

ARTISTIC GYMNASTICS JUDGING SHEETS

2019-2027

MEN AND WOMEN

How to judge levels A-C:

There should be 2 judges at each event, one to judge difficulty and one to judge execution

These routines come from 10.0, which means that the maximum score the gymnast may receive is 10.0

Difficulty – the elements which make up the routine

- If the gymnast does the element, check it off
- Count the number of elements done and that is the score for difficulty

Execution – how the element is performed

- Take off .1 for each execution error (bent knees, toes not pointed, etc.)
- Count the number of errors and subtract from 2.0 – this is the score for execution

Difficulty + Execution = Score*

Neutral Deductions:

Coaching throughout the routine is a 4.0 deduction

Coaching through most of routine is a 3.0 deduction

Coaching through half of routine is a 2.0 deduction

Coaching through some of the routine is a 1.0 deduction

- | | |
|--|-----|
| - Each physical assistance, spot a component | 0.5 |
| - Each verbal assistance | 0.3 |
| - Every signal | 0.1 |

Failure to present before and/or after exercise	0.1 each
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***Score – Neutral Deductions = Final Score**

How to judge levels 1-4:

There should be 2 judges at each event, one to judge difficulty and one to judge execution

Levels 1-4 maximum score is 20.0

Difficulty = 10.0

Exceptions where there are bonus elements maximum scores are either 18.0 or 19.0

Women's Level 1 – bars and floor

Women's Level 2 – bars and beam

Men's Level 2 – high bar and pommel horse

Execution = 10.0

Difficulty – the elements which make up the routine – maximum score is 10.0

- If the gymnast does the element, check it off
- Count the number of elements done and that is the score for difficulty

Execution – how the element is performed – maximum score is 10.0

- Take off .1 for each execution error (bent knees, toes not pointed, etc.)
- Count the number of errors and subtract from 10.0 – this is the score for execution

$$\text{Difficulty} + \text{Execution} = \text{Score}^*$$

*Now from that score deduct the neutral deductions (maximum is 4.0):

Coaching throughout the routine is a 4.0 deduction

Coaching through most of routine is a 3.0 deduction

Coaching through half of routine is a 2.0 deduction

Coaching through some of the routine is a 1.0 deduction

- Each physical assistance, spot a component 0.5
- Each verbal assistance 0.3
- Every signal 0.1

Failure to present before and/or after exercise 0.1 each

$$\text{*Score} - \text{Neutral Deductions} = \text{Final Score}$$

WOMEN'S LEVEL A: VAULT

May be performed with a walker or in a wheelchair (spotter required)

May be performed 2 times

Vault # 1

Value	Element	Difficulty	Execution
2.0	Salute to judge	_____	_____
2.0	Move to designated area	_____	_____
2.0	"Stick" landing	_____	_____
2.0	Salute to judge	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

Vault # 2

Value	Element	Difficulty	Execution
2.0	Salute to judge	_____	_____
2.0	Move to designated area	_____	_____
2.0	"Stick" landing	_____	_____
2.0	Salute to judge	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

WOMEN'S LEVEL A: UNEVEN BARS

Performed seated, either with a hand held single bar or low bar

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
2.0	Grasp bar (overhand)	_____	_____
1.0	Change 1 hand to under grip	_____	_____
1.0	Change other hand to under grip	_____	_____
2.0	Release the bar	_____	_____
1.0	Salute	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

WOMEN'S LEVEL A: BEAM

May be performed in a wheelchair, using a line on the floor, or with a walker, using a line on the floor or low beam

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
2.0	Travel to middle of beam	_____	_____
1.0	Pose or arm movement	_____	_____
2.0	Travel to end of beam	_____	_____
1.0	Stick dismount	_____	_____
1.0	Salute	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

WOMEN'S LEVEL A: FLOOR EXERCISE

May be performed on floor, with a wedge, a walker, or in a wheelchair

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
2.0	Pose	_____	_____
2.0	1-2 log rolls or optional move	_____	_____
2.0	Pose	_____	_____
1.0	Salute	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

WOMEN'S LEVEL B: VAULT May do 2 (Spotter required)

Vault #1

Value	Element	Difficulty	Execution
1.0	Stand at attention on board	_____	_____
1.5	Salute	_____	_____
2.0	Straight jump onto 8" mat	_____	_____
2.0	Stick landing	_____	_____
1.5	Salute	_____	_____

Difficulty 8.0
Execution 2.0
Max. Score 10.0

Vault #2

Value	Element	Difficulty	Execution
1.0	Stand at attention on board	_____	_____
1.5	Salute	_____	_____
2.0	Straight jump onto 8" mat	_____	_____
2.0	Stick landing	_____	_____
1.5	Salute	_____	_____

Difficulty 8.0
Execution 2.0
Max. Score 10.0

WOMEN'S LEVEL B: UNEVEN BARS

Performed seated, either with a hand held single bar or low bar (Spotter Required)

Value	Element	Difficulty	Execution
0.5	Salute	_____	_____
1.0	Grasp bar in over grip	_____	_____
1.0	Show pike position	_____	_____
1.0	Show straddle position	_____	_____
1.0	Show pike position	_____	_____
1.0	Show tuck position	_____	_____
	(relax legs)		
1.0	Change 1 hand to under grip	_____	_____
1.0	Change other hand to under grip	_____	_____
0.5	Release and Salute	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

WOMEN'S LEVEL B: BEAM

May be performed on panel mat or wide balance beam

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
1.0	Step onto side of beam	_____	_____
2.0	2 locomotive movements Different movements, (ex. walk forward, sideways, backwards, march) in both directions	_____	_____
1.0	Pose	_____	_____
2.0	Dismount	_____	_____
1.0	Salute	_____	_____
	Difficulty	8.0	
	Execution	2.0	
	Max. Score	10.0	

WOMEN'S LEVEL B: FLOOR EXERCISE

Optional choreography, must include these requirements

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
1.0	Pose	_____	_____
2.0	2 locomotive movements	_____	_____
	Different movements (ex. Walk forward, backward, sideways, march, gallup) in both directions		
2.0	1-2 log rolls	_____	_____
1.0	Pose	_____	_____
2.0	Salute	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

WOMEN'S LEVEL C: VAULT (Spotter Required) Perform 2 vaults of either option 1 or option 2

OPTION 1 – Walk or Run onto Springboard

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
1.0	Run or walk onto board	_____	_____
1.0	Feet together on board	_____	_____
2.0	Straight jump onto 8" mat	_____	_____
1.0	Stick landing	_____	_____
1.0	Salute	_____	_____
	Difficulty	8.0	
	Execution	2.0	
	Max. Score	10.0	

OPTION 2: Hurdle onto Springboard

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
1.0	Run	_____	_____
1.0	Hurdle onto board	_____	_____
2.0	Straight jump onto 8" mat	_____	_____
1.0	Stick landing	_____	_____
1.0	Salute	_____	_____
	Difficulty	8.0	
	Execution	2.0	
	Max. Score	10.0	

WOMEN'S LEVEL C: UNEVEN BARS (Spotter Required)

Gymnasts may use additional mats, spotting blocks, or a springboard to mount

HIGH BAR

Value	Element	Difficulty	Execution
1.0	Jump or lifted to long hang	_____	_____
1.0	Show Tuck position	_____	_____
1.0	Show Long Hang position	_____	_____
1.0	Show Straddle position	_____	_____
1.0	Show Long Hang position	_____	_____
1.0	Release bar to dismount	_____	_____

LOW BAR

Value	Element	Difficulty	Execution
1.0	Jump to front support	_____	_____
1.0	Cast Dismount	_____	_____

Difficulty	8.0
Execution	8.0
Max. Score	10.0

WOMEN'S LEVEL C: BEAM (Spotter Required)

Must be performed on low beam

Value	Element	Difficulty	Execution
1.0	Mount (step onto side of beam)	_____	_____
1.0	Step together with arm wave (rt, lf)	_____	_____
1.0	90 pivot turn	_____	_____
1.0	Marching Steps	_____	_____
1.0	Lunge	_____	_____
1.0	Forward Kicks	_____	_____
1.0	Arm Waves	_____	_____
1.0	Straight Jump Dismount	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

WOMEN'S LEVEL C: FLOOR EXERCISE

Value	Element	Difficulty	Execution
1.0	3 Step Kicks	_____	_____
0.5	Side Steps Left & Arm Wave	_____	_____
0.5	Side Steps Right & Arm Wave	_____	_____
1.0	360 Tiptoe Turn	_____	_____
1.0	Straight Jump	_____	_____
1.0	Running Steps	_____	_____
1.0	Knee Scale	_____	_____
1.0	Back Body Wave	_____	_____
1.0	Ending Pose	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

WOMEN'S LEVEL 1: VAULT (May do 2)

(Spotter Required)

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
1.0	Run	_____	_____
1.0	Hurdle onto springboard	_____	_____
2.0	Straight jump onto 8" mat	_____	_____
1.0	Stick landing	_____	_____
2.0	(2-3 steps) ¾ Handstand (Teeter Totter)	_____	_____
1.0	Step down to lunge	_____	_____
1.0	Salute	_____	_____

Difficulty 10.0

Execution 10.0

Max. Score 20.0

WOMEN'S LEVEL 1: UNEVEN BARS (Spotter Required)

Gymnasts may use additional mats, spotting block, or springboard to mount

HIGH BAR

Value	Element	Difficulty	Execution
0.5	Jump/lifted to long hand position	_____	_____
1.0	Tuck position (hold 2 sec.)	_____	_____
1.0	Long hang position (show)	_____	_____
1.0	Straddle position (hold 2 sec.)	_____	_____
1.0	Long hang position (show)	_____	_____
1.0	Release bar to dismount	_____	_____

LOW BAR

Value	Element	Difficulty	Execution
1.5	Jump to front support	_____	_____
1.5	Cast	_____	_____
1.0	Cast Dismount	_____	_____

BONUS

Value	Element	Difficulty	Execution
0.5	Low Bar – Tuck forward roll dismount	_____	_____

Difficulty 9.5 (10.0 with Bonus)

Execution 10.0

Max. Score 20.0 (with Bonus)

WOMEN'S LEVEL 1: BEAM (Spotter Required)

Must be performed on Low Beam

Value	Element	Difficulty	Execution
1.0	Mount	_____	_____
1.0	3 Sideways Steps	_____	_____
1.0	90 Pivot Turn	_____	_____
1.5	Lunge	_____	_____
1.5	Kicks Forward (R, L, R, L)	_____	_____
1.5	Passe Hold (arms overhead)	_____	_____
1.0	3 Marching Steps	_____	_____
1.5	Straight Jump Dismount	_____	_____

Difficulty 10.0

Execution 10.0

Max. Score 20.0

WOMEN'S LEVEL 1: FLOOR

Starting pose: Stand with feet together & knees bent. Body is bent slightly forward, arms crossed in front of face.

Value	Element	Difficulty	Execution
1.0	¾ Handstand/Teeter-totter	_____	_____
0.5	2 Passe hops (r,l)	_____	_____
0.5	Passe Hold	_____	_____
1.0	Dance Section	_____	_____
0.5	2 Side Chasses	_____	_____
1.0	Lever/T-hold	_____	_____
1.0	Hurdle Step	_____	_____
1.0	Straight Jump	_____	_____
1.0	Squat Half Turn OR 2.0 Forward Roll	_____	_____
1.0	Tucked Back Rock	_____	_____
0.5	Back Body Wave	_____	_____

Difficulty	9.0 (with squat half turn)
	10.0 (with forward roll)
Execution	10.0
Max. Score	19.0 (with squat half turn)
	20.0 (with forward roll)

WOMEN'S LEVEL 2: VAULT

(Spotter Required)

Perform 2 vaults

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
1.0	Run	_____	_____
1.0	Hurdle onto to board	_____	_____
2.0	Straight jump onto 16" mat	_____	_____
1.0	Stick landing	_____	_____
2.0	(2-3 steps) Handstand (feet together)	_____	_____
1.0	Step down to lunge	_____	_____
1.0	Salute	_____	_____

Difficulty 10.0

Execution 10.0

Max. Score 20.0

WOMEN'S LEVEL 2: BARS

(Spotter Required)

Gymnasts may use additional mats, spotting block, or a springboard to mount

HIGH BAR

Value	Element	Difficulty	Execution
1.0	From a spotting block, tap swing forward	_____	_____
1.0	Tap swing backward	_____	_____
1.0	Tap swing forward	_____	_____
1.0	Tap swing backward	_____	_____
1.0	Back swing, release to dismount	_____	_____

LOW BAR

Value	Element	Difficulty	Execution
1.0	Jump to front support	_____	_____
1.0	Cast	_____	_____
1.0	Cast Dismount	_____	_____

BONUS

Value	Element	Difficulty	Execution
1.0	Low Bar – Pullover mount (kick)	_____	_____
1.0	Low Bar – Pullover mount (feet together)	_____	_____
1.0	Low Bar – Forward roll dismount	_____	_____

Difficulty 8.0

9.0 – with either pullover or forward roll dismount

10.0 – with both pullover and forward roll dismount

Execution 10.0

Max. Score 20.0 (with bonus) 19.0 (with 1 bonus) 18.0 (with no bonus)

WOMEN'S LEVEL 2: BEAM (Spotter Required)

May be performed on low beam or high beam (bonus)

Value	Element	Difficulty	Execution
1.0	Mount to squat	_____	_____
1.0	Right leg dance	_____	_____
1.0	Left leg dance	_____	_____
1.0	180 Pivot turn	_____	_____
1.0	Lever/T-hold	_____	_____
1.0	Straight Jump	_____	_____
1.0	Side Steps	_____	_____
1.0	Coupe Steps	_____	_____
1.0	Straddle Jump Dismount	_____	_____

Difficulty	10.0 (High Beam)	9.0 (Low Beam)
Execution	10.0	
Max. Score	20.0 (High Beam)	19.0 (Low Beam)

WOMEN'S LEVEL 2: FLOOR

May be performed with either a candlestick or backward roll

Value	Element	Difficulty	Execution
1.0	180 Passe Pivot	_____	_____
1.0	Handstand	_____	_____
0.5	Forward Chasse	_____	_____
1.0	Straight Jump	_____	_____
1.0	Tuck Jump	_____	_____
0.5	Forward Body Wave	_____	_____
1.0	Candlestick or Backward Roll	_____	_____
1.0	Cartwheel	_____	_____
1.0	Dance Section	_____	_____
1.0	Hurdle Step	_____	_____
1.0	Lever/T-Hold	_____	_____

Difficulty 10.0

Execution 10.0

Max. Score 20.0

WOMEN'S LEVEL 3: VAULT (Spotter Required)

Perform 2 vaults of either option 1 or option 2

OPTION 1

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
1.0	Run	_____	_____
1.0	Hurdle onto Board	_____	_____
2.0	Straight jump onto 24" mat	_____	_____
1.0	Stick Landing	_____	_____
2.0	(2-3 Steps) Handstand Flat back	_____	_____
1.0	Salute	_____	_____
	Difficulty	9.0	
	Execution	10.0	
	Max. Score	19.0	

OPTION 2

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
1.0	Run	_____	_____
2.0	Hurdle onto Board	_____	_____
3.0	Jump to handstand (minimum 30" mat)	_____	_____
2.0	Flat Back	_____	_____
1.0	Salute	_____	_____
	Difficulty	10.0	
	Execution	10.0	
	Max. Score	20.0	

WOMEN'S LEVEL 3: BARS

(Spotter Required)

Gymnasts may use additional mats, spotting block, or a springboard

Elements in the routine may be performed in any order, using these composition guidelines:

- 6 elements (3 on low bar & 3 on high bar)
- FIG "A" or Recognizable Gymnastics Skills
- To change bars, gymnast must dismount one bar and mount the other bar
- Safety note: On high bar, swinging dismount should release swinging away from low bar
- Must include these special requirements

Value	Requirement	Difficulty	Execution
0.5	Pullover or kick over	_____	_____
0.5	Cast to 45	_____	_____
0.5	Circling element (forward or backward)	_____	_____

Difficulty	10.0
Execution	10.0
Max. Score	20.0

WOMEN'S LEVEL 3: BEAM (Spotter Required)

Must be performed on high beam

Maximum time 1:15

Elements in the routine may be performed in any order, using these composition guidelines

- Optional Choreography
- 6 Elements
- FIG "A" or Recognizable gymnastics skills
- Must include these Special Requirements

Value	Requirement	Difficulty	Execution
0.5	Acro element	_____	_____
0.5	Dance element (hop/jump/leap)	_____	_____
0.5	Balance element	_____	_____
.05	Turn (minimum 180 on 1 or 2 feet)	_____	_____

Difficulty 10.0

Execution 10.0

Max. Score 20.0

WOMEN'S LEVEL 3: FLOOR

Maximum time 1:15

Elements in the routine may be performed in any order, using these composition guidelines

- Optional choreography
- 6 elements
- FIG "A" or Recognizable Gymnastics Skills
- Must include these Special Requirements

Value	Element	Difficulty	Execution
0.5	Acro Element (forward, sideways, or backwards)	_____	_____
0.5	Additional acro element (must be different direction than first)	_____	_____
0.5	Dance element (hop/jump/leap)	_____	_____
0.5	Turn (minimum 180 on 1 foot)	_____	_____

Difficulty 10.0

Execution 10.0

Max. Score 20.0

WOMEN'S LEVEL 4: VAULT (Spotter Required)

Any vault in the FIG Code of Points – Start values are listed in the current FIG Code of Points

For Special Olympians vaults over stacked mats turned sideways, any standard manufactured 5X10 mat may be used

Special Olympics Vaults:

Start Value Vault

1.0 Handstand Onto Stacked Mats (32 or higher) – Flat Back

1.6 Handstand onto Table – Flat Back onto stacked mats (minimum height even with table)

1.4 Handspring over Stacked Mats (32 or higher)

Additional vaults over stacked mats will receive 1.4 for the handspring, plus the following points

0.1 Each $\frac{1}{4}$ turn (ex. $\frac{1}{4}$ on – $\frac{1}{4}$ off start value is 1.6: 1.4 for handspring plus 0.1 for each $\frac{1}{4}$ turn

0.2 Each $\frac{1}{2}$ turn (ex. $\frac{1}{2}$ on – $\frac{1}{2}$ off start value is 1.8: 1.4 for handspring plus 0.2 for each $\frac{1}{2}$ turn

**For safety reasons, vaults with a lateral landing are not allowed. (ex. Handspring on $\frac{1}{4}$ off is not allowed

WOMEN'S LEVEL 4: BARS

(Spotter Required)

Gymnasts may use additional mats, spotting block, or springboard to mount

Elements in the routine may be performed in any order, using these guidelines:

- 8 elements (4 on high bar & 4 on low bar)
- Any FIG value skills or Recognizable Gymnastics Skills
- Must include a bar change within the routine
- Safety note: On high bar, recommended that swinging dismounts release swinging away from the low bar. If, because of the order of skills, the gymnast must release swinging toward the low bar, the coach must be in position to stop the gymnast from hitting the low bar
- Must include these Special Requirements

Value Requirement

0.5 Cast above 45

0.5 Circling element (forward or backward)

0.5 Additional circling element (same element can receive credit twice if performed once on high bar and once on low bar)

0.5 Swinging element or additional circling element (same circling element cannot receive credit a third time)

Difficulty 10.0

Execution 10.0

Max. Score 20.0

WOMEN'S LEVEL 4: BEAM (Spotter Required)

Must be performed on high beam

Maximum time 1:30

- Optional Choreography
- 8 elements
- Any FIG value skills or Recognizable Gymnastics Skills
- Must include these Special Requirements

Value Requirement

0.5 Acro element with hand support (can be dismount)

0.5 Dance element (jump/leap)

0.5 Balance element (with leg extended front, side, or back at 90)

0.5 Turn (minimum 180 on 1 foot)

Difficulty 10.0

Execution 10.0

Max. Score 20.0

WOMEN'S LEVEL 4: FLOOR

Maximum Time 1:30

- Optional Choreography
- 8 Elements
- Any FIG value skills or Recognizable Gymnastics Skills
- Must include these Special Requirements

Value Requirement

0.5 Acro element (forward, sideways, or backwards)

0.5 Acro element with flight

0.5 Dance series or passage (minimum 2 different skills, one must be a jump/leap)

0.5 Turn (minimum 360 on 1 foot)

Difficulty 10.0

Execution 10.0

Max. Score 20.0

MEN'S LEVEL A: FLOOR

May be performed on floor, with a wedge, a walker, or in a wheelchair

Value	Element	Difficulty	Execution
2.0	Salute	_____	_____
1.0	Pose	_____	_____
2.0	1-2 log rolls or optional move	_____	_____
1.0	Pose	_____	_____
2.0	Salute	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL A: VAULT

May be performed with a walker or in a wheelchair (spotter required)
May be performed 2 times

Vault # 1

Value	Element	Difficulty	Execution
2.0	Salute to judge	_____	_____
2.0	Move to designated area	_____	_____
2.0	"Stick" landing	_____	_____
2.0	Salute to judge	_____	_____
Difficulty	8.0		
Execution	2.0		
Max. Score	10.0		

Vault # 2

Value	Element	Difficulty	Execution
2.0	Salute to judge	_____	_____
2.0	Move to designated area	_____	_____
2.0	"Stick" landing	_____	_____
2.0	Salute to judge	_____	_____
Difficulty	8.0		
Execution	2.0		
Max. Score	10.0		

MEN'S LEVEL A: HIGH BAR (Spotter Required)

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
2.0	Grab bar in overhand grip	_____	_____
1.0	Change 1 hand to under grip	_____	_____
1.0	Change other hand to under grip	_____	_____
2.0	Release the bar	_____	_____
1.0	Salute	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL A: PARALLEL BARS

(Spotter Required)

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
2.0	Grab bars in over grip	_____	_____
1.0	Change one hand to under grip	_____	_____
1.0	Change other hand to under grip	_____	_____
2.0	Release bar	_____	_____
1.0	Salute	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL B: FLOOR

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
1.0	Pose	_____	_____
1.0	locomotive movement	_____	_____
1.0	different locomotive movement	_____	_____
2.0	1-2 log rolls	_____	_____
1.0	Pose	_____	_____
1.0	Salute	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL B: VAULT May do 2 (Spotter Required)

Vault #1

Value	Element	Difficulty	Execution
1.0	Stand at attention on board	_____	_____
1.5	Salute	_____	_____
2.0	Straight jump onto 8" mat	_____	_____
2.0	Stick landing	_____	_____
1.5	Salute	_____	_____
	Difficulty	8.0	
	Execution	2.0	
	Max. Score	10.0	

Vault #2

Value	Element	Difficulty	Execution
1.0	Stand at attention on board	_____	_____
1.5	Salute	_____	_____
2.0	Straight jump onto 8" mat	_____	_____
2.0	Stick landing	_____	_____
1.5	Salute	_____	_____
	Difficulty	8.0	
	Execution	2.0	
	Max. Score	10.0	

MEN'S LEVEL B: HIGH BAR

(Spotter Required)

Value	Element	Difficulty	Execution
0.5	Salute	_____	_____
1.0	Grasp bar in over grip	_____	_____
1.0	Show Straddle Position	_____	_____
1.0	Show Pike Position	_____	_____
1.0	Show Tuck Position	_____	_____
1.0	Change 1 hand to under grip	_____	_____
1.0	Change other hand to under grip	_____	_____
1.0	Release bar	_____	_____
0.5	Salute	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL B: POMMEL HORSE

(Spotter Required)

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
2.0	Place hands on pommels	_____	_____
2.0	Lift Rt. Hand, lift Lt. Hand, lift Rt. Hand, lift Lt. hand	_____	_____
2.0	Hands on pommels – lift rt. Leg, lift lt. leg, lift rt. Leg, lift lt. leg	_____	_____
1.0	Salute	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL C: FLOOR

Value	Element	Difficulty	Execution
0.5	Salute	_____	_____
1.0	Straight Jump	_____	_____
1.0	¼ turn to straddle stand, bring legs together	_____	_____
1.0	Jump ½ turn	_____	_____
1.0	Chasse	_____	_____
1.0	Squat – push up position – lay flat	_____	_____
1.0	2 log rolls	_____	_____
1.0	Push to knee scale, stand	_____	_____
0.5	Salute	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL C: VAULT

(Spotting Required)

May do 2 vaults (either option 1 or option 2 or 2 of the same)

OPTION 1:

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
1.0	Run or walk onto Springboard	_____	_____
1.0	Feet together on springboard	_____	_____
2.0	Stretched jump off springboard onto 8" mat	_____	_____
1.0	Stick Landing	_____	_____
1.0	Salute	_____	_____

Difficulty 7.0

Execution 2.0

Max. Score 9.0

OPTION 2:

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
1.0	Run toward board	_____	_____
2.0	Hurdle onto board	_____	_____
2.0	Stretched jump off board onto 8" mat	_____	_____
1.0	Stick landing	_____	_____
1.0	Salute	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

MEN'S LEVEL C: HIGH BAR

(Spotter Required)

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
2.0	Pike Kick Tap	_____	_____
2.0	One Tap Swing	_____	_____
2.0	Release at end of second back swing	_____	_____
1.0	Salute	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL C: POMMEL HORSE

(Spotter Required)

Value	Element	Difficulty	Execution
0.5	Salute	_____	_____
1.0	Grab Pommels	_____	_____
2.0	Lift rt. hand, lift lf. hand, lift rt. Hand, lift lf. Hand	_____	_____
2.0	Jump to support	_____	_____
2.0	Leg kick rt., leg kick lf.	_____	_____
0.5	Salute	_____	_____

Difficulty 8.0

Execution 2.0

Max. Score 10.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL 1: FLOOR

Value	Element	Difficulty	Execution
1.0	Step kick, $\frac{3}{4}$ handstand/Teeter-Totter	_____	_____
1.0	Forward roll to stand	_____	_____
1.0	Tuck Jump	_____	_____
1.0	Straddle Jump	_____	_____
1.0	Run, run, and punch Straight Jump	_____	_____
0.5	$\frac{1}{4}$ turn, side chasse	_____	_____
0.5	Jump $\frac{1}{2}$ turn to chasse	_____	_____
1.0	$\frac{1}{4}$ turn, Scale	_____	_____
1.0	Roll back to candle stick	_____	_____
1.0	Sit up to V-Seat	_____	_____
1.0	1 $\frac{1}{2}$ log rolls, stand, salute	_____	_____

Difficulty 10.0

Execution 10.0

Max. Score 20.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL 1: VAULT

(Spotter Required)

Must do 2

VAULT 1

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
2.0	Run	_____	_____
2.0	Hurdle onto board	_____	_____
2.0	Stretched jump onto 16" mat	_____	_____
2.0	Stick landing	_____	_____
1.0	Salute	_____	_____
	Difficult	10.0	
	Execution	10.0	
	Max. Score	20.0	

VAULT 2

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
2.0	Run	_____	_____
2.0	Hurdle onto board	_____	_____
2.0	Stretched jump onto 16" mat	_____	_____
2.0	Stick landing	_____	_____
1.0	Salute	_____	_____
	Difficult	10.0	
	Execution	10.0	
	Max. Score	20.0	

MEN'S LEVEL 1: HIGH BAR

(Spotter Required)

Value	Element	Difficulty	Execution
1.0	Jump to hang (with or without assistance)	_____	_____
1.0	Pike arch pull stem tap	_____	_____
2.0	1 tap swing into ½ turn	_____	_____
2.0	Tap swing forward in mixed grip	_____	_____
2.0	Change grip on back swing to over grip	_____	_____
1.0	1 tap swing	_____	_____
1.0	Release in back swing	_____	_____

Difficulty 10.0

Execution 10.0

Max. Score 20.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL 1: PARALLEL BARS

(Spotter Required)

Value	Element	Difficulty	Execution
1.0	Jump to front support	_____	_____
1.5	2 Support walks forward (Penguin walks)	_____	_____
1.5	Straddle cut sit with legs in front of hands	_____	_____
1.5	Straddle travel forward	_____	_____
1.5	Press legs to tuck support – between bars	_____	_____
1.0	Kick forward to swing backward	_____	_____
2.0	Swing forward, swing backward to dismount	_____	_____

Difficulty 10.0

Execution 10.0

Max. Score 20.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL 1: POMMEL HORSE

(Spotter Required)

Value	Element	Difficulty	Execution
2.0	Jump to front support, lift rt. Arm, lift lf. Arm	_____	_____
2.0	Leg kick rt., leg kick lf., leg kick rt.	_____	_____
2.0	Leg cut left to immediate rt. leg cut	_____	_____
2.0	Tuck hold	_____	_____
1.0	Kick out dismount	_____	_____

Difficulty 9.0

Execution 10.0

Max. Score 19.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

LEVEL 1: RINGS

(Spotter Required)

Value	Element	Difficulty	Execution
1.0	Jump to hang (with assistance)	_____	_____
2.0	Pull up, knees in tuck (2 sec.)	_____	_____
2.0	Swing forward, swing backward	_____	_____
2.0	Swing backward, swing forward to inverted tuck hang	_____	_____
2.0	“Skin the Cat”	_____	_____
1.0	Release to dismount	_____	_____

Difficulty 10.0

Execution 10.0

Max. Score 20.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL 2: FLOOR

Value	Element	Difficulty	Execution
2.0	Handstand, step down to stand	_____	_____
1.0	Cartwheel, cartwheel	_____	_____
2.0	Backward roll to straddle stand	_____	_____
1.5	Forward Roll to tuck jump	_____	_____
1.5	2 steps, hurdle to round-off	_____	_____
2.0	Salute	_____	_____

Difficulty 10.0

Execution 10.0

Max. Score 20.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL 2: VAULT

(Spotter Required)

Must do 2

VAULT 1

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
2.0	Run	_____	_____
2.0	Hurdle onto board	_____	_____
2.0	Stretched jump onto 24" mat	_____	_____
2.0	Stick landing	_____	_____
1.0	Salute	_____	_____
	Difficult	10.0	
	Execution	10.0	
	Max. Score	20.0	

VAULT 2

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
2.0	Run	_____	_____
2.0	Hurdle onto board	_____	_____
2.0	Stretched jump onto 24" mat	_____	_____
2.0	Stick landing	_____	_____
1.0	Salute	_____	_____
	Difficult	10.0	
	Execution	10.0	
	Max. Score	20.0	

MEN'S LEVEL 2: HIGH BAR

(Spotter Required)

Value	Element	Difficulty	Execution
1.0	Jump to bar (with or without assistance)	_____	_____
0.5	Pullover with spot	_____	_____
1.0	Cast under shoot to 2 swings	_____	_____
2.0	Swing ½ turn to mixed grip	_____	_____
1.0	1 Swing in mixed grip	_____	_____
1.5	Change grip to overgrip and do 1 full swing	_____	_____
1.0	Dismount in back of second swing	_____	_____

BONUS:

Pullover without spot + 1.5

Extra swing (forward and backward) prior to dismount +0.5

Difficulty 8.0

With Bonus pullover 9.5

With Bonus extra swing 8.5

With both bonus 10.0

Execution 10.0

Max. Score 20.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL 2: PARALLEL BARS

(Spotter Required)

Value	Element	Difficulty	Execution
1.0	Jump to front support – swing forward	_____	_____
0.5	Swing backwards	_____	_____
1.5	Swing forward with straddle support (legs in front)	_____	_____
2.0	Press to straddle hold (2 sec.)	_____	_____
1.5	Bring legs together and swing backwards	_____	_____
1.5	Swing forward, swing backwards	_____	_____
2.0	Swing forwards, backwards to dismount over side	_____	_____

Difficulty 10.0

Execution 10.0

Max. Score 20.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL 2: POMMEL HORSE

(Spotter Required)

Value	Element	Difficulty	Execution
2.0	Mount	_____	_____
	Right hand/left pommel, left hand at end of horse; jump to front support with right leg cut in front; turn 180-degrees		
1.5	Leg cut to front support	_____	_____
1.0	2 leg swings	_____	_____
1.5	Leg cut in and out with right leg	_____	_____
1.5	leg cut in and out with left leg	_____	_____
1.5	Right leg cut, left leg cut, dismount	_____	_____

Bonus: +1.0: travel from pommels to leather, then leg cut one leg at a time to dismount

Difficulty 9.0 (with bonus +1.0)

Execution 10.0

Max. Score 19.0 (with Bonus 20.0)

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL 2: RINGS

(Spotter Required)

Value	Element	Difficulty	Execution
0.5	Jump to rings (with assistance), show long hang position	_____	_____
2.0	Chin up (2 sec.)	_____	_____
0.5	Lower to hang	_____	_____
1.5	Lift knees to tuck position (2 sec.)	_____	_____
1.5	3 Swings	_____	_____
1.0	Swing to inverted hang	_____	_____
1.0	Lower to basket (pike inverted hang)	_____	_____
1.0	"Skin the Cat"	_____	_____
1.0	Release to dismount	_____	_____

Difficulty 10.0

Execution 10.0

Max. Score 20.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL 3: FLOOR

- Optional choreography
- Top 5 elements count for difficulty
- FIG "A" or Recognizable Gymnastics Skills
- Must include these Special Requirements

Special Requirements – Must include one of each for maximum of 2.0

Value	Element	Difficulty	Execution
0.5	Forward Acrobatic Element	_____	_____
0.5	Backward Acrobatic Element	_____	_____
0.5	Additional Acrobatic Element for Dismount	_____	_____
0.5	Non-acrobatic Element	_____	_____

Recognizable Skills are worth 0.5 each and FIG A Skills are worth 1.0 each for a total of 5.0

Difficulty	10.0
Execution	10.0
Max. Score	20.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- Physical assistance, spot a component 0.5
- Verbal assistance 0.3
- Signals 0.1

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL 3: VAULT (Spotter Required)

May do 2

VAULT 1

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
1.0	Run	_____	_____
1.0	Hurdle onto board	_____	_____
2.0	Stretched jump onto 24" mat	_____	_____
1.0	Stick landing	_____	_____
2.0	2-3 Steps, handstand to flatback	_____	_____
1.0	Salute	_____	_____
	Difficulty	10.0	
	Execution	10.0	
	Max. Score	20.0	

VAULT 2

Value	Element	Difficulty	Execution
1.0	Salute	_____	_____
1.0	Run	_____	_____
1.0	Hurdle onto board	_____	_____
2.0	Stretched jump onto 24" mat	_____	_____
1.0	Stick landing	_____	_____
2.0	2-3 Steps, handstand to flatback	_____	_____
1.0	Salute	_____	_____
	Difficulty	10.0	
	Execution	10.0	
	Max. Score	20.0	

MEN'S LEVEL 3: POMMEL HORSE

Elements in the routine may be performed in any order, using these compositional guidelines:

- Top 5 elements count for difficulty
- FIG "A" or Recognizable Gymnastics Skills
- Must include these Element Groups

Value	Requirement
0.5	Swings/scissors
0.5	Travel
0.5	Circle
0.5	Dismount

Difficulty	10.0
Execution	10.0
Max. Score	20.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- | | |
|---|-----|
| - Physical assistance, spot a component | 0.5 |
| - Verbal assistance | 0.3 |
| - Signals | 0.1 |

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL 3: PARALLEL BARS

(Spotter Required)

Elements in the routine may be performed in any order, using these compositional guidelines

- Top 5 elements count for difficulty
- FIG "A" or Recognizable Gymnastics Skills
- Must include these Element Groups

Value	Requirement
0.5	Support Element
0.5	Element on upper arm
0.5	Swing element
0.5	Dismount

Neutral Deductions: Maximum 4.0

Coaching, each time

- | | |
|---|-----|
| - Physical assistance, spot a component | 0.5 |
| - Verbal assistance | 0.3 |
| - Signals | 0.1 |

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL 3: HIGH BAR

(Spotter Required)

Elements in the routine may be performed in any order, using these compositional guidelines

- Top 5 elements count for difficulty
- FIG "A" or Recognizable Gymnastics Skills
- Must include these Element Groups

Value	Requirement
0.5	In bar element
0.5	Swinging element
0.5	Turning element
0.5	Dismount

Difficulty	10.0
Execution	10.0
Max. Score	20.0

Neutral Deductions: Maximum 4.0

Coaching, each time

- | | |
|---|-----|
| - Physical assistance, spot a component | 0.5 |
| - Verbal assistance | 0.3 |
| - Signals | 0.1 |

Failure to present before and/or after exercise 0.1 each

MEN'S LEVEL 3: RINGS

(Spotter Required)

Elements in the routine may be performed in any order, using these compositional guidelines

- Top 5 elements count for difficulty
- FIG "A" or Recognizable Gymnastics Skills
- Must include these Element Groups

Value	Requirement
0.5	Swinging Element
0.5	Strength element below the rings
0.5	Strength element above the rings
0.5	Dismount

Neutral Deductions: Maximum 4.0

Coaching, each time

- | | |
|---|-----|
| - Physical assistance, spot a component | 0.5 |
| - Verbal assistance | 0.3 |
| - Signals | 0.1 |

Failure to present before and/or after exercise 0.1 each