and each gymnast must have their own CD (sharing CD's between gymnasts is not allowed).
- Clubs or regions can use the same or different music and or routine for each Gymnast.
- The elements can be performed in any order and should be connected with dance.
- Marks will be awarded for good choreography & artistry

- From Level 3 Upwards, if a Square Sprung Floor is not available at Regional Level, (& possibly National Finals), the Floor Routines should be performed on a sprung Tumble / Ski Run.
- The Beam routines are also set elements/requirements that should be linked with dance & posses
- The maximum length of a Beam routine is **1 minute & 30 seconds** (FIG deductions apply if over time)
- The Beam height for Levels 2 –6 is set at 115 cm for all Age Groups.
- Elements may be connected to each other and additional elements may be added, but should only be put in if they can be performed cleanly and without faults.
- On Vault the gymnast is required to perform **1** Vault. Two attempts are permitted if on the first attempt the gymnast has not touched the springboard, vault or run underneath the vault.
- From Level 5 onwards 2 springboards are permitted but the use of same will incur a penalty of **2.00** marks.
- At National Finals, the Teams in Level 1 & 2 should compete in a Regional Leotard.
- From Level 3 on, Gymnasts may compete in their Club Colours (as it's a Single Piece Competition as well as Team), or if Regions have enough leotards they can compete as a Regional Team.

## LEVEL 2

### VAULT

**START VALUE – 11.00**

- Handspring Prep. Vault @ 60cm – mats set @ 20cm higher
- 10 metre run up.

### BARS

**START VALUE 13.00**

- 5 Swings with straight legs.
- Gymnasts may jump from 1 or 2 springboards to start the swings.
- Bar Height to be set at :-
  - 180cm for U-9
  - 200cm for U-11
  - 200cm for U-13
  - 220cm for O-13
- Swings are to be done with straight legs.
- If a gymnast is too tall to swing with straight legs at the set height, the coach should inform the Competition Head Judge and she / he will organise for the Bar to be raised. This may result in the gymnast concerned competing last / first in her rotation.

**0.20 Bonus for each swing that goes above horizontal.**

### BEAM

**START VALUE – 13.00**

- Front support mount
- 2 x ½ Turns on two feet (one to be done in a squat position)
- 5 fast walking steps
- High stretch Jump
- Stride Leap
- Spin prep as follows- Prepare, Relevee, balance, then step.
- Arabesque
- Roundoff Dismount

**0.20 Bonus for good artistry**

### FLOOR

**START VALUE – 13.00**

#### SET ROUTINE

- Forward Roll to Straddle stand
- Turn to right or left Splits
- Turn back, show Straddle Lever Hold (2sec)
- Straddle Pike Fold (chest on the floor 2 sec)
- Sit up, Join Legs, Lie back, and push to
- Bridge
- Sit up
- Backward Roll with straight arms & legs to front support,
- Squat jump feet between hands, then immediately
- Jump ½ turn.
- ½ spin.
- Chasse, Step Hop while swinging other leg up in front to horizontal
- Step, 1 foot in behind the other, ½ turn on two feet.
- 1 handed Cartwheel (front to back)
- Handstand Forward Roll

**0.20 Bonus for an excellent Straddle Lever hold**

**Element/Requirement attempted but not achieved**

**Deduct 0.50 for gymnastic elements or connections  
Deduct 1.00 for acrobatic Elements + fall deductions if applicable**

**Element /Requirement not attempted**

**Deduct 0.50 for connections/steps etc that are not elements.  
Deduct 1.50 for gymnastic element or connection  
Deduct 2.50 for an acrobatic/underlined element.**

## LEVEL 3

### VAULT

**START VALUE – 11.00**

- Handspring Prep
- No Vaulting Table
- Mats set @ 100cm
- 10 metre run up.

### BARS

**START VALUE – 13.00**

- Upward Hip Circle
  - Cast
  - Backward Hip Circle
  - Cast
  - Undershoot
- 0.20 Bonus for a cast (legs together) above horizontal**

### BEAM

**START VALUE - 13.00**

- Mount of choice (coded or not, Max 'A' value)
  - ½ spin immediate ½ turn
  - Forward Roll
  - High Stretch Jump
  - Stride Leap
  - Cat leap
  - Round-off Dismount
- 0.20 Bonus for connecting the Forward Roll to the High Jump.**

### FLOOR

**START VALUE - 13.00**

- Full Spin
  - Jump 1/1 Turn
  - Splits on the floor (right/left)
  - Bridge Kick-over
  - Cartwheel skip cartwheel
  - Handstand Forward Roll
  - Backward Roll with straight arms & legs to stand
  - Split Leap (min. 150\*)
  - Dance / choreography
- 0.20 Bonus for Split leap having 180\* leg separation.**

**Element/Requirement attempted but not achieved**

**Deduct 0.50 for gymnastic elements or connections  
Deduct 1.00 for acrobatic Elements + fall deductions if applicable**

**Element /Requirement not attempted**

**Deduct 0.50 for connections/steps etc that are not elements.  
Deduct 1.50 for gymnastic element or connection  
Deduct 2.50 for an acrobatic/underlined element.**

## LEVEL 4

### VAULT

**START VALUT - 11.00**

### BARS

**START VALUE - 13.00**

### BEAM

**START VALUE - 13.00**

### FLOOR

**START VALUE - 13.00**

<ul style="list-style-type: none"> <li>• Handspring Prep on a Vaulting Table</li> <li>• Vault set @ 100 cm</li> <li>• Safety mats behind the vault set 20cm higher.</li> </ul>	<ul style="list-style-type: none"> <li>• Upward Hip Circle</li> <li>• Cast Backward Hip Circle</li> <li>• Cast Backward Hip Circle</li> <li>• Cast to Straddle/pike on Undershoot</li> </ul> <p><b>0.20 Bonus will be given if the gymnast does Pike Undershoot instead of Straddle</b></p>	<ul style="list-style-type: none"> <li>• Mount of choice (Coded or not)</li> <li>• ½ spin immediate ½ turn</li> <li>• Split leap or jump (min 150*)</li> <li>• Catleap</li> <li>• Handstand</li> <li>• High Stretch Jump</li> <li>• A close beam move (does not have to be an element &amp; can be during the mount)</li> <li>• Handspring Dismount</li> </ul> <p><b>0.20 bonus for Handstand reaching vertical (<u>not</u> required to be held)</b></p>	<ul style="list-style-type: none"> <li>• 1/1 Spin</li> <li>• Splits (right/left)</li> <li>• Backward Roll to Handstand with straight arms &amp; legs</li> <li>• One armed Cartwheel</li> <li>• Backward Walkover</li> <li>• Dive Roll</li> <li>• Split leap (180*)</li> <li>• Dance / choreography</li> </ul>
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**Element/Requirement attempted but not achieved**

**Deduct 0.50 for gymnastic elements or connections**

**Deduct 1.00 for acrobatic Elements + fall deductions if applicable**

**Element /Requirement not attempted**

**Deduct 0.50 for connections/steps etc that are not elements.**

**Deduct 1.50 for gymnastic element or connection**

**Deduct 2.50 for an acrobatic/underlined element.**

## LEVEL 5

### VAULT

**START VALUE - 11.00**

### BARS

**START VALUE - 14.00**

### BEAM

**START VALUE – 13.00**

### FLOOR

**START VALUE – 13.00**

<ul style="list-style-type: none"> <li>• Handspring Prep on a Vaulting Table.</li> <li>• Vaulting Table @ 115cm</li> <li>• Safety Mats set behind the Vault to 20cm higher.</li> </ul>	<ul style="list-style-type: none"> <li>• Upward Hip Circle</li> <li>• Cast Backward Hip Circle</li> <li>• Cast Backward Hip Circle</li> <li>• Cast to Pike or Straddle on jump to the high bar</li> <li>• 2 x Swings</li> <li>• On the third swing wrap over the bar</li> <li>• Immediate undershoot dismount</li> <li>• 20cm safety mat must be used</li> <li><b>0.20 Bonus for 1 cast above 45*</b></li> </ul>	<ul style="list-style-type: none"> <li>• Mount of choice (Coded or not)</li> <li>• Catleap immediate-</li> <li>• Tuck Jump</li> <li>• 1/1 Spin</li> <li>• Split Leap or Jump (180*)</li> <li>• Cartwheel</li> <li>• A close Beam move (does not have to be an element)</li> <li>• Handspring Dismount</li> <li><b>0.20 Bonus for 180* achieved in Split Leap/Jump</b></li> </ul>	<ul style="list-style-type: none"> <li>• 1 ½ Spin</li> <li>• Jump 1/1 Turn</li> <li>• Split Leap (180*)</li> <li>• Backward Walkover</li> <li>• Backward Roll to Handstand with straight arms &amp; legs</li> <li>• Tic-Toc <u>or</u> Forward Walkover</li> <li>• Dive roll</li> <li>• From standing start roundoff stretch jump</li> <li>• Dance / choreography</li> </ul>
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**Element/Requirement attempted but not achieved**

**Deduct 0.50 for gymnastic elements or connections**

**Deduct 1.00 for acrobatic Elements + fall deductions if applicable**

**Element /Requirement not attempted**

**Deduct 0.50 for connections/steps etc that are not elements.**

**Deduct 1.50 for gymnastic element or connection**

**Deduct 2.50 for an acrobatic/underlined element.**

## LEVEL 6

### VAULT

**START VALUE – 12.00**

### BARS

**START VALUE – 14.00**

### BEAM

**START VALUE - 13.00**

### FLOOR

**START VALUE - 13.00**

<ul style="list-style-type: none"> <li>• Handspring to STAND</li> <li>• Vaulting Table @ 115cm</li> <li>• Additional 20cm Safety Mat on top of the standard landing area.</li> </ul>	<ul style="list-style-type: none"> <li>• Glide swing, (swing back &amp; release to stand).</li> <li>• Upward Hip Circle</li> <li>• Cast Backward Hip Circle</li> <li>• Cast Backward Hip Circle</li> <li>• Cast to Pike or Straddle on and catch high bar</li> <li>• 2 x Swings</li> <li>• On the third swing wrap over the bar</li> <li>• Immediate Under swing</li> <li>• 1 x Swing</li> <li>• On the next swing immediate flyaway dismount (<b>20cm safety mat must be used</b>)</li> <li><b>0.20 Bonus for 1 cast above 45*</b></li> </ul>	<ul style="list-style-type: none"> <li>• Mount of choice (Coded or not)</li> <li>• 1/1 Spin</li> <li>• Split Leap or Jump (180*) immediate Tuck Jump</li> <li>• Handstand</li> <li>• Cartwheel</li> <li>• A Close Beam move (does not have to be an element)</li> <li>• Any Coded Dismount. (Salto forward or backward is recommended)</li> <li><b>0.20 Bonus for a salto dismount</b></li> </ul>	<ul style="list-style-type: none"> <li>• 1 ½ Spin</li> <li>• Jump 1 ½ Turn</li> <li>• Split Leap x 2 either directly or indirectly connected – As per FIG Code of Points - (Min - 180*)</li> <li>• Handspring to one foot</li> <li>• Dive Roll</li> <li>• Backward Roll to handstand with straight arms and legs.</li> <li>• Roundoff Flip</li> <li>• Dance / choreography</li> <li><b>0.20 Bonus for excellent split leaps</b></li> <li><b>0.20 Bonus for Front Salto instead of Dive Roll.</b></li> </ul>
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**Element/Requirement attempted but not achieved**

**Deduct 0.50 for gymnastic elements or connections**

**Deduct 1.00 for acrobatic Elements + fall deductions if applicable**

**Element /Requirement not attempted**

**Deduct 0.50 for connections/steps etc that are not elements**

**Deduct 1.50 for gymnastic element or connection**

**Deduct 2.50 for an acrobatic/underlined element**

## INTERMEDIATE LEVEL CLUB'S TEAM COMPETITION RULES

- Gymnasts that are competing at or below Level 8 may enter this Team competition as part of their Clubs Team.
- After a gymnast competes at Intermediate Teams she **must** compete in Level 6 or higher going forward.
- Gymnasts that have competed at FIG 'National Team Championships' but are still working at Level 8, may enter this competition.
- Gymnasts should only compete on apparatus where they are able to safely complete the requirements.
- Each Club may enter 1 Team with a maximum of **7** gymnasts on the Team. (**Open age**)
- **5** gymnasts may perform their routine on each apparatus and the top **3** scores will be added together to give the Apparatus total for the Team.
- The 4 Apparatus Totals determines the Final Team score.
- The length of the Music for Floor routines cannot exceed **1 minute & 30 seconds**
- Each gymnast must have her own CD (No Tapes allowed) – One CD for multiple gymnasts **will not** be accepted.
- The floor routines may be competed on a ski run or a square 12m floor. The WTC will notify regions in advance of the floor layout.
- The maximum length of the Beam routine is **1 minute & 30 seconds**.
- Beam Height will be set at **125cm** as per FIG
- Vault Height will be set at **125cm** and only **1 Vault** is permitted.

## Intermediate Clubs Team's Competition Requirements

### VAULT

**START VALUE**  
**As per FIG**

### BARS

**START VALUE – 14.00**

### BEAM

**START VALUE – 13.00**

### FLOOR

**START VALUE – 13.00**

<ul style="list-style-type: none"> <li>• Any Vault from the FIG code of points</li> <li>• Vault Table @ 125cm</li> <li>• 1 Vault to be performed</li> </ul>	<ul style="list-style-type: none"> <li>• Upstart</li> <li>• Cast, Backward Hip Circle</li> <li>• Cast to within 30* of Handstand, Backward Hip Circle.</li> <li>• Cast to Pike or Straddle on and catch high bar</li> <li>• 2 x Swings</li> <li>• On the third swing wrap over the bar</li> <li>• Immediate Cast above horizontal into tuck flyaway dismount</li> <li>• 20cm safety mat must be used</li> </ul> <p style="text-align: center;"><b>0.20 Bonus will be given for long upstart instead of the 2 swings &amp; wrap over.</b></p> <p style="text-align: center;"><b>0.20 Bonus will be given for cast to within 10* of H.S.</b></p> <p style="text-align: center;"><b>0.20 Bonus for straight flyaway</b></p>	<ul style="list-style-type: none"> <li>• Mount from the code.</li> <li>• 1/1 Spin</li> <li>• Split Leap or Jump (180*) connected with another 'J' or Coded gymnastic element</li> <li>• A Forward or Sideways acro element (no rolls)</li> <li>• Backward Acro element (no rolls)</li> <li>• A close Beam move (does not have to be an element)</li> <li>• Any dismount from the Code of Points (salto backward or forward is recommended).</li> </ul> <p style="text-align: center;"><b>0.20 Bonus for an Acro element with flight.</b></p> <p style="text-align: center;"><b>0.20 Bonus for a Salto dismount</b></p>	<ul style="list-style-type: none"> <li>• 1 ½ Spin or more</li> <li>• Jump 1½ Turn or more</li> <li>• Split leap (180*) in connection with another 'J' or Coded Leap or hop (before or after) – connected either directly or indirectly – as per the FIG Code of Points</li> <li>• Handspring to two feet, immediate rebound stretch jump</li> <li>• Front Salto</li> <li>• Roundoff two flips</li> <li>• Backward Roll to Handstand ½ Turn forward roll out.</li> </ul> <p style="text-align: center;"><b>0.20 Bonus for connecting the Handspring &amp; Front sommi</b></p> <p style="text-align: center;"><b>0.20 Bonus for excellent split leaps</b></p>
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**Element/Requirement attempted but not achieved**

**Deduct 0.50 for gymnastic elements or connections**  
**Deduct 1.00 for acrobatic Elements + fall deductions if applicable**

**Element /Requirement not attempted**

**Deduct 0.50 for connections/steps etc that are not elements.**  
**Deduct 1.50 for gymnastic element or connection**  
**Deduct 2.50 for an acrobatic/underlined element.**

**RULES**  
**COMPETITION STRUCTURE 2009**

**Level 7, 8, 9 & 10**

**Age Groups**

**Level 7, 8, 9 & 10**            Under 12  
   Over 12

- Levels 7, 8, 9 & 10 will be an Individual **Apparatus** Competition first.
- Gymnasts may compete on 1 or more Apparatus.
- 3 Placing's will be awarded on **Each Apparatus** per Age Group
- The top 3 gymnasts on **Each Apparatus**, per **Age Group** from **Each Region** will qualify for National Finals.
- Gymnasts competing at Levels 8 & higher may also compete at National Team Championships, which is an FIG Competition.

**Beam Height for Level 7, 8 & 9**

Under 12            115 cm  
Over 12            125 cm

**Beam Height for Level 10**

125 cm for all Age Groups

## LEVEL 7

### VAULT

**START VALUE - 12.40**

### BARS

**START VALUT – 14.00**

### BEAM

**START VALUE – 13.00**

### FLOOR

**START VALUE - 13.00**

<ul style="list-style-type: none"> <li>• Handspring to STAND</li> <li>• Vault Table @ 115 for U-12</li> <li>• Vault Table @ 125 for O-12</li> </ul> <p>Compulsory landing mat of 10cm must be used.</p>	<ul style="list-style-type: none"> <li>• Upstart</li> <li>• Cast, Backward Hip Circle</li> <li>• Cast to within 30* of Handstand, Backward Hip Circle.</li> <li>• Cast to Pike or Straddle on and catch high bar</li> <li>• 2 x Swings</li> <li>• On the third swing wrap over the bar</li> <li>• Immediate Cast above horizontal into tuck flyaway dismount</li> <li>• 20cm safety mat must be used</li> </ul> <p><b>0.20 Bonus will be given for long upstart instead of the 2 swings &amp; wrap over.</b></p> <p><b>0.20 Bonus will be given for cast to within 10* of H.S.</b></p> <p><b>0.20 Bonus for straight flyaway</b></p>	<ul style="list-style-type: none"> <li>• Mount of choice (Coded or not)</li> <li>• 1/1 Spin</li> <li>• Split Leap or Jump (180*) connected with any Coded or “J” Dance Element</li> <li>• Cartwheel</li> <li>• Backward Walkover</li> <li>• A close Beam move (does not have to be an element)</li> <li>• Any Coded Dismount (Salto forward or Backward is recommended)</li> </ul> <p><b>0.20 Bonus for a salto dismount</b></p>	<ul style="list-style-type: none"> <li>• 1 ½ Spin</li> <li>• Jump 1 ½ Turn</li> <li>• Split Leap x 2 – either directly or indirectly connected – As per the FIG Code of Points (Min. 180*)</li> <li>• Any other Coded of “J” Gymnastic Element</li> <li>• Handspring to two feet, immediate rebound stretch jump</li> <li>• Roundoff Flip</li> <li>• Front Salto</li> <li>• Backward Roll to Handstand ½ Turn – forward roll out.</li> <li>• Dance / choreography</li> </ul> <p><b>0.20 Bonus for excellent split leaps</b></p>
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**Note; ‘J’ elements are listed in Level 10**

**Element/Requirement attempted but not achieved**

**Deduct 0.50 for gymnastic elements or connections**  
**Deduct 1.00 for acrobatic Elements + fall deductions if applicable**

**Element /Requirement not attempted**

**Deduct 0.50 for connections/steps etc that are not elements.**  
**Deduct 1.50 for gymnastic element or connection**  
**Deduct 2.50 for an acrobatic/underlined element.**

## LEVEL 8

### VAULT

### BARS

### BEAM

### FLOOR

**START VALUE  
AS PER FIG**

**START VALUE – 14.00**

**START VALUE – 13.00**

**START VALUE – 13.00**

<ul style="list-style-type: none"> <li>• (i) Handspring</li> <li>• Value as per FIG or</li> <li>• (ii) Any vault from the Code of Points with LA Turn in either the First Flight or Second Flight.</li> <li>• (ii) Value as per FIG Plus 0.20 bonus.</li> <li>• Vault Table @ 115 for U-12</li> <li>• Vault Table @ 125 for O-12</li> </ul>	<ul style="list-style-type: none"> <li>• Upstart</li> <li>• Cast above horizontal</li> <li>• Float Upstart</li> <li>• Cast to Pike or Straddle on</li> <li>• Long Upstart</li> <li>• Cast immediate Backward Hip Circle</li> <li>• Cast to within 30* of Handstand</li> <li>• ¾ Giant Circle (3/4 swing to wrap over)</li> <li>• Immediate Under swing</li> <li>• Swing back</li> <li>• Long Upstart</li> <li>• Cast into Flyaway Dismount</li> </ul> <p><b>0.20 bonus for a straight flyaway</b>  <b>0.20 Bonus will be given for Sole Circle instead of Pike or Straddle on (must be done with straight legs)</b>  <b>0.20 Bonus for a cast that reaches within 10* of handstand</b></p>	<ul style="list-style-type: none"> <li>• Mount from the code.</li> <li>• 1/1 Spin</li> <li>• Split Leap or Jump (180*) connected with any Coded or “J” gymnastic element</li> <li>• Cartwheel or Tic-Toc or Forward Walkover</li> <li>• A Backward Acro Element (ex rolls)</li> <li>• A close Beam move (does not have to be an element)</li> <li>• Any Salto dismount from the Code of Points.</li> </ul> <p><b>0.20 for a Backward Acro Flight Element</b></p>	<ul style="list-style-type: none"> <li>• 1 ½ Spin</li> <li>• Jump 1 ½ Turn</li> <li>• Split leap (180*) in connection (either directly or indirectly – as per FIG Code of Points) with another Coded or “J” leap or hop (before or after).</li> <li>• Any other J or Coded gymnastic element</li> <li>• Handspring to two feet, immediate rebound stretch jump</li> <li>• Front Salto</li> <li>• Roundoff two flips</li> <li>• Backward Roll to Handstand ½ Turn forward roll out.</li> </ul> <p><b>0.20 Bonus for connecting the Handspring &amp; Front sommi</b></p> <p>Please note that both leaps must take off from one leg but the last leap may land on one or two legs.</p>
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**Element/Requirement attempted but not achieved**

**Deduct 0.50 for gymnastic elements or connections**

**Deduct 1.00 for acrobatic Elements + fall deductions if applicable**

**Element /Requirement not attempted**

**Deduct 0.50 for connections/steps etc that are not elements.**

**Deduct 1.50 for gymnastic element or connection**

**Deduct 2.50 for an acrobatic/underlined element.**

## LEVEL 9

### VAULT

SEE BELOW

### BARS

START VALUE – 14.00

### BEAM

START VALUE – 13.00

### FLOOR

START VALUE – 13.00

<ul style="list-style-type: none"> <li>• Handspring Front Prep. Vault – SV 3.40</li> <li><b><u>or</u></b></li> <li>• Tsukahara Prep Vault – SV 3.00</li> <li><b><u>or</u></b></li> <li>• Yurchenko prep vault – SV 2.80</li> </ul> <p style="text-align: center;"><b><u>Vault Heights</u></b></p> <ul style="list-style-type: none"> <li>• U-12 – 115cm</li> <li>• O-12 – 125cm</li> </ul>	<p>Any 7 of the following elements-</p> <ul style="list-style-type: none"> <li>• Float Upstart on Low Bar</li> <li>• Pike or Straddle on to get to the HB.</li> <li>• Upstart</li> <li>• Cast to within 30* of Handstand. <b>0.20 Bonus for within 10* of handstand</b></li> <li>• Clear Circle. <b>0.20 Bonus if finished above horizontal</b></li> <li>• Sole Circle fwd or bwd <b>0.20 Bonus if done with straight legs</b></li> <li>• Upstart Two Feet Through</li> <li>• Fwd or Bwd Seat Circle</li> <li>• Straddle Cut &amp; Catch done from Upstart 2 feet through</li> <li>• Straddle Cut &amp; Catch done from Forward Seat Circle</li> <li>• Undershoot ½ Turn to re-grasp the same bar. This can be done on either LB or HB. <b>0.20 Bonus will be given if the turn is done above Horizontal on <u>HB</u></b></li> <li>• Long Upstart</li> <li>• Piked/straddled undershoot to catch HB.</li> <li>• Cast to within 30* of handstand ¾ Giant wrap-over. Immediate under-swing. <b>0.20 Bonus will be given for Giant Circle to Handstand.</b></li> <li>• Any Coded Salto Dismount</li> <li>• <b>Any other coded elements</b></li> </ul>	<ul style="list-style-type: none"> <li>• Mount from the Code</li> <li>• 1/1 Spin</li> <li>• Split Leap or Jump connected with any other “J” or Coded gymnastic element</li> <li>• Any forward/sideways Acro element from the Code of Points (excluding rolls)</li> <li>• A close Beam move (does not have to be an element)</li> <li>• Any Backward Acro element from the Code of Points (excluding rolls)</li> <li>• Any salto dismount from the Code of Points</li> </ul> <p><b>0.20 Bonus for a straight or 'B' valued Salto dismount, (Forward/Backwards)</b></p> <p><b>0.20 Bonus for a flighted acro element (fwds / bwds)</b></p>	<ul style="list-style-type: none"> <li>• 1 ½ Spin or more</li> <li>• Jump 1 ½ Turn or more</li> <li>• Double Split Leap either directly or indirectly connected with a split leap (180*) – As per the FIG Code of Points</li> <li>• Any other Jump or Leap from the Code of Points or list of ‘J’ elements</li> <li>• Roundoff three flips</li> <li>• Handspring to two feet, immediate rebound stretch jump</li> <li>• Front Salto</li> <li>• Backward Roll to Handstand 1/1 Turn</li> <li>• Roundoff Flip Salto (Tucked, Piked or Stretched)</li> </ul> <p><b>0.20 Bonus for Straight Salto</b></p> <p><b>0.20 Bonus for connecting the Handspring &amp; Front sommi</b></p>
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## LEVEL 9

**Element/Requirement attempted but not achieved**

**Deduct 0.50 for gymnastic elements or connections  
Deduct 1.00 for acrobatic Elements + fall deductions if applicable**

**Element /Requirement not attempted**

**Deduct 0.50 for connections/steps etc that are not elements.  
Deduct 1.50 for gymnastic element or connection  
Deduct 2.50 for an acrobatic/underlined element.**

### Prep Vaults

<b>Vault A -</b>	<b>Handspring Front Salto preparation.</b>	<b>Tariff 3.40</b>
<b>Vault B -</b>	<b>Tsukahara preparation.</b>	<b>Tariff 3.00.</b>
<b>Vault C –</b>	<b>Yurchenko preparation</b>	<b>Tariff 2.80</b>

- A mounted platform approx. 20 cm higher than the vault should be set up as the landing area.

### Features of the Vaults

The vaults should show good repulsion / lift in preparation for a salto by rotating through vertical in a stretched position before the feet touch the mats. (slightly dished stretch for Tsuk / Yurchenko and an open stretch for Handspring Front Salto prep).

What happens when the gymnast has passed through vertical in the second flight **will not be judged, but** please ensure the gymnast can come to a safe stop.

**LEVEL 10**  
**FIG Modified Code**

**Vault – All Around Competition**

One Vault is required - Any Vault from the FIG Code of Points.

**Vault - Apparatus Finals**

Gymnasts must perform 2 different vaults (3 attempts allowed). The vaults may be from the same Group, but must have different numbers. The average of both vaults will determine the Final Score.

**A-Bars**

Composition Requirements as per FIG Code of Points.

Connection Value as per the FIG Code of Points

DV as per the FIG Code of Points

Dismount Principal - B = 0.30

- C = 0.50

**Beam**

Composition Requirements as per FIG Code of Points.

Connection Value as per the FIG Code of Points

DV as per the FIG Code of Points

Dismount Principal - B = 0.30

- C = 0.50

**Floor**

Composition Requirements as per FIG Code of Points.

Connection Value as per the FIG Code of Points

DV as per the FIG Code of Points

Dismount Principal - B = 0.30

- C = 0.50

**Difficult Value Restrictions**

Max difficulty value which can be performed is “E”. If “F” or “G” Elements are performed, the maximum value they will receive is 0.50.