

INFORMATION

ATHLETE REGISTRATION

**REGISTRATION
OPENS
SEPTEMBER 1!**

- Review the attached rules and send in your Expression of Interest form to receive a registration entry on September 1st. Registration is conducted in two phases.
- Substitutions / changes can be made on a space-available basis until November 15th.
- Fees are **20€** per event / **80€** for All-Around
- No additional fees for the Team Competition

TEAMS

**MINIMUM 3
MAXIMUM 5
OPEN AGE**

- Team members must be the same level, but do not need to be the same age.
- Teams are comprised of a minimum of 3 athletes, and a maximum of 5.
- Clubs may form multiple teams from the same club. (Team entries are free!)
- Scores are calculated by the top 3 event scores by level in the same session.

SPECTATORS

- Spectator tickets are **6€** for adults, **3€** for students 7-17, and **free** for ages 6 and under.
- Spectator tickets apply for the full weekend, so your guests can attend any session(s).
- All Spectators will comply with any current health regulations.

TRAVEL

- Frankfurt International is the nearest airport, but flights to Frankfurt Hahn or Luxembourg airports are also easy.
- Trains can be arranged through Deutsche Bahn, with the nearest station in Grünstadt (walking distance to gym.)
- Grünstadt is located on the beautiful German "Wine Street" with an array of hotels. We recommend Jakobslust, Villa Brenner, or Pfalzhotel Asselheim.

LOCATION
ASSELHEIMER STR 19
67269 GRÜNSTADT
GERMANY

INSURANCE

Participant Insurance is the responsibility of each club, ensuring coverage for their athletes, guests, and all affiliated members of their delegation.

JUDGES

Clubs should provide one judge per 15 gymnast entries. Gymfinity pays judges **70€** per session, and provides meals during the competition, but clubs are responsible for travel fees for their judges.

Missing judge fee = 150€

RULEBOOK GYMFINITY INVITE

The focus of the rules is on a balanced and healthy development of the gymnasts. The goal is to develop the gymnasts evenly on all four apparatus and to form solid foundations, working alongside your regular club structure to open more opportunities for WAG athletes to compete at international competitions, at any age and proficiency level.

The rulebook is divided into 7 difficulty levels.
The levels are based exclusively on difficulty rather than age.

The 6 composition requirements are the same for all levels.
Differences between the levels are based on the minimum and maximum difficulty of the elements that may be used to fulfill the composition requirements.

Routines consist of
1) Difficulty "VP"
The Value Parts (VP) of only the 6 composition requirements.
2) Execution "E"
Execution score starting from 10.00
3) Connection Bonus "CB"
The three highest direct connections

LEVELS OVERVIEW

All levels are based on the same six composition requirements filled by Value Parts "VP." The levels differ in the maximum and minimum difficulty of the elements that may fulfill the VPs. Elements must be different to fulfill each VP. Elements can only fulfill one VP at a time, they may not be repeated to fulfill another VP. Elements may be the same or different in order to receive a connection bonus. In short, elements must be different to count as VP, but may be the same for CB. We are happy to help you choose the right level. Please have a look at our sample videos or send us an email.

LEVEL	Restrictions Penalty 1.00	Acro Skills at Minimum of Level VP	Dance Skills at Maximum of Level VP	Bar Skills at Minimum of Level VP	Open "O" Elements Permitted	Vault
A	No Bs, No Saltos	1A	1A	1A	YES	on mat stack
AB	Max 2Bs, No Cs	1A	1B	2A	YES	over mat stack
B	No Cs	1B	1B	1B	MAX 2	over table to mat stack
BC	Max 2Cs, No Ds	1B	1C	2B	MAX 1	over table at 110-125 cm
C	No Ds	1C	1C	1C	NO	table at 125 cm
CD	Max 2Ds, No Es	1C	1D	2C	NO	table at 125 cm
D	None	1D	1D	1D	NO	table at 125 cm

ELEMENT VALUES O=0.10 A=0.20 B=0.40 C=0.60 D=0.80 E+=1.00

O Elements are "Open" elements that are not listed in the Code of Points but are intentional gymnastic movements used for development (see page 8 and 9.)

EACH MISSING VP RESULTS IN A 0.50 DEDUCTION. PERFORMING RESTRICTED ELEMENTS RESULTS IN A 1.00 DEDUCTION. ADDITIONAL ELEMENTS DO NOT COUNT AS VP OR SUBSTITUTE FOR MISSING ELEMENTS.

VAULT

Vault scores take the best score of two performed vaults. **A Bonus of 0.30 is added to the score if the two vaults are different.** All vaults are scored based on general body shape, amplitude, dynamics, height, and distance. Execution score from 10.00, added Value as listed, 0.30 Bonus for two different vaults. Vaults including a salto may have a coach on the mat with no penalty, however if the coach touches the athlete the vault results in a zero.

LEVEL A

Vaults with straight body throughout, landing in laying position (front or back).

Onto Mat Stack
80-100cm

1.0

Handstand pop to flat back

1.0

Round off pop to flat prone

1.4

Round off to spring board, rebound to flat back

1.4

Front 3/4 Layout to flat back

LEVEL AB

Vaults showing flight with repulsion over stack to landing on two feet.

Over Mat Stack
80-100cm height
~135cm width

1.6

Front Handspring over stack

1.6

Round off over stack

2.0

Round off to spring board, Back Handspring over stack

LEVEL B

Timers with straight body throughout. All may land standing, with bounce to laying, or directly in laying position after rotating past vertical.

Over Table to Mat Stack
110-125cm

2.0

Forward Entry Timer (for Front Handspring to Forward Salto)

2.0

Sideward Entry Timer (for Tsukahara / Kasamatsu)

2.4

Backward Entry Timer (for Yurchenko)

LEVEL BC & LEVEL C

Table at 110-125cm

All Vaults as listed in the FIG Code of Points. Vaults with a salto have a 0.50 bonus added.

LEVEL CD, LEVEL D

Table at 125cm

All Vaults as listed in the FIG Code of Points

Alternate Vaults for levels with allowable O elements will have value at 0.50, but must be communicated to the judges prior to vaulting.

BARS

Bars scores are determined using the 6 VP elements listed, Execution per FIG deduction tables, and added Connection Bonus. Elements must be different to fulfill VPs and may only fulfill one VP at a time. The same element may not be repeated to fulfill another VP. Elements may be the same or different to receive Connection Bonus (see page 8.) Levels with allowable Os may use the dismount as the Flight requirement but must use the Mount only to substitute for the Dismount VP (*if another flight element is present, for example a squat-on jump, this exchange does not apply.*) These levels may also use single tap swings or casts for VP fulfillment. All other levels count the element itself (not the swing, cast, or handstand alone.)

	Restrictions Penalty 1.00	Difficulty Minimum	O Elements Permitted
A	No Bs, No Saltos	1A	YES
AB	Max 2Bs, No Cs	2A	YES
B	No Cs	1B	MAX 2
BC	Max 2Cs, No Ds	2B	MAX 1
C	No Ds	1C	NO
CD	Max 2Ds, No Es	2C	NO
D	None	1D	NO

An additional 10cm landing mat is allowed for flight elements and dismounts with difficulty of B and higher. In level A and AB a landing mat of 30cm may be used. Mats may be moved during the exercise.

6 VP REQUIREMENTS ALL LEVELS



O=0.10 A=0.20 B=0.40 C=0.60 D=0.80 E+=1.00

EACH MISSING VP RESULTS IN A 0.50 DEDUCTION. PERFORMING RESTRICTED ELEMENTS RESULTS IN A 1.00 DEDUCTION. ADDITIONAL ELEMENTS DO NOT COUNT AS VP OR SUBSTITUTE FOR MISSING ELEMENTS.

BEAM & FLOOR

Beam and Floor scores are determined using the 6 VP elements listed, execution per FIG deductions tables, and added Connection Bonus. Elements must be different to fulfill VPs and may only fulfill one VP at a time. The same element may not be repeated to fulfill another VP. Elements may be the same or different to receive Connection Bonus (see page 8.) Acrobatic direction is determined by the method of entry. Beam mounts and dismounts may be used for VP credit.

	Restrictions Penalty 1.00	Acro Difficulty Minimum	Dance Difficulty Minimum	O Elements Permitted
A	No Bs, No Saltos	1A	1A	YES
AB	Max 2Bs, No Cs	1A	1B	YES
B	No Cs	1B	1B	MAX 2
BC	Max 2Cs, No Ds	1B	1C	MAX 1
C	No Ds	1C	1C	NO
CD	Max 2Ds, No Es	1C	1D	NO
D	None	1D	1D	NO

Beam: Level A and AB may use an additional mat of 30cm under the beam and/or for the dismount. In all levels an additional 10cm landing mat may be used for dismounts with difficulty B and higher.

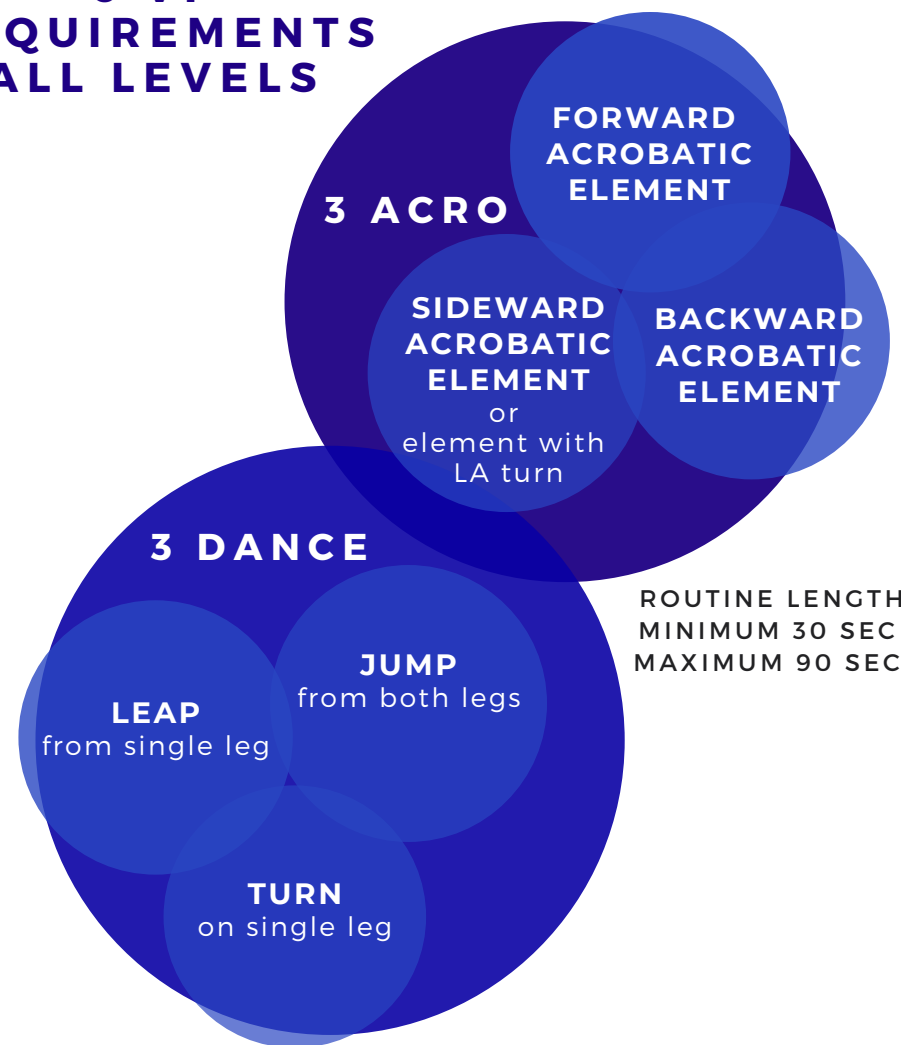
Floor: an additional 10cm landing mat may be used for acrobatic elements with difficulty B and higher.

Mats may be moved during the routine.

O=0.10 A=0.20 B=0.40 C=0.60 D=0.80 E+=1.00

EACH MISSING VP RESULTS IN A 0.50 DEDUCTION. PERFORMING RESTRICTED ELEMENTS RESULTS IN A 1.00 DEDUCTION. ADDITIONAL ELEMENTS DO NOT COUNT AS VP OR SUBSTITUTE FOR MISSING ELEMENTS.

6 VP REQUIREMENTS ALL LEVELS



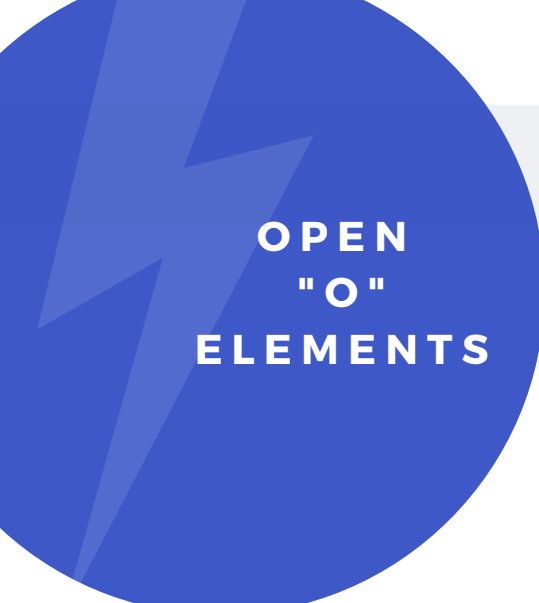
CONNECTION BONUS

Connection Bonus is awarded for DIRECT connections only, for the maximum THREE highest valued connections. Elements may be performed in any order to receive CB (example A+B gets the same bonus as B+A.) Connections may change direction, as long as the flow of movement maintains continuous motion without a pause or additional pulse. Elements may be repeated to receive CB. If elements are repeated, only one connection bonus is awarded. For different elements, one element may be considered in two connections. (example: giant-giant-giant only receives one CB since the elements are all the same, where clear hip - toe-HS - staldler receives 2 CB as the toe-HS is used in two different connections.) In levels AB, BC, and CD, no connections are provided with the maximum difficulty element allowed in that level, as these elements should be "new" and not yet shown in connection.

Bar routines should be connected by default. Connection Bonuses on bars may not include A elements and are distinguished in red letters below.

	A+A	A+B	B+B	A+C	B+C	C+C	B+D	C+D	D+D
A	0.20								
AB									
B		0.20	0.30						
BC									
C			0.20	0.30	0.40	0.50			
CD									
D					0.20	0.30	0.40	0.50	0.60

ELEMENTS MUST BE DIFFERENT TO COUNT AS VP, BUT MAY BE THE SAME TO COUNT AS CB.



OPEN "O" ELEMENTS

O Elements are lower level "open" elements that do not appear in the Code of Points but are often used in compulsory programs to build foundations and strength. They may be used as VP valued at 0.10 in levels A, AB, a maximum of two per event in level B, and a maximum of one per event in level BC.

BARS

Pullovers

From Standing, or Long Swing Pullover (Baby Giant) from jump to high bar or cast
Both count as a circle, but the same circle.
Only the Long Swing Pullover fulfils the Long Swing requirement.

Jump to Front Support Mount

Glide Swing or L-Hold

may tap ground after one glide/hold to transition to pullover

Tap / Trolley Swings

Long Swings that show shape change

Leg Circles

Use of one or two legs to assist in circle (with back of thigh on bar,) forward or backward.

Squat / Stoop / Straddle on to jump

to high bar, or as dismount. Can fulfil the Flight or Dismount requirement.

Cast

Minimum of 45° below horizontal. Fulfils the Handstand requirement.

Cast-Away, Swing-Away, or Underswing Dismounts

with or without 1/2 turn. Can Fulfil the Flight requirement (but Mount must be used to substitute for Dismount requirement.)

BEAM & FLOOR

Basic shape jumps

(straight, beat, tuck, split/straddle at less than 135°, etc.) Any jump that leaves the floor or beam from two feet and is not included in the CoP.

Handstands and 3/4 Handstands

with any entry or exit variation, including handstand to roll, or back roll to handstand. Handstand fulfils forward acrobatic requirement with forward entry, or sideward acrobatic requirement with cartwheel entry.

1/2 turns on one foot

with any free leg variation

Beam mounts

of any kind that show artistic intention (doesn't "crawl up" but has the appearance and quality of an element.)

Forward or backward rolls including "shoulder rolls."

Acrobatic shape holds

2 second hold or longer of a specifically acrobatic shape that is inverted (upside down) such as bridge hold or candlestick hold, VP direction determined by athlete's entry method.

ALL-AROUND AND INDIVIDUAL EVENTS

- Athletes may compete all four events for an all-around score, or select any number of individual events to compete as an event specialist.
- Awards are given at first through third place, per age group on each of the four apparatus, as well as all-around.

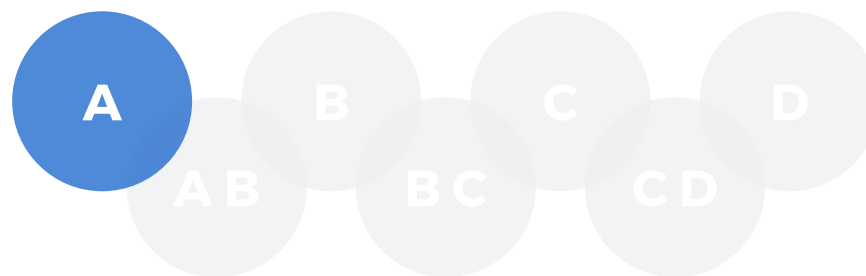
AGE GROUPS

- Awards groups are divided first by level, then by age.
- The age groups consist of a maximum of 15 gymnasts.
- Awards groups can be mixed age. A maximum three-year age difference is permitted per group prior to age 14. Ages 14+ can be sorted with any difference in age.
- The age groups will be formed by the competition management after the closing date for entries.
- Awards groups are composed by dividing the total number of athletes in a level into approximately equal sizes of groups by birthdate.
- For example, a group of 21 athletes in a level, could be divided into three groups of 7, or a group of 10 and a group of 11.

TEAMS

- A team consists of a minimum of three and a maximum of five gymnasts.
- Multiple teams may be submitted by the same club.
- The top three scores per event are calculated to create the team score.
- All gymnasts of a team must be registered in the same level.
- In the case of large competitions, Meet Directors may require certain sessions to be composed of teams within a specific age group in line with individual awards groups, OR may elect to award teams of mixed ages after the final session.
- Team Awards are given for first through third place in each level.

QUICK VIEW



ELEMENT VALUES **O=0.10** **A=0.20** **B=0.40** **C=0.60** **D=0.80** **E+=1.00**

VAULT

**Onto Mat Stack
@ 80-100cm**

Vault Options

- 1.4 Round off (spring board)**
rebound to flat back
- 1.4 Front 3/4 Layout**
to flat back
- 1.0 Handstand pop**
to flat back
- 1.0 Round off pop**
to flat prone
- 0.5 Alternate Vault**

Best score of two vaults. Bonus 0.30
added if both vaults are different.

10.0 Execution, 1.4 Value, 0.3 Bonus =
11.70 Max Start Value

BARS

**Minimum 1 A element
O elements permitted**

6 Required Value Parts

1. **Element with Flight** (jump
to high bar or dismount fulfils
VP.)
2. **Element to or from
Handstand** (O-valued cast
fulfils VP.)
3. **Element with Long Swing**
4. **Circling element**
5. **2nd circling element with
different entry or direction**
6. **Dismount** (or Mount if using
dismount as flight element.)

Same bar elements performed on
low bar and high bar are considered
different elements, but do
NOT qualify as different entry or
direction. Elements on the same bar
must be different to count as VP.

BEAM & FLOOR

**Minimum 1 A acro
Minimum 1 A dance
O elements permitted**

6 Required Value Parts

1. **Forward** acrobatic element
2. **Backward** acrobatic element
3. **Sideward** acrobatic element
(or element with LA turn)
4. **Leap** (from single leg)
5. **Jump** (from both legs)
6. **Turn** (on single leg)

Connection Bonus

A+A = 0.20
(Maximum of 3)

Minimum Time **30 sec**
Maximum Time **90 sec**

RESTRICTIONS

**NO B elements
NO saltos**

Start Value Formula

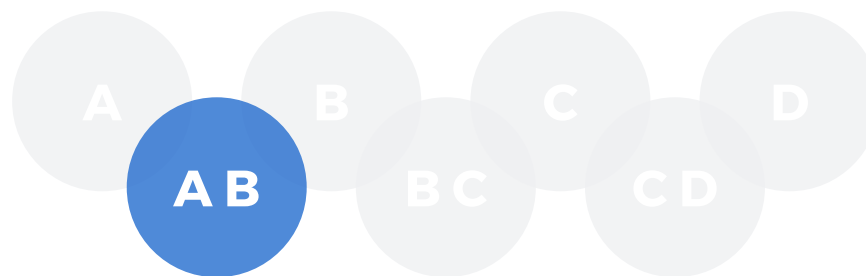
10.00 Execution

___.	VP 1	O=0.10
___.	VP 2	A=0.20
___.	VP 3	
___.	VP 4	Missing
___.	VP 5	VP = -0.50
___.	VP 6	
___.	CB 1	
___.	CB 2	
___.	CB 3	

____.____ **Total Start Value**

**EACH MISSING VP RESULTS IN A 0.50 DEDUCTION. PERFORMING RESTRICTED ELEMENTS RESULTS IN A 1.00 DEDUCTION.
ADDITIONAL ELEMENTS DO NOT COUNT AS VP OR SUBSTITUTE FOR MISSING ELEMENTS, BUT HAVE NO PENALTY.**

QUICK VIEW



ELEMENT VALUES **O=0.10** **A=0.20** **B=0.40** **C=0.60** **D=0.80** **E+=1.00**

VAULT

**Over Mat Stack
@ 80-100cm**

Vault Options

- 2.0 Yurchenko Entry**
(RO-flick) over stack
- 1.6 Front Handspring**
over stack
- 1.6 Tsukahara Entry**
(round off) over stack
- 0.5 Alternate Vault**

Best score of two vaults. Bonus 0.30
added if both vaults are different.

10.0 Execution, 2.0 Value, 0.3 Bonus =
12.30 Max Start Value

BARS

**Minimum 2 A elements
O elements permitted**

6 Required Value Parts

1. **Element with Flight** (jump to high bar or dismount fulfils VP.)
 2. **Element to or from Handstand** (O-valued cast fulfils VP.)
 3. **Element with Long Swing**
 4. **Circling element**
 5. **2nd circling element with different entry or direction**
 6. **Dismount** (or Mount if using dismount as flight element.)
- Same bar elements performed on low bar and high bar are considered different elements, but do NOT qualify as different entry or direction. Elements on the same bar must be different to count as VP,

BEAM & FLOOR

**Minimum 1 A acro
Minimum 1 B dance
O elements permitted**

6 Required Value Parts

1. **Forward** acrobatic element
2. **Backward** acrobatic element
3. **Sideward** acrobatic element (or element with LA turn)
4. **Leap** (from single leg)
5. **Jump** (from both legs)
6. **Turn** (on single leg)

Connection Bonus

A+A = 0.20
(Maximum of 3)

Minimum Time **30 sec**
Maximum Time **90 sec**

RESTRICTIONS

NO C elements
Max. 2 B elements

Start Value Formula

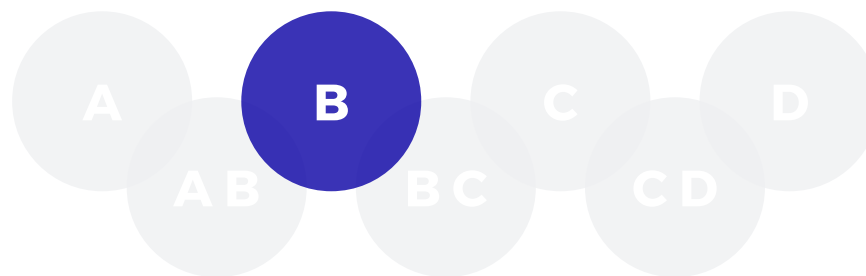
10.00 Execution

___.	VP 1	O=0.10
___.	VP 2	A=0.20
___.	VP 3	B=0.40
___.	VP 4	
___.	VP 5	Missing
___.	VP 6	VP = -0.50
___.	CB 1	
___.	CB 2	
___.	CB 3	

____.____ **Total Start Value**

EACH MISSING VP RESULTS IN A 0.50 DEDUCTION. PERFORMING RESTRICTED ELEMENTS RESULTS IN A 1.00 DEDUCTION. ADDITIONAL ELEMENTS DO NOT COUNT AS VP OR SUBSTITUTE FOR MISSING ELEMENTS, BUT HAVE NO PENALTY.

QUICK VIEW



ELEMENT VALUES **O=0.10** **A=0.20** **B=0.40** **C=0.60** **D=0.80** **E+=1.00**

VAULT

**Over Table to Mat Stack
@ 110-125cm**

Vault Options

- 2.4 Yurchenko Entry Timer**
for Yurchenko
- 2.0 Forward Entry Timer**
for FHS-Front Salto
- 2.0 Sideward Entry Timer**
for Tsukahara/Kasamatsu
- 0.5 Alternate Vault**

Best score of two vaults. Bonus 0.30
added if both vaults are different.

10.0 Execution, 2.4 Value, 0.3 Bonus =
12.70 Max Start Value

BARS

**Minimum 1 B element
Maximum 2 O elements**

6 Required Value Parts

1. **Element with Flight** (jump to high bar or dismount fulfils VP.)
2. **Element to or from Handstand** (O-valued cast fulfils VP.)
3. **Element with Long Swing**
4. **Circling element**
5. **2nd circling element with different entry or direction**
6. **Dismount** (or Mount if using dismount as flight element.)

Connection Bonus

B+B = 0.30
(Maximum of 3)

BEAM & FLOOR

**Minimum 1 B acro
Minimum 1 B dance
Maximum 2 O elements**

6 Required Value Parts

1. **Forward** acrobatic element
2. **Backward** acrobatic element
3. **Sideward** acrobatic element
(or element with LA turn)
4. **Leap** (from single leg)
5. **Jump** (from both legs)
6. **Turn** (on single leg)

Connection Bonus

A+B = 0.20
B+B = 0.30
(Maximum of 3)

Minimum Time **30 sec**
Maximum Time **90 sec**

RESTRICTIONS

NO C elements

Start Value Formula

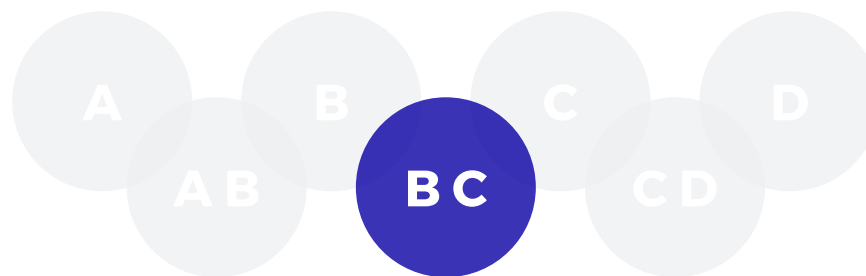
10.00 Execution

___ VP 1	O=0.10
___ VP 2	A=0.20
___ VP 3	B=0.40
___ VP 4	
___ VP 5	Missing
___ VP 6	VP = -0.50
___ CB 1	
___ CB 2	
___ CB 3	

____.____ **Total Start Value**

EACH MISSING VP RESULTS IN A 0.50 DEDUCTION. PERFORMING RESTRICTED ELEMENTS RESULTS IN A 1.00 DEDUCTION. ADDITIONAL ELEMENTS DO NOT COUNT AS VP OR SUBSTITUTE FOR MISSING ELEMENTS, BUT HAVE NO PENALTY.

QUICK VIEW



ELEMENT VALUES **O=0.10** **A=0.20** **B=0.40** **C=0.60** **D=0.80** **E+=1.00**

VAULT

**Table
@ 110-125cm**

All Vaults
as listed in the
FIG Code of Points

Any alternate vault will have
value at 0.50 but must be
communicated to the judges
prior to vaulting.

Best score of two vaults. Bonus
0.30 added if both vaults are
different.

Max Start Value =

10.0 Execution, FIG Value, 0.3 Bonus

BARS

**Minimum 2 B elements
Maximum 1 O element**

6 Required Value Parts

1. **Element with Flight** (jump to high bar or dismount fulfils VP.)
2. **Element to or from Handstand** (O-valued cast fulfils VP.)
3. **Element with Long Swing**
4. **Circling element**
5. **2nd circling element with different entry or direction**
6. **Dismount** (or Mount if using dismount as flight element.)

Connection Bonus

B+B = 0.30
(Maximum of 3)

BEAM & FLOOR

**Minimum 1 B acro
Minimum 1 C dance
Maximum 1 O element**

6 Required Value Parts

1. **Forward** acrobatic element
2. **Backward** acrobatic element
3. **Sideward** acrobatic element (or element with LA turn)
4. **Leap** (from single leg)
5. **Jump** (from both legs)
6. **Turn** (on single leg)

Connection Bonus

A+B = 0.20
B+B = 0.30
(Maximum of 3)

Minimum Time **30 sec**
Maximum Time **90 sec**

RESTRICTIONS

NO D elements
Max. **2 C** elements

Start Value Formula

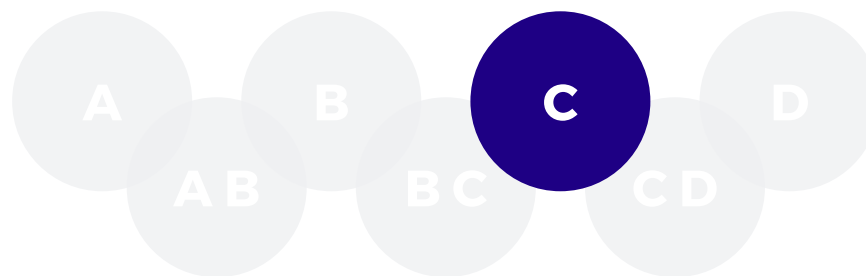
10.00 Execution

___.	VP 1	O=0.10
___.	VP 2	A=0.20
___.	VP 3	B=0.40
___.	VP 4	C=0.60
___.	VP 5	
___.	VP 6	Missing
___.	CB 1	VP = -0.50
___.	CB 2	
___.	CB 3	

____.____ **Total Start Value**

EACH MISSING VP RESULTS IN A 0.50 DEDUCTION. PERFORMING RESTRICTED ELEMENTS RESULTS IN A 1.00 DEDUCTION. ADDITIONAL ELEMENTS DO NOT COUNT AS VP OR SUBSTITUTE FOR MISSING ELEMENTS, BUT HAVE NO PENALTY.

QUICK VIEW



ELEMENT VALUES **O=0.10** **A=0.20** **B=0.40** **C=0.60** **D=0.80** **E+=1.00**

VAULT

**Table
@ 110-125cm**

All Vaults
as listed in the
FIG Code of Points

Best score of two vaults. Bonus
0.30 added if both vaults are
different.

Max Start Value =

10.0 Execution, FIG Value, 0.3 Bonus

BARS

Minimum 1 C element

6 Required Value Parts

1. **Element with Flight**
2. **Element to or from Handstand**
3. **Element with Long Swing**
4. **Circling element**
5. **2nd circling element with different entry or direction**
6. **Dismount**

Connection Bonus

B+B = 0.20
B+C = 0.40
C+C = 0.50
(Maximum of 3)

BEAM & FLOOR

**Minimum 1 C acro
Minimum 1 C dance**

6 Required Value Parts

1. **Forward** acrobatic element
2. **Backward** acrobatic element
3. **Sideward** acrobatic element
(or element with LA turn)
4. **Leap** (from single leg)
5. **Jump** (from both legs)
6. **Turn** (on single leg)

Connection Bonus

B+B = 0.20
A+C = 0.30
B+C = 0.40
C+C = 0.50
(Maximum of 3)

Minimum Time **30 sec**
Maximum Time **90 sec**

RESTRICTIONS

NO D elements

Start Value Formula

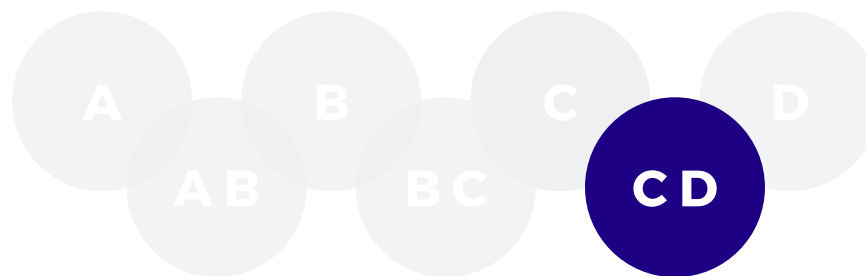
10.00 Execution

___.	VP 1	A=0.20
___.	VP 2	B=0.40
___.	VP 3	C=0.60
___.	VP 4	
___.	VP 5	Missing
___.	VP 6	VP = -0.50
___.	CB 1	
___.	CB 2	
___.	CB 3	

____.____ **Total Start Value**

EACH MISSING VP RESULTS IN A 0.50 DEDUCTION. PERFORMING RESTRICTED ELEMENTS RESULTS IN A 1.00 DEDUCTION. ADDITIONAL ELEMENTS DO NOT COUNT AS VP OR SUBSTITUTE FOR MISSING ELEMENTS, BUT HAVE NO PENALTY.

QUICK VIEW



ELEMENT VALUES **O=0.10** **A=0.20** **B=0.40** **C=0.60** **D=0.80** **E+=1.00**

VAULT

**Table
@ 125cm**

All Vaults
as listed in the
FIG Code of Points

Best score of two vaults. Bonus
0.30 added if both vaults are
different.

Max Start Value =

10.0 Execution, FIG Value, 0.3 Bonus

BARS

Minimum 2 C elements

6 Required Value Parts

1. **Element with Flight**
2. **Element to or from Handstand**
3. **Element with Long Swing**
4. **Circling element**
5. **2nd circling element with different entry or direction**
6. **Dismount**

Connection Bonus

B+B = 0.20
B+C = 0.40
C+C = 0.50
(Maximum of 3)

BEAM & FLOOR

**Minimum 1 C acro
Minimum 1 D dance**

6 Required Value Parts

1. **Forward** acrobatic element
2. **Backward** acrobatic element
3. **Sideward** acrobatic element
(or element with LA turn)
4. **Leap** (from single leg)
5. **Jump** (from both legs)
6. **Turn** (on single leg)

Connection Bonus

B+B = 0.20
A+C = 0.30
B+C = 0.40
C+C = 0.50
(Maximum of 3)

Minimum Time **30 sec**
Maximum Time **90 sec**

RESTRICTIONS

NO E elements
Max. 2 D elements

Start Value Formula

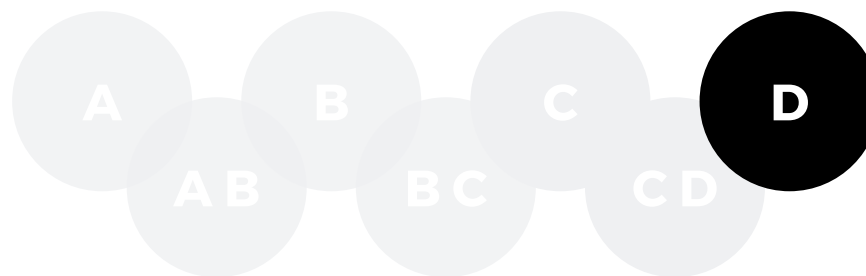
10.00 Execution

___.	VP 1	A=0.20
___.	VP 2	B=0.40
___.	VP 3	C=0.60
___.	VP 4	D=0.80
___.	VP 5	
___.	VP 6	Missing
___.	CB 1	VP = -0.50
___.	CB 2	
___.	CB 3	

____.____ **Total Start Value**

EACH MISSING VP RESULTS IN A 0.50 DEDUCTION. PERFORMING RESTRICTED ELEMENTS RESULTS IN A 1.00 DEDUCTION. ADDITIONAL ELEMENTS DO NOT COUNT AS VP OR SUBSTITUTE FOR MISSING ELEMENTS, BUT HAVE NO PENALTY.

QUICK VIEW



ELEMENT VALUES **O=0.10** **A=0.20** **B=0.40** **C=0.60** **D=0.80** **E+=1.00**

VAULT

**Table
@ 125cm**

All Vaults
as listed in the
FIG Code of Points

Best score of two vaults. Bonus
0.30 added if both vaults are
different.

Max Start Value =

10.0 Execution, FIG Value, 0.3 Bonus

BARS

Minimum 1 D element

6 Required Value Parts

1. **Element with Flight**
2. **Element to or from Handstand**
3. **Element with Long Swing**
4. **Circling element**
5. **2nd circling element with different entry or direction**
6. **Dismount**

Connection Bonus

B+C = 0.20
C+C = 0.30
B+D = 0.40
C+D = 0.50
D+D = 0.60
 (Maximum of 3)

BEAM & FLOOR

**Minimum 1 D acro
Minimum 1 D dance**

6 Required Value Parts

1. **Forward** acrobatic element
2. **Backward** acrobatic element
3. **Sideward** acrobatic element
(or element with LA turn)
4. **Leap** (from single leg)
5. **Jump** (from both legs)
6. **Turn** (on single leg)

Connection Bonus

B+C = 0.20
C+C = 0.30
B+D = 0.40
C+D = 0.50
D+D = 0.60
 (Maximum of 3)

Minimum Time **30 sec**
 Maximum Time **90 sec**

RESTRICTIONS

None

Start Value Formula

10.00 Execution

___.	VP 1	A=0.20
___.	VP 2	B=0.40
___.	VP 3	C=0.60
___.	VP 4	D=0.80
___.	VP 5	E+=1.00
___.	VP 6	
___.	CB 1	Missing
___.	CB 2	VP = -0.50
___.	CB 3	

____.____ **Total Start Value**

**EACH MISSING VP RESULTS IN A 0.50 DEDUCTION.
 ADDITIONAL ELEMENTS DO NOT COUNT AS VP OR SUBSTITUTE FOR MISSING ELEMENTS, BUT HAVE NO PENALTY.**