

GYMNASTICS SA

WAG LEVEL 1-3

EXERCISE MANUAL



2020-2023

VERSION – JANUARY 2020

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MESSAGE FROM THE DISCIPLINE MANAGEMENT COMMITTEE

Dear Gymnastics friends

We would like to wish all coaches, judges and gymnasts' enjoyment and good gymnastics in the use of this program.

We have endeavoured to make this manual as user friendly as possible. To ensure the best possible understanding of the interpretation of this level 1-3 program and the various exercises, please use this manual in conjunction with the Modified SA Code for Level 1–3 which can be found at the back of the manual.

Our aim is to promote our sport through healthy learning and provide a simplistic, understandable competition program for young gymnasts. Please, always remember that when coaching or judging young gymnasts, we as responsible adults are part of the primary education of these gymnasts and should consider this role with the necessary responsibility.

We would like to ensure that gymnastics is taught with the following outcomes as objectives:

- Good, sound teaching using physical education principles in an environment where safety is paramount.
- Primarily, the enjoyment of the participants, but also with accomplishment as a secondary goal and winning as a bonus!

Anke Badenhorst

General information regarding all exercises

- All descriptions in **BOLD AND UPPER CASE** are elements, the value of all elements in Level 1-3 is **0.50**.
- The Omission of any element, therefore no attempt at all – **1.00** deduction
- Any falls on or against an apparatus – **0.5** deduction
- There is a fall limit of only 3 falls – any additional falls will not be deducted.
- The minimum score that a gymnast can receive when she attempted any exercise is **5.00**. (Rules for invalid vaults can be found on page 4).

VAULT

GENERAL REMARKS

APPARATUS

LEVEL 1	40cm landing mats
LEVEL 2	60/80cm mats
LEVEL 3	80cm/1m/1.20m mats

- The gymnast is required to perform 1 Vault.
 - In the event of a 0.00 or 5.00 score she may have a second vault (SV 10.00).
 - If a gymnast scores 0.00 on both vaults she may have another turn with a 2.00 deduction.
- WARM –UP: Gymnasts are permitted 2 vaults, or whatever is specified by the competition manager/director of judging.
- The maximum run distance is 15m, however, the run distance may be individually set.
- The vault begins with a run, arrival, and take-off from the board on two feet with legs together.
- The springboard must be placed at vault as per its designed function. Oblique or sideways board = 2.00 deduction from Final Score
- Double boards for Level 1 and 2 are not permitted but is permitted for Level 3.
- At national competitions and Zone Challenge events, the organizers are required to provide 2 springboards. One for under 45 kg and another for over 45 kg.

PERFORMANCE OF INVALID VAULTS (D PANEL)

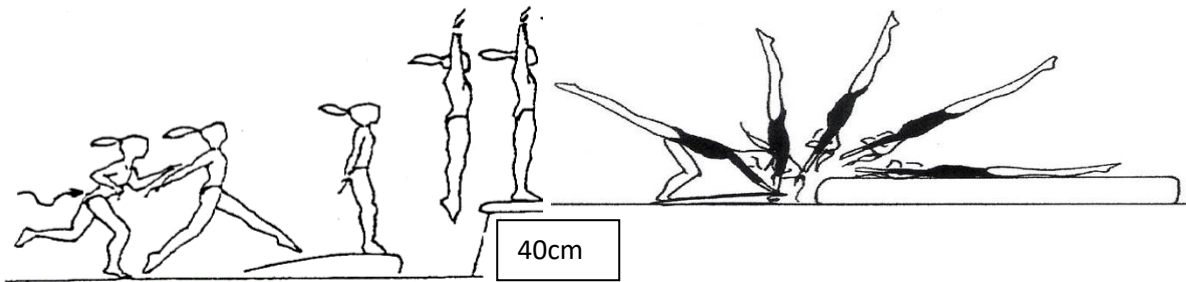
- Run approach with touch on springboard or mat, without execution of vault. INVALID
- No touch with hands on mats (level 2 and 3) INVALID
- Spotting assistance INVALID
- Handstand not reached, returned to board side (level 2 and 3) INVALID

PERFORMANCE OF VAULT BUT TECHNICAL REQUIREMENTS NOT MET

(LEVEL 2 AND 3) – SCORE 5.00

- Head touches mat
- Handstand reached, but returned to board side
- Vertical not achieved (roll over)
- 1 foot off the board
- Touch mat with 1 hand
- 2 failures to reach handstand in level 1
- Handspring (level 3), backside touches mat before feet touches the landing mat.

LEVEL 1: VAULT



VAULT DESCRIPTION

With run up double take off from springboard, stretch jump onto 40cm landing mat. Kick to handstand on landing mat to fall on back on mat.

TECHNIQUE

STRETCH JUMP:

- Vertical to be shown open shoulder angle and closed legs.
- Body tension throughout.
- Straight arms and legs.

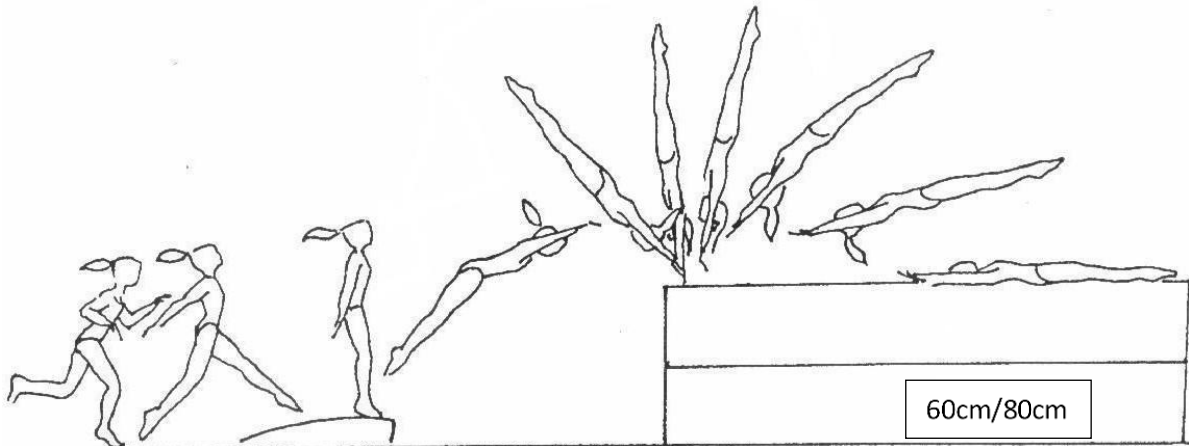
HANDSTAND FALL ON BACK:

- Vertical to be shown open shoulder angle and closed legs.
- Body tension throughout.
- Straight arms and legs.
- Length of vault should be body + arm length from board.

LEVEL 1: VAULT SPECIFIC DEDUCTIONS

FAULT	0.1	0.3	0.5
TAKE OFF			
Feet not simultaneously on board			X
No vertical lift from board (height)	X	X	X
Maintaining straight body position (body tension)	X	X	X
Landing distance from board (less than 30cm)	X		
Bent knees	X	X	
Open legs	X	X	
LANDING			
Deviation from a straight direction	X		
Legs apart	X		
Extra steps, slight hop (max ded of 0.3)	X		
Extra arm swing	X		
Additional trunk movements to maintain balance	X		
Large step or jump (max ded 0.3)		X	
Deep squat		X	
Brushing apparatus with hands-arms but not falling against it		X	
Support on mat with 1 or 2 hands (max ded 0.5/no ded for steps before fall)			X
Fall on mat to knees or hips			X
FAULT			
TAKE OFF			
Hands staggered or placed alternately on mat		X	
Closed shoulder angle when hands touch the mat	X	X	X
Legs not closed before or at vertical	X	X	
Bent arms and knees	X	X	
DROP TO BACK LYING			
Rolling to land on back (vertical not shown)			X
No support on hands			2.00ded
Deviation from a straight direction	X		
Bent legs	X	X	
Failure to maintain straight body (arching/piking)	X	X	X
Handstand not reached return to mat May have a second attempt			X

LEVEL 2: VAULT



VAULT DESCRIPTION

With run up double take off from springboard, jump to handstand on 60/80cm mats, with repulsion and flight fall onto back.

TECHNIQUE

- Powerful run up.
- Good takeoff angle from board.
- 1st flight tight body position.
- Angle of strike at 30° above horizontal.
- Dynamic push action.
- Body block on push action.
- Tight body position in 2nd flight.
- Arc of 2nd flight should be higher than 1st flight.

LEVEL 2: VAULT SPECIFIC DEDUCTIONS

FAULT	0.1	0.3	0.5
TAKE OFF			
Feet not simultaneously on board			X
Pike or arched	X	X	X
Arc of first flight too high (too high on-flight)			X
Open legs	X	X	
Bent knees	X	X	
SUPPORT PHASE			
Open legs	X	X	
Body tension	X	X	
Bent arms/knees	X	X	
Body position (tuck/pike)	X	X	
Shoulder forward of hands on contact with mat	X	X	X
Hands touch mat past vertical			X
Too long in support			X
SECOND PHASE			
Bent knees	X	X	
Open legs	X	X	
Lack of body tension	X	X	
Failure to maintain a straight body (pike/arch)	X	X	
Height	X	X	X
Distance	X	X	
No Height or Distance - hands do not leave mat at all (0.50 to long in support included)			1.00
LANDING			
Legs apart	X	X	
Lack of body tension/failure to maintain a straight body	X	X	
Poor body position (tuck/pike)	X	X	
Not landing in a straight line	X		
Landing in a sitting position			X
Dynamics	X	X	

LEVEL 3: VAULT



VAULT SETUP FOR LEVEL 3

VAULT DESCRIPTION

With run up double take off from springboard, jump to handspring OVER 80cm/1m/1.20m mats, (placed sideways in front of springboard) with repulsion and flight landing on feet.

TECHNIQUE

- Powerful run up
- Good angle of takeoff on board
- 1st Flight Tight Body position
- Angle of strike 30° above horizontal
- Dynamic push action
- Body block on push action
- Body position in 2nd flight
- Arc of 2nd flight should be higher than 1st flight

LEVEL 3: VAULT SPECIFIC DEDUCTIONS

FAULT	0.1	0.3	0.5
TAKE OFF			
Feet not simultaneously on board			X
Pike or arched	X	X	X
Arc of first flight too high (too high on-flight)			X
Open legs	X	X	
Bent knees	X	X	
SUPPORT PHASE			
Open legs	X	X	
Body tension	X	X	
Bent arms/knees	X	X	
Body position (tuck or pike)	X	X	
Shoulder forward of hands on contact with mat	X	X	X
Hands touch mat past vertical			X
Too long in support			X
SECOND PHASE			
Incorrect foot form (flexed, sickled)	X		
▪ Incorrect leg form			
○ legs crossed	X		
○ legs separated	X	X	
○ knees bent	X	X	
Brush or hit of body on vault table/mats during post flight			X
Insufficient distance	X	X	
Insufficient Height	X	X	X
Poor Technique			
○ -hip angle (pike/arch)	X	X	
LANDING			
Slight hop or small adjustments of feet	X		
Extra arm swings	X		
Extra steps (per step with maximum of 5)	X		
Incorrect body posture on landing	X	X	
Additional trunk movements to maintain balance	X	X	
Large step or jump (approximately 0.5m or more)		X	
Squat on landing (hips even with or lower than the knees, or touch heels)	X	X	X
Slight brush/touch of 1 or both hands on mat (no support)		X	
Deviation from a straight direction	X		
Insufficient dynamics	X	X	X
Support on mat with 1 or 2 hands			X
Fall on mat to knee(s) or hips			X
Fall against apparatus			X
Touch mat with backside before feet touch landing mat			5.00

BAR

GENERAL REMARKS

- Bar Height: Between 1.70m/1.30m from the floor (guideline).
- Safety mats under bar: 10-20 cm mats, can use any additional soft mat should it be required for safety reasons.
- All bar mounts may be with/without run up and with/without a springboard/block (must be removed after mount - 0.30 deduction if not removed).
- There will be no time control for falls off bar, but gymnasts should be taught to return to the bar and resume their exercise as soon as possible.
- No excessive use of magnesia.
- Coach MUST be at bar during exercise (ded of 0.30 if coach not present).
- WARM UP: 30sec per gymnast (will be calculated per group size), or whatever is specified by the competition manager/director of judging.
- Please note that general deductions in the general code also apply.

CLARIFICATION

FALL:

- Falls/dismounts: If the gymnast falls directly onto her back/bottom, without feet touching the ground first, there will be no DV from HJ and E Panel will deduct for the fall and other technical deductions.

EXTRA SWING:

- An extra movement needed in order to perform an element.

INTERMEDIATE SWING:

- Defined as a “pump swing” or cast from a front support swing not needed to perform the next element.

UNCHARACTERISTIC MOVEMENT:

- Exaggerated arm swings in ½ turns and leg over swings.

LEVEL 1-3: BAR SPECIFIC DEDUCTIONS

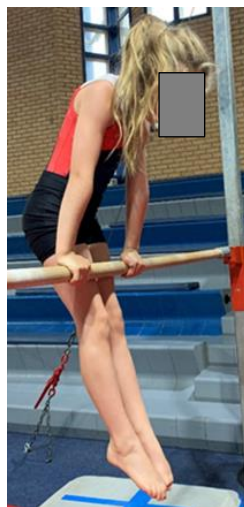
EXECUTION FAULTS	0.10	0.30	0.50
EACH TIME			
Adjusted grip position	X		
Hands in wrong grip		X	
Support with leg against/on bar		X	
Brush / touch on apparatus / mat with feet	X		
Hit on apparatus / mat with feet		X	
Grasping apparatus to avoid a fall		X	
Uncharacteristic Movements	X		
Extra swing		X	
Intermediate Swing		X	
Lowering and lifting of legs in support positions	X		
Lack of control at the end of elements (fold/arch excessively) or heavy landing on bar or floor	X	X	
Lack of height of casts UB (below 30°)			X
Falls/dismounts: If the gymnast falls directly onto her back/bottom, without feet contacting the ground first, there will be no DV from SV and E Panel will deduct for the fall and other technical deductions.			0.50 HJ from SV 0.50 E Ded for fall
THROUGHOUT THE ROUTINE:			
Insufficient swingful execution throughout, the technique for bar work should typify swing and flow.	X	X	
Poor rhythm of entire exercise.	X	X	
SPECIFIC ROUTINE DEDUCTIONS:			
LEVEL 1:			
• Shoulders excessively higher than bar in the mount	X		
• Bar not shifted to mid-thigh	X		
• Feet do not pass under bar with cast preparation	X		
• No momentary hold (chin over bar) in option 1 of dismount.		X	
• Uncontrolled, hit feet on floor in option 2 of dismount			X
LEVEL 2:			
• Standing on block in mount		X	
LEVEL 3:			
• Adjusting feet after kip swing.		X	

LEVEL 1: BAR

Stand on box with bar at chest height (if chest higher than bar, deduct 0.30). Jump to support with straight arms, show momentary front support.	Element 1
Push off bar to stand with straight arms.	Element 2
Land in dish position and immediate jump to front support.	Element 3
Slowly push down on bar and slide bar down legs to mid-thigh, showing dish position. Return to front support.	Element 4
Swing legs forward passing under the bar, swing back to front support. (Preparation for cast – should be done with straight arms and shoulders moving up and down).	Element 5
<p>DISMOUNT: FORWARD ROLL AROUND THE BAR</p> <p><u>Version 1:</u> With momentary hang on bar with bent arms and knees tucked throughout the roll.</p> <p><u>Version 2:</u> With momentary hang on bar with bent arms and straight knees throughout the roll.</p> <p><u>Version 3:</u> With straight arms hang in V position with toes touching bar, slowly dropping legs to momentary L hang and then stand.</p>	Element 6 (May choose any version)



FRONT SUPPORT



DISH POSITION MID-THIGH



CAST PREP, FEET PASS
UNDER BAR

LEVEL 2: BAR

<p>With feet against block, hang in pike or tuck position with straight arms.</p> <p>Bend knees and push away with both legs and jump to front support with straight arms, body in dish position (kip drill).</p>	<p>Element 1</p> <p><u>Note:</u> block at hip height, no sitting on block in crouch.</p>
<p>Small cast with straight arms, (no height restrictions) to push to stand on floor, hands remain in contact with the bar.</p>	
<p>Pull over from floor OR step forward onto box and kick over to front support.</p>	<p>Element 2</p> <p><u>Note:</u> may step forward, bounce or pull up if not using block.</p> <p>Legs may be tucked or straight.</p>
<p>1st cast (30) return to bar</p>	<p>Element 3</p>
<p>Immediate 2nd cast (30) and push away from bar to land on mat.</p>	<p>Element 4</p>



MOUNT FROM BLOCK – STARTING POSITION OPTIONS

LEVEL 3: BAR

<p><u>Version 1</u>: Stand away from bar, jump to catch bar, tuck swing forward and backwards, then bring feet forward to kip swing (glide), swing back with bent or straight legs and end in round chest position with hands remaining on the bar.</p> <p><u>Version 2</u>: With hands in overgrip on bar, stand in round chest position, feet behind hips on floor/board/box. Kip swing (glide) forward (with straight legs), swing back (with bent or straight legs) to stand in same round chest position. Repeat kip swing (glide) and swing backwards (with bent or straight legs) to end in round chest position.</p>	Element 1
Pull over with straight legs, from 2 feet.	Element 2 <u>Note</u> : any step into pull over ded 0.30
Cast (30) hip circle	Element 3
<p>DISMOUNT:</p> <p><u>Version 1</u>: Straddle/pike sole circle to stand.</p> <p><u>Version 2</u>: Underswing to stand.</p> <p><u>Version 3</u>: Cast squat/straddle on to stretch jump to land (Must be done facing outwards, not landing under the high bar).</p>	Element 4



BODY SHAPE IN BENT KNEE SWING



ROUND CHEST POSITION WHEN STARTING
KIP SWING

BEAM

GENERAL REMARKS

- Beam height: 1m from the floor.
- All landings: 20 cm mats, plus an additional soft mat (up to 10cm) on top of existing basic 20cm landing mats. This supplementary mat may not be moved during the exercise.
- All beam mounts may be with/without run up and with/without a springboard/box. (Springboard/box must be removed after mount, if not ded 0.30).
- There will be no time control for falls off beam, but gymnasts should be taught to return to the beam and resume their exercise as soon as possible.
- Gymnasts may give an extra step before or after an element. The prescribed exercise may be reversed in total, before or after single elements.
- Gymnasts may step back before the dismount, should more space be required.
- WARM UP: 50sec per gymnast, or whatever is specified by the competition manager/director of judging.
- The evaluation of the exercise begins with the take-off from the board or from the mat.
- -Please note that general deductions in the general code also apply
- ACRO ELEMENTS:
 - At least one foot must return to the beam in bunny hop and hitch kick.
 - Must show momentary support on hands.
- HOLD ELEMENTS:
 - Where indicated, hold elements must be held for 2 sec in the final position.
- FALLS:
 - If a gymnast falls from beam, remounts and falls again before recommencing her exercise, there will not be an additional deduction for the second fall.
 - Fall limit of 3 falls (no ded for additional falls)

LEVEL 1-3: BEAM SPECIFIC DEDUCTIONS

SPECIFIC ARTISTRY DEDUCTIONS (E PANEL)	0.10	0.30	0.50
Insufficient variation in rhythm and tempo	X		
Lack of sureness of performance	X		
SPECIFIC EXECUTION DEDUCTIONS (E PANEL)	0.10	0.30	0.50
Deductions throughout the routine			
Additional support of leg against the side of the beam to maintain balance	X		
Grasping apparatus to avoid a fall		X	
Additional movements to maintain balance (loss of balance)	X	X	
Concentration pause (longer than 2sec)	X		
Balance position (hold element) not held for 2sec	X HJ from SV		
Insufficient stretch in dismounts (level 2)	X	X	
Insufficient stretch in dismounts (level 3)	X		
SPECIFIC ROUTINE DEDUCTIONS (E PANEL)	0.10	0.30	0.50
LEVEL 1:			
• Step kick walks, front leg below 45°		X	
• Scale, back leg below 45°		X	
• Trunk leaning too far forward in scale (lower than hips)	X	X	
LEVEL 2:			
• Scale, back leg below 45°		X	
• Trunk leaning too far forward in scale	X	X	
• Bunny jump – feet hardly leave the beam		X	
• Insufficient stretch in dismount	X	X	
LEVEL 3:			
• Handstand prep kick – back leg below horizontal		X	
• Prep leap jump – leg not lifter 45° in front before jump	X		
• Less than 60° split in leap			
• Assemblé stretch jump dismount not connected and/or rebounding		X	
• Insufficient stretch in dismount	X		0.50 HJ from SV

LEVEL 1: BEAM

Front parallel standing **PLACE HANDS ON BEAM & JUMP TO FRONT SUPPORT SWING R LEG OVER BEAM WITH A ¼ TURN LEFT TO STRADDLE SIT**

Place hands behind back and lift legs fwd to tuck sit position head on knees, toes pointed on beam. Open and straighten legs to straddle sit.

Swing legs OR lift R leg backwards and place R knee on beam

Shift hands forward on beam. Swing L leg backwards to showing a momentary knee scale on right knee lift hands and chest swing L leg forward place on the beam lift arms sideways rise to stand on L leg R foot pointed at the back.

Step forward R, kick L 45°, step forward L, kick R 45°, close feet arms backwards down.

BENT KNEES AND SWING ARMS DOWNWARD TO FORWARD UPWARDS IN 5TH POSITION RELEVÉ ONTO TOES HOLD 2SEC, DROP ARMS TO SIDWAYS FORWARDS BENT KNEES, SHOW LANDING POSITION (PREPARATION FOR STRETCH JUMP)

Step forward L then R **SWING L LEG FORWARD 45° THEN BACKWARDS 45°, BENT R KNEE TO SHOW SCALE 2SEC (ARMS 2ND)**

Step forward L close feet in relevé, place hands on hips

Lift arms to 5th Step forward R close feet

Lower to crouch position

SMALL BUNNY JUMP (Does not need to be within 30° from vertical to receive VP) **TO LAND IN STANDING POSITION NEXT TO BEAM**, facing the end of the beam, may hold onto beam with one hand during landing.



PERFECT



DED 0.1 CHEST FWD



DED 0.3 CHEST FWD

LEVEL 2: BEAM

Stand with R side to beam +/- 1m from L end of beam, may use run up.

STEP FORWARD R PLACE R HAND ON BEAM, KICK L LEG FORWARD (PLACE L HAND ON BEAM) OVER BEAM AND WITH ½ TURN SIT IN STRADDLE ON BEAM

Swing legs backward to crouch sit arms forward, Jump to **SMALL BUNNY JUMP** (Does not need to be within 30° from vertical to receive VP), return to crouch, rise to standing on both feet

BENT KNEES AND SWING ARMS BACKWARD, DOWNWARD TO FORWARD UPWARDS IN 5TH POSITION RELEVE ONTO TOES HOLD 2SEC, DROP ARMS TO SIDWAYS FORWARDS BENT KNEES, SHOW LANDING POSITION (PREPARATION FOR STRETCH JUMP)

then **STRETCH JUMP.**

Step forward L, **KICK R LEG FORWARD 45° PLACE ON BEAM IN FRONT OF L LEG, KICK L LEG BACKWARDS UP 45° AND PLACE BEHIND FRONT LEG, THEN LIFT AGAIN INTO SCALE 45° HOLD 2secs ON BENT R LEG (Preparation for Leap)**

Step forward L on toes push R arm forward step forward R on toes and cross L arm over R arm.

Step L point R foot in front, arms 3rd, **STEP R, LIFT L BENT KNEE FORWARD L TOE TO R KNEE, RELEVE WHILE ARMS MOVE TO 5TH (PREPARATION FOR TURN)**, step forward L push arm sideways to 2nd position R foot pointed behind, swing R leg to front, bend R knee and R toe pointed on beam in front of L foot, bent both knees while arms circle inward forward to sideways, palms facing upwards, Straighten L leg, push R arm sideways, while head turn R, then push L arm sideways, while head turn L.

Step forward L, go through plie to toe pointed at the back arms sideways, 1 step forward on toes place hands on hips, 1 step forward arms lift to 5th position.

A few steps forward arms high sideways, close feet,
STRETCH JUMP DISMOUNT



DED 0.5 (HJ from SV) FEET HARDLY
LEAVE BEAM



GOOD AMPLITUDE

LEVEL 3: BEAM

Stand in middle of beam. With double take OFF JUMP TO FRONT SUPPORT LIFT L LEG SIDWAYS AND PLACE SIDWAYS ON BEAM, WITH ¼ TURN R SWING R LEG FORWARD AND PLACE ON BEAM LIFT ARMS END IN R LUNGE
Place L knee on beam, arms 5 th REACH FORWARD PLACE HANDS ON BEAM LIFT L LEG BACKWARDS (above horizontal), RETURN TO LUNGE (HANDSTAND PREPARATION, NEEDLE SCALE)
Step forward LUNGE on L leg, 2 steps on toes, close feet, HALF TURN ON TOES ON BOTH FEET
Drop heels on beam point L foot in front, step L, LIFT R LEG 45°IN FRONT PREPARATION FOR SPLIT LEAP JUMP, LEAP FROM L LEG TO R LEG (legs 60° split)
Step L close feet, STRETCH JUMP
2 Steps on toes, ¼ turn on toes, feet 2 nd position, hands turn inwards outwards, ¼ turn back, close feet heels down on beam arms sideways down next to body, hands flexed palms facing downwards, releve and at the same time lift shoulders up and down, bent knees slightly while arms lift sideways to forward cross in front, palms face forward, open arms sideways.
Step forward point 1 foot behind, stand on straight front leg arms push sideways. 2-3 STEPS ASSEMBLE (PUNCH/REBOUND) STRAIGHT JUMP DISMOUNT



PERFECT PREP
HANDSTAND



NO DEDUCTIONS



DED 0.3, LEG BELOW
HORIZONTAL



PREP LEAP, FRONT LEG LIFTED 45°



PREP LEAP LANDING, BACK LEG LIFTED 45°

FLOOR

GENERAL REMARKS

- Set music level 1–3
- Level 1–3 does not require a spring floor. If a spring floor is available, it may be used.
- All level 1-3 exercises are performed in a line. The minimum length provided 12m, and the maximum 14m.
- There will be **no line penalties** for floor if the boundary is exceeded.
- The prescribed exercise may be reversed in total, before or after single elements (one step more or less).
- When stated “close feet”, the gymnast may close feet in front or at the back.
- The evaluation of the exercise begins with first movement of the gymnast.
- Music will be provided by the competition organizers.
- WARM UP: 3 min group of 10 or less, or whatever is specified by the competition manager/director of judging.
- ACRO ELEMENTS:
 - Rolls can be done with bent or straight arms unless specified straight arms
 - Elements must land feet first. The underside of the feet must make contact with the ground.
 - Onto hands and feet at the same time = benefit of the doubt.
 - Onto knees only = no recognition of element.
- DANCE ELEMENTS:
 - Split jump (level 2) = 60°
 - Leap (level 3) = 90°
 - Please note that general deductions in the general code also apply.

LEVEL 1-3: FLOOR SPECIFIC DEDUCTIONS

SPECIFIC EXECUTION DEDUCTIONS (E PANEL)	0.10	0.30	0.50
Vertical not achieved in handstand, bunny handstand or cartwheel	X	X	X HJ from SV Below 30
Alternate placement of hands/feet (in acro elements)	X	X	
Brush/light touch of fingers on mat in crouch position	X each		
Support with fingers/hands on mat in crouch position		X	
No hurdle in level 3 round-off		X	
SPECIFIC ARTISTRY DEDUCTIONS (E PANEL)	0.10	0.30	0.50
Deductions throughout the routine			
Stop to wait for music	X		
Lack of personal style	X		
End before or after music	X		
Concentration pause (longer than 2sec)	X		
Balance position (hold element) not held for 2sec	X HJ from SV		
Insufficient stretch in dismounts (level 2/3)	X	X	
SPECIFIC ROUTINE DEDUCTIONS (E PANEL)	0.10	0.30	0.50
LEVEL 1: <ul style="list-style-type: none"> • Assemblé to stretch jump not performed as a rebounding connection. 		X	
LEVEL 2: <ul style="list-style-type: none"> • Cartwheel stretch jump to backward roll not connected (ded only 1 x 0.30 for 1 or both connections) • Height of knees in gallop jump • Assemblé to split jump (60) not performed as a rebounding connection. • Knees and/or feet separated in crabstand 	X	X X X	
LEVEL 3: <ul style="list-style-type: none"> • Handstand forward roll – straight arms • Needle kick – back leg below horizontal • Round-off stretch jump to backward roll not connected (ded only 1 x 0.3 for 1 or both connections) • Knees and feet not together in crabstand 	X X	X X X X	

LEVEL 1: FLOOR

Stand with R foot pointed in front and hands on hips

CHASSE R, hands on hips, step L lift arms to 5th, **SWING R LEG FORWARD, LAND WITH FEET TOGETHER (ASSEMBLE), IMMEDIATE STRETCH JUMP**

Sit in crouch **TUCKED BACKWARD ROLL** to knees, rise to knee stand, place L leg forward stand-up kick R leg forward to **CARTWHEEL TO LUNGE**

Close back foot to front foot, go to crouch, **BUNNY HOP** to crouch

TUCKED FORWARD ROLL TO STRADDLE SIT arms in 2nd, swing arms high backwards while body lean forward

Lift chest while R hand move behind R hip on floor, body turn R while legs swing through tuck position with knees turn to R, and placed on floor, L arm push high sideways then backwards.

LEVEL 2: FLOOR

Face Sideways, arms low forward, feet 1st position, lift arms sideways up and push sideways down. Arms move through 1st position to 5th position to 2nd position

Step sideways R, while arms push up down sideways to 2nd position. Place pointed L foot behind R foot, plie while arms move to 4th cross position

With ¼ turn L, arms move to high sideways, step kick **CARTWHEEL TO IMMEDIATE STRETCHED JUMP IMMEDIATE TUCKED BACKWARD ROLL TO CROUCH.**

Stand up step R sideways in side lunge L arm push forward R arm push backwards, upwards, close L foot to R foot arms 5th. Step L sideways, to Lunge, R arm push forward L arm push backwards, upwards

Close L foot to R foot arms 5th, step **GALLOP, ASSEMBLE, IMMEDIATE SPLIT JUMP 60°** (stop or break in rhythm 0.30 ded)

Step R sideways, arms push sideways to 2nd position, place L toes on floor in front of R foot, while both knees bend slightly arms circle inwards, forward to sideways, palms facing upwards

Close feet, bend and straighten knees, while R arm push sideways, head turned to R. Bend and straighten knees, while L arm push sideways, head turned to L

Step forward kick to **HANDSTAND**, down to lunge

While going through lunge place L hand on floor. Roll over L hip with ½ turn, end on pike sit position arms sideways. Roll back to straight back lying on floor, arms straight touching ears. Pull heels in to bottom and place hands under shoulders, push up to **MOMENTARY CRAB STAND (BRIDGE)** knees and feet together, arms straight (knees don't need to be straight). Return to back lying. Lift to sit position, R leg bent in front, R hand placed on the floor, bent L knee to the back, while L arm push high sideways, head back.

LEVEL 3: FLOOR

Sit on knees arms down sideways palms push down to floor. Lift shoulders up down, step forward, Kick leg forward to **HANDSTAND FORWARD ROLL, TO STAND**, (Straight arms) feet together arms high sideways

Arms circle backwards, downwards, and while circling forward hands circle alternatively 2x inwards while rolling upwards to 5th position

Chasse step **LEAP 90°** 2 steps half turn with foot pointed at knee. Step forward back foot pointed on floor at the back, arms sideways

2 Steps kick R leg step forward R to **NEEDLE KICK BACKWARDS (bent forward while L leg kick backwards place hands in front of R foot on floor)**

Return to lunge, lift L leg backwards, R knee bent, **FORWARD ROLL WITH OR WITHOUT HANDS**, fold in L knee end on L knee R leg bent in front foot on floor.

Stand up, close legs arms push downwards next to sides, bent knees step R while arms circle once, bent in front of body outwards, close R foot to L foot, bent knees step L while arms circle bent in front of body outwards, close L foot to R foot

Push L shoulder forward while in releve, push R shoulder forward while bending knees, push L shoulder forward, rise to standing arms sideways

With or without run HURDLE ROUND OFF TO IMMEDIATE STRETCHED JUMP, IMMEDIATE

TUCKED OR PICKED BACKWARD ROLL TO STRADDLE STAND, TABLE TOP arms sideways

Place hands forward on floor, close legs, point toes on floor bent knees in tuck position, push on L arm turn ½ turn R on toes, knees in tucked position, place R hand on floor, end in sitting tucked position arms behind on floor

Tap feet 2-3 times alternately in front on floor, lift feet to pike sitting position arms behind body on floor

Move to straddle sit position, chest forward to floor arms high backwards, then **end pose optional**

GYMNASTICS SA 2020-2023

WAG MODIFIED LEVEL 1–3 CODE OF POINTS

PREFACE

The Gymnastics SA Code of Points is based on the ethics and sporting directives of the FIG Code of Points.

- The Gymnastics SA Modified Code of Points conveys technical directives to the coaches, judges and gymnasts concerning the performance of exercises in level 1-3.
- It imparts general directives for the behavior of gymnasts, coaches and judges during competitions.
- It standardizes judging rules in order to ensure as far as possible the most objective evaluation of the exercises, thereby ensuring the identification of the best gymnast in any competition.

The following abbreviations will appear throughout this code:

FIG	International Gymnastics Federation
WAG DMC	Women’s Artistic Gymnastics Discipline Management Committee
HJ	Head Judge
SV	Start Value
DV	Difficulty Value
E-panel	Execution panel
FS	Final Score
VT	Vault
UB	Uneven Bars (abbreviated to “bar”)
BB	Balance Beam
FX	Floor Exercise

RULES AND REGULATIONS 2020-2023

Please note that the above age groups are a guideline only and could be changed to suit your regional competitions and at the Zone challenge.

NO gymnast that are 5 years old on the 1st of January may compete in any District/Zone competitions.

LEVEL	AGE GROUPS (Age as on the 1 st day of the year)	LEVELS OF COMPETITION
1	6 years 7 years 8 years 9 years 10-11 years 12-17 years	Club Inter-Club District Provincial Zone Challenges
2	6 years 7 years 8 years 9 years 10-11 years 12-17 years	
3	6-8 years 9-10 years 11-12 years 13-17 years	

RULES REGARDING PROGRESSION THROUGH THE LEVELS PROGRAM 2020-2023

- Gymnasts competing in the Levels Program from Level 1 upwards at Club, District, Provincial, Zone and National Gym Games Level are required to be registered as Cat A, B or Cat C Gymnasts with Gymnastics SA.
- Once a gymnast has competed in a District/Provincial qualifier (depending on rules in your Province regarding District competitions being compulsory), a gymnast may not regress to a lower level.
- A gymnast may compete in Levels 1-3 Zone Challenge and compete in the

Level 4+ program (District, Provincials, Gym Games) in the same year.

- Gymnasts are required to qualify for Zone Challenge events at District or Inter-Provincial qualifiers (depending on rules in your Province regarding District Competitions being Compulsory) with a minimum total score of 30.00.
- The District or Province will make the decision as to the uniform requirements of the selected gymnasts.

MEDAL AWARDS ACCORDING TO SCORES

GOLD 35.20 or above

SILVER 34.00-35.15

BRONZE 33.95 or below

No apparatus awards will be given.

RIGHTS AND DUTIES OF THE GYMNAST

1. REQUIREMENTS FOR THE GYMNAST

- Each gymnast must be informed about the CODE OF POINTS and act according to the rules as specified below.
- She must behave in a sportsmanlike, courteous manner.
- She must wear a correct sportive leotard or unitard (one piece leotard with full length legs to ankles), which must be of elegant design.
- She may wear $\frac{3}{4}$ or complete leg coverings of the same colour as that of the leotard, on top of the leotard.
- Cycle pants (minimum length mid-thigh) are permitted in Levels 1–3 for gymnasts 10 years and older.
- Gymnasts will be permitted to use facial and hair glitter provided that the use thereof is not excessive and does not detract from aesthetic sportive values.
- Nail polish of any color may be worn.
- No jewelry (bracelets or necklaces) may be worn.
- Only small stud type pierced earrings are allowed.
- No padding is allowed.
- Bandages are permitted; they must be securely fastened.
- Joint braces are permitted.

- Handgrips are permitted at the uneven bars.
- The wearing of gymnastic slippers and socks is optional.
- The excessive use of magnesia (chalk) is not allowed. Small markings are permitted on vault run up.
- Any breach of the dress requirements will result in a penalty for “incorrect attire”.

2. APPARATUS MODIFICATIONS AND SAFETY

- She may use any mats to make UB area safe.
- All springboards/or blocks used for mounts at Bar and Beam must be removed after the mount.

3. WARM UP REGULATIONS

- Each gymnast is entitled to a warm-up period immediately prior to the competition on all apparatus:
 - Vault: 2 vaults.
 - Balance beam: 50sec
 - Uneven bars: 30sec (Could be added to group time)
 - Floor: 2min group of 10 or less (Bump in may be used)
- Note: Competition organizer may change warm up schedule to promote a more efficient competition.

4. GENERAL COMPETITIVE REGULATIONS

- At the start of the exercise, she must present herself to the HJ and then acknowledge the HJ at the conclusion of her exercise.
- She must observe that, at the start of the exercise, the HJ gives the signal.
- She must begin the exercise within 30sec (on all apparatus).
- She **MUST** have a spotter at the uneven bars, (ded 0.30 if coach does not remain on podium).
- With permission from the Director of Judging, she may repeat her entire exercise, if the exercise has been interrupted for reasons beyond her control. The 2nd routine’s score will count.
- She must notify the Director of Judging, or the HJ if a necessity arises to leave

the competition hall.

- She must not speak with active judges during the competition.

5. RIGHTS OF THE GYMNAST

- In addition to the above-mentioned rules bearing both responsibilities and rights, the gymnast is guaranteed the right to:
 - Proper competition conditions according to the SAGF rules.
 - Have her score displayed to the public immediately following her performance.

6. LEOTARD AND TRACKSUIT REQUIREMENTS

As set by the club, district or province

7. GYMNASTS' OATH

In the name of all gymnasts, I promise that we shall take part in this competition respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and drugs, in the true spirit of sportsmanship, for the glory of sport and the honor of the gymnasts.

RIGHTS AND DUTIES OF THE COACH

1. REQUIREMENTS FOR THE COACHES (MALE/FEMALE)

Each coach must know the CODE OF POINTS and act according to the rules as specified below.

- They must always conduct themselves in a fair and sportsmanlike manner during the competition, in particular:
 - at the apparatus
 - during the march to and from the apparatus
 - as well as, during the award ceremony.
- Coaches appearing on the competition floor at Club, District, Provincial or Zone events:
 - are required to wear the relevant Club / District /Provincial Tracksuit

- 3/4 pants permitted with appropriate Club/Team shirt with sports shoes.
- Coaches may not appear on the competition floor at the above events, in a Federation or National Team Tracksuit.
- Coaches are permitted to be on the podium during the warm-up period to assist the gymnast or team for which she/he is responsible:
 - At vault to prepare the springboard
 - At vault, uneven bars and balance beam to position the supplementary landing mat
 - At uneven bars to spot the gymnast
- Springboard/mount block must be removed after gymnast mounts bars and beam. (Failure to remove springboard or mount block will result in a penalty of 0.3).
- Coach is allowed on the floor area during the competition:
 - At all apparatus in case of injuries or defects on the apparatus.
 - Vaulting: Should gymnast be unable to perform vault safely, coach may stand next to mats to prevent injury.
 - At uneven bars and balance beam to advise the gymnast during the intermediate fall time period.
- Coaches are not permitted to:
 - Speak directly to the gymnast OR give signals, during the exercise.
 - Obstruct the view of the judges.
 - Inquire E Panel, deductions concerning the evaluation during the competition.
 - Contact judges within the inner circle during the competition.
 - Interfere with the rights of other participants – gymnasts / coaches / teams / judges / other officials.
 - Delay the competition.
- Behavior of the coach with direct impact on the result/performance of the gymnast/team:
 - Unsportsmanlike conduct.
 - Unexcused delay or interruption of competition.
 - Speaking to active judges during competition (except HJ – only inquiry permitted).
 - Other flagrant, undisciplined or abusive behavior of coach

1 st offence	Warning
2 nd offence	Yellow card, removal from floor area for the current and following competition
3 rd offence/abusive behavior	Red card, removal from floor area for the duration of the tournament

2. INQUIRIES

The coach may inquire about the SV at HJ table after the rotation is finished.

3. PODIUM

For the purpose of Gymnastics SA Competitions – The “Podium” shall be defined as the square or rectangular area around the perimeter of the apparatus and seated judge’s panel. Gymnasts may not be seated or stand within this area, or directly behind, or adjacent to the judges table.

RIGHTS AND DUTIES OF THE JUDGING PANELS

1. JUDGES QUALIFICATION REQUIREMENTS AND ELIGIBILITY

- Judge must have successfully participated in a Gymnastics SA Level 1,2,3,4 or FIG Judges’ course.
- Judges must maintain his/her active status through the participation of required number of workshops as well as minimum number of competitions judged.
- Only judges registered with Gymnastics SA will be allowed to judge at competitions.
- Judges must be at the competition 1 hour before the start, or at a time required by the competition organizers.
- Judges must wear the prescribed uniform adapted by the Gymnastics SA WAG DMC.
- Judges must act in a professional manner at all times, exemplifying non-partisan and ethical behavior.
- Judges must follow the rules and policies of Gymnastics SA.
- Judges must possess knowledge of:

- Code of Points
- Technical regulations (rules regarding competitions and judges of Gymnastics SA)
- Prescribed requirements
- Judge must have the following with them when judging:
 - Level 1-3 Gymnastics SA manual
 - Flash card
 - Judges license

LEVEL	AGE IN YEAR OF COURSE	LEVELS TO JUDGE	COMPETITION	ACTIVE STATUS	NEXT LEVEL
LEVEL 1	16 (on 1 st Jan)	1-3 (E-panel) <ul style="list-style-type: none"> ○ Secretary ○ Time keeper ○ Line judge 	<ul style="list-style-type: none"> ○ Fun Gym ○ Club ○ District ○ Provincial ○ Zone 	<ul style="list-style-type: none"> ○ Must judge at least 2 competitions a year ○ Must attend workshops as notified by WAG DMC (Proof necessary in judges logbook/license book) 	Must judge at least 4 competitions per year to advance to Level 2
LEVEL 2	17 (on 1 st Jan)	1-3 (E-panel) 4-6 (D-panel) <ul style="list-style-type: none"> ○ Secretary ○ Time keeper ○ Line judge 	<ul style="list-style-type: none"> ○ Club ○ District ○ Provincial ○ Zone ○ Gym Games 	<ul style="list-style-type: none"> ○ Must judge at least 2 competitions a year ○ Must attend workshops as notified by WAG DMC (Proof necessary in judges logbook/license book) 	Must judge at least 4 competitions per year for 2 years to advance to Level 3
LEVEL 3	19	1-6 (D-panel) 7-9 (E-panel)	<ul style="list-style-type: none"> ○ Club ○ District ○ Provincial ○ Zone ○ Gym Games ○ Nationals 	<ul style="list-style-type: none"> ○ Must judge at least 2 competitions a year ○ Must attend workshops as notified by WAG DMC (Proof necessary in judges logbook/license book) 	Judge at least 4 competitions per year for 2 years to advance to Level 4+ OR by invitation

2. OFFICIAL DRESS FOR JUDGES

- Navy blue/black suit – skirt (knee length or longer) or long pants.
- White blouse.
- Sensible shoes.
- No tracksuit tops or windbreakers permitted.
- No jeans/bare midriff tops permitted.

3. JUDGES OATH

In the name of all judges and officials, I promise that we shall officiate at all competitions with impartiality, respecting and abiding by the rules that govern them, in the true spirit of sportsmanship.

4. JUDGES STRUCTURES

4.1 THE DIRECTOR OF JUDGING – FUNCTIONS AND RESPONSIBILITIES

- She is in complete control of the women's competition and all the decisions that ensure that the women's section runs smoothly.
- She is responsible for the control and allocation of judges.
- She must organize a judge's clinic at the start of the competition day.
- She will ensure that the apparatus and mats are checked according to the regulations in co-operation with the competition manager.
- She has the right to consult with the HJ, when in her opinion:
 - The average deductions do not remain constant at that respective apparatus to the same standard throughout the competition.
 - There is an incorrect DV.
 - Corrects and signs the officials score sheets, in the case of a change of score.
 - Deals with the warning, removal and replacement of anyone involved in a judging or coaching capacity, if:
 - Insufficient knowledge
 - Subjective evaluation
 - Unprofessional behavior is evident and documented.

1 st offence	Warning
2 nd offence	Yellow card, removal from floor area for the current and following competition
3 rd offence/abusive behavior	Red card, removal from floor area for the duration of the tournament

4.2 THE HEAD JUDGE – FUNCTIONS AND RESPONSIBILITIES (D1 AND D2)

- Manages the apparatus panel.

- Calculating the Start Value (SV).
- Take neutral deductions:
 - Gymnasts failure to present before/after routine
 - Violations by the coach
- She must write down her score first, before handling the incoming scores.
- She checks the score of the judges, the average score and calculates the Final Score. Complete/enter final scores.
- She must call the judges together in case of a score difference or incorrect evaluation, or the placing of the gymnasts is incorrect. In the conference the value difference must be clarified. The judges may change their scores but are not obliged to do so. This may not occur after a score has been flashed, except in the event of a calculation error. The correct score must be announced.
- She determines (in dubious situations) whether:
 - The gymnast or coach caused an interruption of the exercise OR was due to a technical failure and an exercise may be repeated
 - Whether the gymnast performed an invalid “0” vaults
 - Spotting assistance occurred during the vault, exercise and / or dismount.
- She observes the routines attentively and evaluates the execution and artistry faults, composition faults (E-score) and corresponding neutral deductions for time and behaviour faults, which are taken from the Final Score (FS).
- May not discuss routines, violations, scores, deductions, or other judges scores with coaches, gymnasts, parents or spectators during the competition.
- *Note: Only the coach, after the competition may ask questions of the official for educational purposes.*
- She informs the Director of Judging of irregular judging activities and /or violations contrary to rules of behaviour during the competition.

4.3 RESPONSIBILITIES OF THE E-PANEL JUDGES

- Judges are required to take the Judges Oath and should always remain impartial.
- Be positive and encourage gymnasts and coaches – show a friendly face.
- Spend time in the gym to acquire the skills and knowledge necessary to give a fair score.

- Judges may not have any contact with any other persons, coaches or gymnasts during the competition.
- She must show her mark to the HJ when she signals and then to the public.
- Judges must maintain a record of the gymnast's number, given score and final score.
- As the judge you will be expected to be able to:
 - Recognize the elements performed.
 - Record the exercise accurately in symbol notation.
 - Apply deductions for execution.
- They must observe the exercises attentively and evaluate the faults and corresponding deductions correctly, independently and without bias.
- All Judges record and apply deductions in tenths of points (e.g. 0.40p) from the Table of faults for:
 - General faults
 - Specific Apparatus Faults
 - Artistry (BB and FX)
- They are obliged to accept the Difficulty Value (DV) as determined by the HJ.

4.4 FUNCTIONS OF THE ASSISTANTS

- Time the warmup on Bar, Beam and Floor and count number of warmups on Vault.
- Correct flashing of the FS.

4.5 FUNCTIONS OF THE SECRETARIES

- Responsible for correctness of all entries of scores
- Adherence to the correct order of the teams and gymnasts
- Ensures that any neutral penalties are deducted from FS.

4.6 WORKING PROCEDURES OF THE JUDGES

- HJ – Responsible for Execution deductions and SV.
- E 1-4: Execution Judges – Responsible for Execution deductions only
- The Head Judge and the E-Judges evaluate the exercise independently of each other.

- Show their mark when the HJ gives the signal.

4.7 EVALUATION OF THE EXERCISE

- The scores of the judges are used for the evaluation.
- In the event of even number of Judges the highest and lowest scores are eliminated, the two middle scores are divided by two = Average Score.
- In the event of uneven number of Judges the HJ's score will only be a control score.
- The FS will be shown after the HJ has done the necessary deductions.

Example: 5 judges	Example: 4 judges
D1: 2.00 (control only)	D1: 2.3 (counting)
Judge 1: 1.90	Judge 1: 2.00
Judge 2: 1.70	Judge 2: 2.20
Judge 3: 1.80	Judge 3: 2.50
Judge 4: 1.90	
Average deduction: 1.85	Average deduction: 2.25
FS: 8.15	FS: 7.75

- Allowable differences between counting scores:

Score between 10.00 and 9.00	=0.3
Score between 8.95 and 8.00	=0.5
Score between 7.95 and 7.00	=0.7
Score between 6.95 and 6.00	=0.9

- If there is too great a difference between the middle scores, a conference of all 4 judges follows. In this conference, either:
 - The value differences are clarified, or
 - The HJ in consultation with the Director of Judging may calculate the base score.
 - In principle the repetition of an exercise is not permitted. Exceptions may occur with defects in the apparatus, organization deficiencies, or similar happenings that occur through NO FAULT of the gymnast.

GENERAL REMARKS CONCERNING THE PRESCRIBED EXERCISES

- Deductions are taken according to the General Table of faults and Specific Apparatus deductions.
- The prescribed exercise on BB and FX may be reversed in total, before individual connections or series, or single elements. To reverse a performance, one step more or less is permitted.

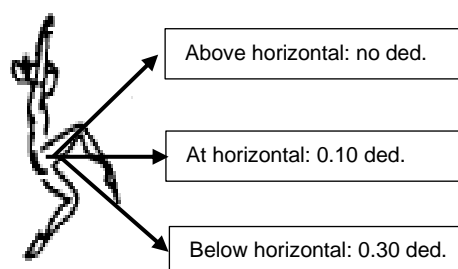
SV of all routines	10.00
All elements' value	0.50
"Hold value" for hold elements	0.10
Omission of element	1.00
Omission of small part (i.e. step/kick)	0.10
Omission of a larger part (i.e. few steps, dance section or movement)	0.30
Max cumulative deduction for deviation from the required body shape may not exceed 0.5. This does not include a fall or height deduction, but includes: <ul style="list-style-type: none"> ○ Lack of split ○ Bent legs ○ Toes not pointed ○ Specific element body shape deductions (i.e. gallop and assemblé) 	0.50

GALLOP JUMP

Requirement: evaluate the lowest knee position

E-panel:

Lack of alternation of legs	0.30
One or both legs at horizontal	0.10
One or both legs below horizontal	0.30



ASSEMBLÉ

Requirement: straight leg kick to min 45°, then close legs



EVALUATION OF MISSING OR INADEQUATELY PERFORMED ELEMENTS

Error	E Panel Deduction	Head Judge Deduction from SV
<p>1) Element performed but without desired technical or prescribed requirement</p> <ul style="list-style-type: none"> ○ Degrees missing for turns or vertical ○ Performed without prescribed technique ○ Performed without straight arms / legs where specified ○ Legs straddled instead of together, together instead of separated Tucked instead of piked or Vice Versa ○ Alternate hand / foot placement 	<p>0.10/0.30</p> <p>0.10/0.30</p> <p>0.10/0.30 (+execution ded for form errors)</p>	
<p>2) Element attempted but not recognized as the prescribed element</p> <ul style="list-style-type: none"> ○ Element aborted with or without a fall before it can be recognized as the prescribed element ○ <u>Bunny jump on beam</u> attempted but does not return to beam ○ <u>Handstand</u> legs close lower than 30° 	<p>Execution ded + fall (0.50)</p>	<p>NO VP 0.50</p> <p>NO VP 0.50</p> <p>NO VP 0.50</p>

○ <u>Turns</u> less than 90° completed		NO VP 0.50
3) Element omitted - not attempted.		-1.00




TABLE OF GENERAL FAULTS AND PENALTIES

E PANEL	NOTES	SMALL 0.10	MEDIUM 0.30	LARGE 0.50
EXECUTION				
Bent arms in support or bent knees	each time	X	X	
Leg/knee separation	each time	X	X	
Deviation from vertical for handstand/bunny hop (not beam) elements. (D panel deduct value of element if vertical not achieved)		X	X	NO DV 0.50 HJ from SV
Insufficient height of elements	each time	X	X	
Insufficient exactness of tuck/pike/stretch position	each time	X	X	
Insufficient split – certain degrees of split is required for all split positions – D panel will deduct VP where split is less than required degrees	each time			NO DV 0.50 HJ from SV
Incorrect position of legs in dance elements (includes symmetry in split leaps, leg position in gallop jumps)	each time	X	X	
Body posture in dance elements	each time	X	X	
Insufficient extension in preparation for landing	each time	X		
Precision (clear start and finish position with each phase demonstrating perfect control)	each time	X		
Relaxed/incorrect foot/leg/body/trunk posture		X	X	
The maximum execution deduction taken for an element (this does not include a fall or height and split in elements)				0.50
THROUGHOUT THE ENTIRE EXERCISE				
Insufficient flexibility		X		
Insufficient dynamics (UB, BB, FX)		X	X	
Insufficient amplitude of elements		X	X	
LANDING FAULTS (ALL ELEMENT INCL DISMOUNT)				
Deviation from straight direction	each time	X		
Legs apart on landing	each time	X		
MOVEMENTS TO MAINTAIN BALANCE				
Extra arm swings	each time	X		
Additional trunk movements to maintain balance	each time	X	X	
Grasping apparatus to avoid a fall	each time		X	
LANDING DEDUCTIONS				
Extra steps, slight hop	each time	X		
Large step or jump (shoulder width)	each time		X	
Deep squat (heels on bottom)	each time		X	
Body posture fault (hip angle closed, chest forward)	each time	X	X	
Brushing apparatus with hands/arms, but not falling against the apparatus	each time		X	
Support on mat with 1 or 2 hands	each time			X
Fall on mat to knees or hips	each time			X
Fall on or against apparatus	each time			X
Failure to land feet first	each time			X & NO DV
SPECIFIC TECHNICAL REQUIREMENTS FOR COMPULSORY ELEMENTS				
Legs straddled instead of together	each time	X	X	
Insufficient flight/height – acro elements/dismounts	each time	X	X	
Alternate hand/foot placement	each time	X	X	
Tuck instead of pike/pike instead of straight or VV	each time	X	X	
<ul style="list-style-type: none"> o Cast height below 30' (UB) o Split jump/leap degree leg separation not met (BB,FX) 				NO DV 0.50 HJ from SV
HEAD JUDGE				
Element omitted				1.00
Hold element less than 2sec	BB	0.1		

Failure to present to HJ before/after exercise			0.30 ND	
Flagrant exceeding of warmup time (after warning)		0.1		
Starting exercise without signal from HJ				0.50
Failure to start within 30sec of receiving HJ signal			0.30	
BEHAVIOUR OF THE COACH				
Spotting assistance (UB, BB, FX)				1.00
Spotting assistance (VT)				INVALID
Unauthorised remaining of podium (BB,FX)	each time			X
Coach not present at bar during bar routine			X	
Signals, verbal cues, cheers to own gymnast		X		
APPARATUS IRREGULARITIES				
Failure to remove springboard at UB, BB after mount	each time		X	
Failure to use supplementary landing mat	each time		X	
Raising apparatus without permission	each time		X	
Placement of springboard on unpermitted surface	each time		X	
Illegal placement of supplementary mats	each time		X	
Removal of springs from springboard	each time		X	
Use of unpermitted supplementary mats	each time		X	
BY DIRECTOR OF JUDGING (IN CONSULTATION WITH HJ AND COMPETITION MANAGER)				
BEHAVIOUR OF COACH (with direct impact on the result/performance of the gymnast/team)				
<ul style="list-style-type: none"> ○ Unsportsmanlike conduct ○ Unexcused delay or interruption of competition ○ Speaking to active judges during the competition (except HJ – only inquiry permitted) ○ Other flagrant undisciplined or abusive behaviour 	1st time offence: Warning	2nd time offence: Yellow card; removal from floor area for the current and following competition	3rd time offence OR abusive behaviour: Red card; removal from floor area for the duration of the tournament	
BEHAVIOUR OF JUDGES (with direct impact on the result/performance of the gymnast/team)				
<ul style="list-style-type: none"> ○ Insufficient knowledge ○ Subjective evaluation ○ Unprofessional behaviour is evident and documented 	1st time offence: Warning	2nd time offence: Yellow card; removal from floor area for the current and following competition	3rd time offence OR abusive behaviour: Red card; removal from floor area for the duration of the tournament	
BEHAVIOUR OF GYMNAST				
Leaving competition area without permission from the D o J				Disq
Unexcused delay or interruption of the competition				Disq
Unsportsmanlike conduct			X	
Speaking to active judges during the competition			X	