



Men's Artistic
Gymnastics

Club Development Grades



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BRITISH MEN'S NETWORK PLANS 2009 – 2012.

The Olympic Cycle, which ended with the Beijing Games, represents the most significant and sustained progress in Men's Artistic Gymnastics. We left Athens in 2004 with no Olympic representation and 23rd rank in the World. We leave Beijing with an Olympic bronze medal, individual World and Senior European medals, European Junior Team, individual all around and apparatus titles. Our ranking has jumped to 15th in the world.

Today we enjoy the respect and envy of the World for our individual talents, our team depth and a programme that is going to qualify a full team for London 2012.

The new network plan for Men's Artistic Gymnastics has undergone a complete and thorough overhaul. A great deal of consultation was undertaken and the Men's Technical Committee is confident that once in place and working the new structure will satisfy the majority of needs for both club and region.

This has resulted in various changes to the existing structure, allowing for movement and transition between the different strands. The set work pathways are key to the development of sound foundations for progressive gymnastic performance. The three - strand approach offers a challenge to all levels of performance and acknowledges the vast range of gymnastic ability of gymnast, coach and club, from recreational participation to elite performance level.

Changes to the structure and routines now means that each strand follows a progressive development of gymnastics techniques that continues from eight years to fourteen years of age. With the provision of National Final competitions for the Regions, at both Team and Individual level, it is hoped that regional development age group squads will be introduced across the UK. The Elite Performance Squad will continue to be selected only from gymnasts competing across the age groups of the National Elite Grades. However, the British Championships will play a crucial role in this process, together with examination of a gymnasts' personal training environment.

Please take time to study the **TOTAL NETWORK PLAN** in each of its three stages of performance level to select the appropriate plan for coach, club and gymnast.

Details of competition structures will be available in the annual MTC competition handbook.

The Men's Technical Committee and the National Coaching staff take this opportunity to thank the Regions and the Clubs who have provided the excellence of performance that has made our Junior programme so successful.

Trevor Low
Chair Men's Technical Committee

Eddie Van Hoof
Technical Director



National Network Plan



Club Development Grades (Team and Individual) (Bob Currier Trophy)

National Finals Age Group		
Level 6 - No PPP	U14	4/4/3
Level 5 - No PPP	U13	4/4/3
Level 4	U12	6/6/4
Level 3	U11	6/6/4
Level 2	U10	6/6/4
Level 1	O8/U9	6/6/4

Regional entry

Regional Performance Grades (Team Only) (Blakeborough Trophy)

National Finals Age Group		
Level 6	U14	4/4/3
Level 5	U13	4/4/3
Level 4	U12	6/4/3
Level 3	U11	6/4/3
Level 2	U10	6/4/3
Level 1	O8/U9	6/4/3

Regional entry

Where Regions do not have a full team in a specific age group they may enter up to 2 individuals for performance experience at that age.

(National Elite gymnasts may represent their Region in the Regional Performance Grades)

National Elite Grades (Individual Only)

National Finals Age Group	
Level 6	U14
Level 5	U13
Level 4	U12
Level 3	U11
Level 2	U10
Level 1	O8/U9

Club entry

LEVEL 1 – 4 PHYSICAL PREPARATION PROGRAMME

Element	Description	Value	Execution Faults	Deductions		
				Small 0.10	Medium 0.20	Large 0.30
1	Body shaper – open and closing chest (holding stick)	1.00	Arm width, shoulder angle, rhythm	#	#	#
2	Shoulder inlocation, fold forwards to 90 degrees, dislocate holding stick (release stick) and stand up	1.00	Bent legs / arms. Arm width and rhythm	#	#	#
3	Step forward, kick to handstand (2 sec)	1.00	Arms bent, body arched, rhythm	#	#	#
4	Roll forwards to japana (legs 90 degrees, pause 1 sec)	1.00	Feet / legs turned in, rounded back	#	#	#
5	Swim through to front lie (chest on floor)	1.00	Bent legs, hips off the floor	#	#	#
6	Dorsal raise shaper – arms extended, rock forwards, backwards, forwards, backwards, roll over	1.00	Shoulder angle and loss of shape	#	#	#
7	Closed chest dish shaper – arms extended rock forwards, backwards, forwards, backwards	1.00	Shoulder angle and loss of shape	#	#	#
8	Arms and legs in – press to bridge	1.00	Arm width, bent arms / legs, shoulder position	#	#	#
9	Lower down, bringing knees in, roll over to kneeling, grasp ankles and push to D shape	1.00	Legs apart and hip extension	#	#	#
10	Chest roll to bent arm handstand, roll down, squat in and stand up to finish	1.00	Excessive arch, lack of control	#	#	#
	<p>NOTE: Level 3&4 no. 3 - From standing, straddle lift to handstand (2sec) no. 10 - Chest roll to handstand</p>	TOTAL 10.00	<2 secs	#	#	#

LEVEL 1 – O8/U9 FLOOR EXERCISE

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	NB. EXERCISE PERFORMED ON 12m x 2m STRIP					
	From standing:					
1	1 step into cartwheel, ¼ turn and kick to handstand forward roll	2.00	Lack of rhythm & amplitude Posture	# #	# #	# #
2	Swedish fall	1.00	Low raised leg and bent leg	#	#	#
3	Squat raised leg through to splits, close legs, touch toes & back roll with straight arms and legs to stand	2.00	Splits position high / hip alignment Bent arms	# #	# #	# #
4	Step forward and raise into arabesque (2 sec)	2.00	Held for <2 secs / raised leg <30	#	#	#
5	Swing leg forwards, making a fouette ½ turn, stepping backwards, lifting the front leg into	1.00	Lack of rhythm and lack of amplitude (each)	#	#	#
6	2 to 3 steps and jump into dive forward roll to stand	2.00	Piked dive roll	#	#	#
		TOTAL				
		10.00				

LEVEL 1 – O8/U9 MUSHROOM

Element	ALL DOUBLE LEGS ARE SCORED 2.00 MAXIMUM SCORE 5 X 2.00 = 10.00	Execution Faults S/M/L as per Code	Deductions		
			S	M	L
1	<p>Mushroom height approx 60cms</p> <p>From support, step to the side into</p> <p>5 double leg circles</p> <p>Each gymnast should complete 6 double leg circles if continuous</p> <p>Each gymnast may have up to 5 attempts to complete the double leg circles</p> <p>Each stop / fall will be deducted 0.20pts</p> <p>Deductions may be made for faults at the front and rear of the double leg circle</p> <p>Execution deductions for each double leg circle will be made as per FIG Code of Points</p>	<p>Rhythm</p> <p>Bent arms during each double leg circle</p> <p>Hip angle for each double leg circle</p> <p>Bent legs during each double leg circle</p> <p>Body alignment during each double leg circle</p>	<p>#</p> <p>#</p> <p>#</p> <p>#</p> <p>#</p>	<p>#</p> <p>#</p> <p>#</p> <p>#</p> <p>#</p>	<p>#</p> <p>#</p> <p>#</p> <p>#</p> <p>#</p>

LEVEL 1 – O8/U9 RINGS

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	From still hang					
1	With straight legs, pike & cast into swing backwards	2.00	Flexibility, rhythm, bent legs	#	#	#
2	Swing forwards, swing backwards	2.00	Lack of rhythm and amplitude	#	#	#
3	Swing forwards, swing backwards	2.00	Lack of rhythm and amplitude	#	#	#
4	Swing forwards, swing backwards	2.00	Lack of rhythm and amplitude	#	#	#
5	Swing forwards into tucked back salto dismount	2.00	Low salto, lack of tuck in salto and lack of extension prior to landing Head out	#	#	#
		TOTAL				
		10.00				

LEVEL 1 – O8/U9 VAULT

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	VAULTING TABLE – 110cm Using 1 springboard Bent leg squat	10.00	Lack of flight on Legs bent during flight on Lack of extension before landing ----- Landing faults will be made according to the FIG Code of Points -----	# # #	# # #	# # #

LEVEL 1 – O8/U9 PARALLEL BARS

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	BAR HEIGHT – 130CM					
	From stand					
1	Jump to support – 1 x dip	1.50	Poor posture/rhythm	#	#	#
2	Lift legs to L sit (2 secs)	1.50	Held <2 secs Held <1 secs			# 1.0
3	Cast forwards into swing backwards	1.00	Bent arms/legs	#	#	#
4	Swing forwards, swing backwards	2.00	Lack of rhythm and amplitude	#	#	#
5	Swing forwards, swing backwards	2.00	Lack of rhythm and amplitude	#	#	#
6	Swing forwards, swing backwards and front vault dismount on the upwards swing with hand in front to stand	2.00	Body <30 degrees above horizontal Body <45 degrees above horizontal Body <60 degrees above horizontal		#	1.0 #
		TOTAL				
		10.00				

LEVEL 1 – O8/U9 HIGH BAR (GLOVES AND LOOPS)

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	From still hang in overgrasp 1 x pike leg lift (toes to the bar)	1.00	Poor posture, legs bent and not reaching the bar	#	#	#
2	Chin up and circle around bar into support, continue into underswing and swing backwards into	2.00	Lack of rhythm Poor posture during circle back Underswing below horizontal	# #	# #	# #
3	5 x swings forward and backward to above the bar height	7.00	Poor posture, legs / arms bent Lack of rhythm and not passing above the height of the bar Head still	# # #	# # #	# # #
		TOTAL 10.00				

LEVEL 2 – U10 FLOOR EXERCISE

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	NB. EXERCISE PERFORMED ON 12m x 2m STRIP					
	From standing:					
1	2 to 3 steps into handspring rebound jump and land	2.00	Lack of flight and lack of rhythm	#	#	#
2	Step forward and raise into arabesque (2 sec)	1.50	Held for <2 secs / Raised leg <30 degrees	#	#	#
3	Swing leg forward, and fouette ½ turn, stepping backwards, lifting front leg into	1.00	Lack of rhythm and lack of amplitude	#	#	#
4	2 to 3 steps into dive forward roll and jump ½ turn	2.00	Piked dive roll	#	#	#
5	Hurdle jump into cartwheel ¼ turn inwards	2.00	Alignment of jump and cartwheel (each)	#	#	#
6	Backward roll with straight arms to front support, squat with straight legs and stand up	1.50	Lack of rhythm and bent arms (each) Head and/or chest out during roll	#	#	#
		TOTAL				
		10.00				

LEVEL 2 – U10 MUSHROOM

Element	ALL DOUBLE LEGS ARE SCORED 1.00 MAXIMUM SCORE 10 X 1.00 = 10.00	Execution Faults S/M/L as per Code	Deductions		
			S	M	L
1	<p>Mushroom height approx 60cms</p> <p>From support, step to the side into</p> <p>10 double leg circles</p> <p>Each gymnast should complete 11 double leg circles if continuous</p> <p>Each gymnast may have up to 10 attempts to complete the double leg circles</p> <p>Each stop / fall will be deducted 0.50pts</p> <p>Deductions may be made for faults at the front and rear of the double leg circle</p> <p>Execution deductions for each double leg circle will be made as per FIG Code of Points</p>	<p>Rhythm</p> <p>Bent arms during each double leg circle</p> <p>Hip angle for each double leg circle</p> <p>Bent legs during each double leg circle</p> <p>Body alignment during each double leg circle</p>	<p>#</p> <p>#</p> <p>#</p> <p>#</p> <p>#</p>	<p>#</p> <p>#</p> <p>#</p> <p>#</p> <p>#</p>	<p>#</p> <p>#</p> <p>#</p> <p>#</p> <p>#</p>

LEVEL 2 – U10 RINGS

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	From still hang Pull up until head is between the rings (elbows in) – hold 2 sec.	1.50	Poor posture, position too low Held <2 secs Held <1 secs	#	#	# # 1.0
2	Pike and lower to inverted hang, circle backwards to extended German hang	1.00	Lack of shoulder extension	#	#	#
3	Pull back, cast forwards and swing backwards, swing forwards, swing backwards into	2.00	Lack of rhythm and height of each swing	#	#	#
4	2 x low inlocations with straight body	3.00	Body piked, lack of rhythm, shoulder rise (each)	#	#	#
5	Continue, swing backwards, swing forwards into	1.00	Lack of rhythm and height of each swing	#	#	#
6	Tuck back salto dismount	1.50	Lack of height and tuck in salto Head out	#	#	# #
		TOTAL 10.00				

LEVEL 2 – U10 VAULT

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	VAULTING TABLE – 110cm Using 1 springboard Handspring block off vaulting table to land on back onto mats level with the vaulting table	10.00	Lack of flight on Legs bent during flight on Lack of extension Lack of arm swing forward during jump on spring board Low angle onto platform	# # # # #	# # # # #	# # # # #

LEVEL 2 – U10 PARALLEL BARS

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	BAR HEIGHT – 130CM					
	From stand					
1	Jump to upper arm support and swing forwards into tight fold and kip to straddle support	1.00	Low support position of shoulders Low hip position	# #	# #	# #
2	Lift legs to ½ lever (2 secs)	1.00	Held<2 secs Held<1 sec	#	#	# 1.0
3	Drop upstart into cast forwards into swing backwards	2.00	Bent arms / legs Lack of rhythm and amplitude	# #	# #	# #
4	Swing forwards, swing backwards	2.00	Lack of rhythm and amplitude	#	#	#
5	Swing forwards, swing backwards	2.00	Lack of rhythm and amplitude	#	#	#
6	Swing forwards, swing backwards and front vault dismount on the upwards swing with hand in front to stand	2.00	Body <30 degrees above horizontal Body <45 degrees above horizontal Body <60 degrees above horizontal		#	1.0 #
		TOTAL				
		10.00				

LEVEL 2 – U10 HIGH BAR (GLOVES AND LOOPS)

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	From still hang in overgrasp Pike leg lift (toes to the bar) into a dynamic body shaper	1.00	Poor posture, legs bent and not reaching the bar	#	#	#
2	Cast forwards, swing backwards into	1.00	Lack of rhythm and height of swing	#	#	#
3	3 x swings forward and backward towards handstand into back uprise, continuing into	3.00	Poor posture, legs / arms bent Lack of rhythm and not passing above the height of the bar	# #	# #	# #
4	Back hip circle and continue into underswing into	2.00	Poor posture, arched body passing over the bar. Lack of rhythm and amplitude	#	#	#
5	3 x swing forward and backward towards handstand	3.00	Poor posture, legs / arms bent Lack of rhythm and not passing above the height of the bar	# #	# #	# #
		TOTAL 10.00				

LEVEL 3 – U11 FLOOR EXERCISE

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	NB. EXERCISE PERFORMED ON 12m x 2m STRIP					
	From standing:					
1	Shaper into 1 x flic, stretch jump to stand into	2.00	Bent legs in flight and lack of rhythm	#	#	#
2	Backward roll on straight arms to straddle stand, lower hands to floor and press, closing legs (straight) to pike stand and stand up	1.00	Bent arms Bent legs	# #	# #	# #
3	2 to 3 steps into dive roll	1.50	Piked roll and lack of rhythm	#	#	#
4	Fall to prone, beat to low straddle stand arms sideways	0.50	Lack of rhythm	#	#	#
5	Straddle lift to handstand and forward roll to stand	1.50	Bent arms and lack of rhythm Jumping to handstand	#	# #	# #
6	Raise one leg to arabesque (2 sec), swing the raised leg forward into fouette ½ turn, step backward raising front leg	1.50	Held for <2 secs and raised leg <30 degrees, and lack of rhythm	#	#	#
7	2 to 3 steps into handspring rebound jump to stand	2.00	Lack of flight and rhythm	#	#	#
		TOTAL				
		10.00				

LEVEL 3 – U11 FLOOR MUSHROOM

Element	ALL DOUBLE LEGS ARE SCORED 2.00 MAXIMUM SCORE 5 X 2.00 = 10.00	Execution Faults S/M/L as per Code	Deductions		
			S	M	L
1	<p>From support, step to the side into</p> <p>5 x double leg circles</p> <p>Each gymnast should complete 6 double leg circles if continuous</p> <p>Each gymnast may have 5 attempts to complete the double leg circles</p> <p>Each stop / fall will be deducted 0.50pts</p> <p>Deductions may be made for faults at the front and rear of the double leg circle</p> <p>Execution deductions for each double leg circle will be made as per FIG Code of Points</p>	<p>Rhythm</p> <p>Bent arms during each double leg circle</p> <p>Hip angle for each double leg circle</p> <p>Bent legs during each double leg circle</p> <p>Body alignment during each double leg circle</p>	<p>#</p> <p>#</p> <p>#</p> <p>#</p> <p>#</p>	<p>#</p> <p>#</p> <p>#</p> <p>#</p> <p>#</p>	<p>#</p> <p>#</p> <p>#</p> <p>#</p> <p>#</p>

LEVEL 3 – U11 RINGS

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	From still hang					
1	Muscle up to support	1.50	Any assistance from coach Lack of rhythm and amplitude	#	#	1.50 #
2	Show support position (2 secs), circle backwards to inverted hang	1.50	Poor support position < 2 secs < 1 sec	#	#	# # 1.0
3	Pike, cast out into swing backwards, forwards and backwards into 2 x low inlocations (straight)	3.00	Lack of height in swings and lack of rhythm	#	#	#
4	Continue into swing backwards, swing forwards into	0.50	Lack of height in swings	#	#	#
5	2 x dislocation	2.00	Lack of rhythm and amplitude	#	#	#
6	Straight back salto dismount	1.50	Lack of height and piked body in salto Head out	#	#	# #
		TOTAL				
		10.00				

LEVEL 3 – U11 VAULT

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	VAULTING TABLE 115cm	10.00				
	Using 1 springboard					
	Handspring		Excessive pike on take off	#	#	#
			Take off jump not dynamic	#	#	#
			Head held down	#	#	#
			Lack of thrust	#	#	#
			Arm position	#	#	#
			Bent legs in flight	#	#	#
	Poor posture on landing	#	#	#		

LEVEL 3 – U11 PARALLEL BARS

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	BAR HEIGHT – 130CM					
	From stand					
1	Jump to long upstart to straddle support	2.00	Low hip position	#	#	#
2	Lift legs to ½ lever (2 secs)	1.00	Held <2 secs Held <1 secs			# 1.00
3	Drop upstart into cast forwards into swing backwards	1.50	Bent arms Lack of rhythm and amplitude	#	#	#
4	Swing forwards, swing backwards	0.50	Bent arms/legs	#	#	#
5	Swing forwards, swing backwards	1.00	Lack of rhythm and amplitude	#	#	#
6	Swing forwards, swing backwards to handstand (2 secs)	2.50	Held <2 secs Held <1 secs			# 1.0
7	Swing forwards, swing backwards and front vault dismount on the upwards swing towards handstand with hand in front to stand	1.50	Body <30 degrees above horizontal Body <45 degrees above horizontal Body <60 degrees above horizontal		#	1.0 #
		TOTAL				
		10.00				

LEVEL 3 – U11 HIGH BAR (GLOVES AND LOOPS)

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	From still hang in overgrasp Pike leg lift (toes to the bar) into a dynamic body shaper	0.50	Poor posture, legs bent and not reaching the bar (each)	#	#	#
2	Cast forwards, swing backwards, swing forwards	1.00	Lack of rhythm and height of swing	#	#	#
3	Swing backwards into back uprise into	2.00	Poor posture, legs / arms bent Lack of rhythm	# #	# #	# #
4	Clear circle towards handstand	2.00	<45 degrees	#	#	#
5	Swing forward and backward towards handstand	0.50	Lack of rhythm and amplitude	#	#	#
6	4 x backward longswings (coach assistance - 1.00pt deduction each time)	4.00	Poor posture, legs / arms bent Lack of rhythm and not passing through handstand	# #	# #	# #
		TOTAL 10.00				

LEVEL 4 – U12 FLOOR EXERCISE

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	NB. EXERCISE PERFORMED ON 12m x 2m STRIP					
	From standing:					
1	2 to 3 steps into handspring to 1, handspring, dive roll, jump ½ turn	2.00	Lack of flight and lack of rhythm (each)	#	#	#
2	Cartwheel, cartwheel ¼ turn inwards, backward roll through handstand, lower to front support.	2.00	Insufficient leg split in cartwheels Roll not through handstand	# #	# #	# #
3	Squat 1 leg through to splits (not held), ¼ turn through side splits lifting to low straddle stand with arms sideways	1.00	Splits not down (each) Hip alignment	# #	# #	# #
4	Lift to handstand (2 sec), straight arms/straddled legs	1.50	Bent arms / legs / posture <2 secs <1 sec	#	# #	# # 1.0
5	Lower onto 1 leg, making a ¼ turn swing the leg upwards to Y-scale (2 sec) or arabesque (2 sec)	1.00	Held for <2 secs / raised leg <30 or <60 degrees	#	#	#
6	Jump or 2 to 3 steps into round off, flic, stretch jump.	2.50	Bent legs in flight and lack of rhythm	#	#	#
		TOTAL				
		10.00				

LEVEL 4 – U12 MUSHROOM (1 HANDLE)

Element	ALL DOUBLE LEGS ARE SCORED 2.00 MAXIMUM SCORE 5 X 2.00 = 10.00	Execution Faults S/M/L as per Code	Deductions		
			S	M	L
1	<p>Mushroom height approx 60cms</p> <p>From support, step to the side into</p> <p>5 double leg circles on 1 handle</p> <p>Each gymnast should complete 6 double leg circles if continuous</p> <p>Each gymnast may have up to 5 attempts to complete the double leg circles</p> <p>Each stop / fall will be deducted 0.20pts</p> <p>Deductions may be made for faults at the front and rear of the double leg circle</p> <p>Execution deductions for each double leg circle will be made as per FIG Code of Points</p>	<p>Rhythm</p> <p>Bent arms during each double leg circle</p> <p>Hip angle for each double leg circle</p> <p>Bent legs during each double leg circle</p> <p>Body alignment during each double leg circle</p>	<p>#</p> <p>#</p> <p>#</p> <p>#</p> <p>#</p>	<p>#</p> <p>#</p> <p>#</p> <p>#</p> <p>#</p>	<p>#</p> <p>#</p> <p>#</p> <p>#</p> <p>#</p>

LEVEL 4 – U12 RINGS

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	From still hang in false grip, Muscle up into support	2.00	Any assistance from coach Lack of rhythm and amplitude	#	#	2.00 #
2	Show ½ lever position (2 secs), circle backwards to inverted hang	2.00	Poor support, Rings not held clear <2 secs <1 sec	#	#	# # 1.0
3	Pike and cast into 2 x inlocations (straight)	2.00	Lack of height in swings and lack of rhythm	#	#	#
4	Continue into swing backwards, swing forwards into	0.50	Lack of height in swings	#	#	#
5	2 x dislocation into	2.00	Lack of rhythm and amplitude	#	#	#
6	Straight back salto dismount	1.50	Lack of height and piked body in salto (each) Head out	#	#	# #
		TOTAL 10.00				

LEVEL 4 – U12 VAULT

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	VAULTING TABLE 120cm Using 1 springboard Handspring	10.00	Excessive pike on take off Take off jump not dynamic Head held down Lack of thrust Arm position Bent legs in flight Poor posture on landing	# # # # # # #	# # # # # # #	# # # # # # #

LEVEL 4 – U12 PARALLEL BARS

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	BAR HEIGHT – 130CM					
1	Jump to long upstart into half lever (2 secs)	2.50	Low hip position Held <2 secs Held <1 secs Bent arms	#	#	# # 1.0 #
2	Drop upstart and cast forwards into swing backwards and lay back onto upper arms	1.50	Lack of rhythm and amplitude Bent arms / legs during upstart	# #	# #	# #
3	Swing forwards in upper arms and uprise into straddle support	1.50	Lack of rhythm and amplitude	#	#	#
4	With straight legs cast forwards into swing backwards	1.00	Lack of rhythm and amplitude	#	#	#
5	Swing forwards, swing backwards to handstand (2 secs)	2.00	Held <2 secs Held <1 secs	#	#	# 1.0
6	Swing forwards, swing backward, swing forwards into flank vault with ¼ turn to stand	1.50	Body <30 degrees above horizontal Body <45 degrees above horizontal		#	#
		TOTAL				
		10.00				

LEVEL 4 – U12 HIGH BAR (GLOVES AND LOOPS)

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	From still hang in overgrasp					
1	Pike leg lift (toes to the bar) into a dynamic body shaper	0.50	Poor posture, legs bent and not reaching the bar	#	#	#
2	Upstart to support	1.50	Lack of rhythm and height of swing	#	#	#
3	Cast into clear backward circle towards handstand	2.00	<60 degrees Bent arms / posture	# #	# #	# #
4	3 x backward longswings, (check on the 4 th swing) into	3.00	Poor posture, legs / arms bent Lack of rhythm and not passing through handstand	# #	# #	# #
5	3 x forward longswings	3.00	Poor posture, legs / arms bent Lack of rhythm and not passing through handstand	# #	# #	# #
		TOTAL				
		10.00				

LEVEL 5 – U13 FLOOR EXERCISE

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	NB. EXERCISE PERFORMED ON 12m FLOOR AREA					
	From standing:					
1	(A-C) 2 to 3 steps into handspring to 1, handspring, dive forward roll into jump with turn to face C	2.00	Lack of rhythm and flight (each)	#	#	#
2	(C-B) Shaper into 1 x flic	1.00	Lack of rhythm and bent legs in flight (each)	#	#	#
3	Backward roll through handstand on straight arms	1.00	Roll not through handstand and arched back (each)	#	#	#
4	Lower through straddle stand to japana	1.00	Lack of control and insufficient fold	#	#	#
5	Lift to low straddle stand, arms sideways, lift to handstand with straight arms / legs straddled (2 sec)	2.00	Handstand not held 2 secs Handstand held <1 sec		#	# 1.00
6	Lower onto 1 leg making a ½ turn and step into Y-scale (2 sec) Close the legs making the necessary turn to stand	1.00	Held <2 secs Raised leg <30 or 60 degrees	# #	# #	# #
7	(B-D) Jump into round off, flic, tucked backward salto	2.00	Lack of rhythm and height Head out during take off and or salto	#	#	# 1.00
		TOTAL				
		10.00				

LEVEL 5 – U13 POMMEL HORSE

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	HIGH HORSE WITH HANDLES					
	From standing facing the handles, jump into					
1	Leg in, 2 x straddle support swings, on second swing leg out,	2.00	-----			
2	Leg in, 2 x straddle support swings, on second swing leg out,	2.00	Execution faults will be made according to the FIG Code of Points			
3	Leg in, to straddle feint, pickup to 3 x double leg circles into face vault dismount	6.00	-----			
		TOTAL				
		10.00				

LEVEL 5 – U13 RINGS

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	From still hang in false grip, Muscle up to support	1.50	Any assistance from coach Lack of rhythm and poor support	#	#	1.50 #
2	Raise legs to ½ lever and hold for 2 secs	1.00	Poor support position, rings not held clear of arms ½ lever held <2 secs ½ lever held <1 sec	#	#	# # 1.0
3	Lift to shoulder stand (2 secs) then lower and circle back to inverted hang	2.00	Poor support position Held < 2 secs Held < 1 sec	#	#	# # 1.0
4	Pike and cast forwards into 2 straight inlocations, swing backwards, swing forwards into	2.00	Lack of height in swings Lack of rhythm and amplitude	# #	# #	# #
6	2 x dislocations into	2.00	Lack of height in swings and lack of rhythm	#	#	#
7	Straight back salto dismount	1.50	Lack of height and pike body Head out	#	#	# #
		TOTAL 10.00				

LEVEL 5 – U13 VAULT

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	VAULTING TABLE 125cm Using 1 springboard Handspring to stand	10.00	Excessive pike on take off Take off jump not dynamic Head held down Lack of thrust Arm position Bent legs in flight Poor posture on landing	# # # # # # #	# # # # # # #	# # # # # # #

LEVEL 5 – U13 PARALLEL BARS

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	BAR HEIGHT – 180CM					
	From stand or with a short run					
1	Jump into long upstart to support and swing backwards, drop to upper arms and front uprise to straddle support	1.50	Poor posture, lack of amplitude and rhythm (each)	#	#	#
2	Half lever (2 secs) straddle lift to handstand (2 secs)	2.50	Standing on bars Held <2 secs (each) Held <1 sec (each) Lack of rhythm and amplitude	#	#	1.00 # 1.00 #
3	Swing forwards, swing backwards to pirouette to handstand	1.50	Lack of rhythm and poor posture in pirouette. Handstand not shown after turn	#	#	#
4	Swing forwards, swing backwards to handstand	1.00	Lack of rhythm and amplitude Handstand not achieved	#	#	# #
5	Swing forwards, swing backwards to handstand (2 sec)	1.50	Lack of rhythm and amplitude Held <2 secs Held <1 sec	#	#	# # 1.0
6	Swing forwards into tucked back salto dismount	2.00	Lack of height and amplitude	#	#	#
		TOTAL				
		10.00				

LEVEL 5 – U13 HIGH BAR (reduced height chalk bar)

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
1	From still hang in overgrasp Pike leg lift (toes to the bar) into a dynamic body shaper	0.50	Poor posture, legs bent and not reaching the bar	#	#	#
2	Upstart to support into immediate cast towards handstand	1.50	Lack of rhythm and height of swing Horizontal <60 degrees	#	#	# 1.00 #
3	Clear backward circle towards handstand	1.50	<60 degrees Bent arms / posture	# #	# #	# #
4	3 x backward longswings	4.50	Poor posture, legs / arms bent Lack of rhythm and not passing through handstand Head still No visible or badly timed kick	# #	# # #	# # # #
5	From handstand on the fourth backward longswing clear hip circle towards handstand and push off to stand	2.00	Head and or chest out during clear circle < 60 degrees	# #	# #	# #
		TOTAL 10.00				

LEVEL 6 – U14 FLOOR EXERCISE

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	NB. EXERCISE PERFORMED ON 12m FLOOR AREA					
	From standing:					
1	(A-C) 2 to 3 steps into handspring front salto, dive forward roll into jump turn	2.00	Lack of rhythm and lack of flight No connected salto or dive roll	#	#	# 1.00
2	(C-B) straddle lift to handstand (2 sec) with straight arms	1.50	Handstand held <2 secs and bent legs (each)	#	#	#
3	Lower to stand, shaper into 2 x standing flics, stretch jump into	2.00	Lack of rhythm and bent legs in flight	#	#	#
4	Backward roll half turn through handstand with straight arms into forward roll with straight legs to stand	1.00	Roll not through handstand, bent arms, and bent legs in forward roll (each)	#	#	#
5	Raise one leg into arabesque (2 sec) swing the raised leg forward to lunge, close legs making a turn to stand	1.00	Held <2 secs Raised leg <60 degrees	# #	# #	# #
6	(B-D) 2 to 3 steps into round off flic, straight back salto	2.50	Salto below head height and bent legs in flight Tucked salto Head out during take off and or salto	#	#	# 1.00 #
		TOTAL				
		10.00				

LEVEL 6 – U14 POMMELS HORSE

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	HIGH HORSE WITH HANDLES					
	From standing facing the handles, jump into					
1	Leg in, 2 x straddle support swings, on second swing leg out,	1.00	-----			
2	Leg in, 2 x straddle support swings, on second swing leg out,	1.00				
3	Leg in, to straddle feint, pickup to 2 x double leg circles into	2.00	Execution faults will be made according to the FIG Code of Points			
4	Travel out using a recognised F.I.G. skill	3.00				
5	Schwabenflanke	3.00	-----			
		TOTAL				
		10.00				

LEVEL 6 – U14 RINGS

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	From still hang in false grip					
1	Muscle up to support	1.00	Any assistance from coach Lack of rhythm / poor support position	#	#	1.00 #
2	Raise legs to ½ lever and hold for 2 secs	1.00	Poor support position, rings not held clear of arms ½ lever held <2 secs ½ lever held <1 sec	#	#	# 1.0
3	Lift to shoulder stand (2 secs)	1.00	Poor support position, Rings not held clear, shoulder stand held <2 secs held <1 sec	#	#	# # 1.0
4	Circle back to back planche (2 secs), lower to German hang	1.50	<2 secs <1 sec Posture	#	#	# 1.00 #
6	Pull back and cast into 2 x straight inlocations, swing backwards, swing forwards into	2.00	Lack of height in swings and lack of rhythm	#	#	#
7	2 x dislocations into	2.00	Lack of height in swings and lack of rhythm	#	#	#
8	Straight back salto dismount	1.50	Lack of height and pike body Head out	#	#	# #
		TOTAL				
		10.00				

LEVEL 6 – U14 VAULT

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	VAULTING TABLE 125cm Using 1 springboard					
1	Handspring	9.00	As per F.I.G.			
2	Handspring 1/1 turn	10.00				
3	Handspring front (tucked)	10.00				
3	Tsukahara (tucked)	10.00				
	Gymnasts must perform one of the listed vaults					

LEVEL 6 – U14 PARALLEL BARS

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	BAR HEIGHT – 180CM					
	From stand					
1	Long upstart into half lever (2 secs)	1.50	Half lever <2 secs Half lever <1 sec Lack of amplitude and rhythm	#	#	# 1.0 #
2	Straddle lift to handstand (2 secs)	1.50	Standing on bars Held <2 secs Held <1 sec		#	1.0 # 1.0
3	Lay back into front uprise, swing backwards towards handstand	1.00	-----			
4	Swing forwards, backwards into handstand (2 secs)	1.50				
5	Pirouette to handstand	1.00				
6	Swing forwards into undershoot to upper-arms,	1.00	As per F.I.G			
7	Back uprise to support, swing forwards, backwards to handstand	1.00				
8	Tucked back salto dismount	1.50	-----			
		TOTAL				
		10.00				

LEVEL 6 – U14 HIGH BAR (CHALK BAR)

Element	Description	Value	Execution Faults	Deductions		
				Small	Medium	Large
	From still hang in overgrasp					
1	Pike leg lift (toes to the bar) into a dynamic body shaper	0.50	Poor posture, legs bent and not reaching the bar	#	#	#
2	Upstart to support, immediate cast towards handstand	1.50	Pause	#	#	#
3	Clear backward circle to handstand into	2.00	<60 degrees	#	#	#
4	Swinging half turn towards handstand into	2.00	Bent arms / posture -----	#	#	#
5	2 x backward longswings into	2.00	As per F.I.G			
6	Straight back salto dismount	2.00	-----			
		TOTAL				
		10.00				