

VARSITY A COMPETITION WOMEN'S ARTISTIC GYMNASTICS

	Vault	Floor	Bars	Beam
	<p>Two vaults performed; highest score to count.</p> <p>Uncoded elements as per attached table.</p> <p>FIG elements from 2022-24 code of points.</p>	<p>Routines of at least 7 elements performed (at least 6 elements on bars). A maximum of 8 (highest) elements including dismount will count towards the difficulty value.</p> <p>Uncoded elements = 0.1, FIG A elements = 0.3, FIG B elements = 0.4, FIG C elements = 0.5, FIG D elements = 0.6 etc.</p> <p>If a FIG D+ move is performed that is deemed unsafe, then there will be a penalty of 1.0.</p> <p>Same element can only count once EXCEPT bars where FIG coded skills (not uncoded) are to be credited up to a maximum of 2 times (e.g., repeated upstart, back hip circle on both bars).</p>		
Requirements (0.5 each)		<ol style="list-style-type: none"> 1. Dance passage of at least 2 different leaps/hops, one with 180° split 2. 1 x Acrobatic series with 2 different elements 3. Salto forward/sideways AND Salto backwards 4. Turn - on one foot 	<ol style="list-style-type: none"> 1. FIG-coded mount 2. High bar element 3. Cast to or above horizontal 4. Close bar circle element 	<ol style="list-style-type: none"> 1. Connection of two dance elements, one leap, jump or hop with 180° split 2. Turn – on one foot 3. Acro series (minimum 2 elements) 4. Acro element forward/sideways AND Acro element backward
Bonus (0.5 each)	Performance of an FIG-coded vault	Performance of salto with twist (min 180°) (to be awarded once)	Performance of giant circle (to be awarded once)	Performance of coded Acro element with flight (to be awarded once)
Short exercise rulings		<p>MAXIMUM EXECUTION SCORE: 10.00 if 7 or more elements performed (6 on bars) 6.00 if 5-6 elements (5 on bars) 4.00 if 3-4 elements 2.00 if 1-2 elements 0.00 if no elements performed</p>		

Team score calculation: Five gymnasts maximum compete each piece; final score is four highest totals on each piece.

VARSITY B COMPETITION WOMEN'S ARTISTIC GYMNASTICS

	Vault	Floor	Bars	Beam
	<p>Two vaults performed; highest score to count.</p> <p>Uncoded elements as per attached table.</p> <p>FIG elements from 2022-24 code of points.</p>	<p>Routines of at least 7 elements performed (at least 6 elements on bars). A maximum of 8 (highest) elements including dismount will count towards the difficulty value.</p> <p>Uncoded elements = 0.1, FIG A elements = 0.3, FIG B elements = 0.4, FIG C elements = 0.5, FIG D elements = 0.6 etc.</p> <p>If a FIG D+ move is performed that is deemed unsafe, then there will be a penalty of 1.0.</p> <p>Same element can only count once EXCEPT bars where FIG coded skills (not uncoded) are to be credited up to a maximum of 2 times (e.g., repeated upstart, back hip circle on both bars).</p>		
Requirements (0.5 each)		<ol style="list-style-type: none"> 1. Dance passage of at least 2 different leaps/hops, one with 180° split 2. 1 x Acrobatic series with 2 different elements 3. Salto 4. Turn - on one foot 	<ol style="list-style-type: none"> 1. Low bar element 2. High bar element 3. Allowed bar change 4. Close bar circle element 	<ol style="list-style-type: none"> 1. One leap, jump or hop with 180° split 2. Turn – on one foot 3. Mixed series of minimum 2 elements (one acro, one dance) 4. Dance series of two elements
Bonus (0.5 each)	Performance of an FIG-coded vault	Performance of salto forward and salto backward	Upstart without fall (LB or HB) (to be awarded once)	Walkover or acro element with flight (to be awarded once)
Short exercise rulings		<p>MAXIMUM EXECUTION SCORE: 10.00 if 7 or more elements performed (6 on bars) 6.00 if 5-6 elements (5 on bars) 4.00 if 3-4 elements 2.00 if 1-2 elements 0.00 if no elements performed</p>		

Team score calculation:

- Maximum five gymnasts compete each piece.
 - Team score calculated as top four floor scores plus four highest scores from other pieces, under the condition that of those non-floor scores there can be no more than two of the same piece and no more than three scores per gymnast (including the floor score).
- Example: Team total = FX1 + FX2 + FX3 + FX4 + UB1 + UB2 + BB4 + VT3
 If UB3 had been higher than VT3, it still cannot count as that would mean more than two scores from the same non-floor piece.

- For the individual competition, the 3 highest scores of each gymnast count towards their total.

VARSITY COMPETITION WOMEN'S ARTISTIC GYMNASTICS CLARIFICATIONS

Vault	Floor	Bars	Beam		
<ul style="list-style-type: none"> • Difficulty Values of moves will be determined according to the 2022-2024 Code of Points. • Skills with D level difficulty or higher MUST be declared and checked for safety by the judge of that apparatus during the warmup. If the gymnast shows they can safely perform the skill it will be credited its full difficulty (i.e., 0.6 for a D etc.). If a gymnast fails to declare a skill of D difficulty or higher or performs a skill which was deemed by the judge to be unsafe during warm up, a penalty (to be decided) will be deducted from the gymnast's score. • Bonuses are awarded once only. • The 0.5 FIG deduction for "no dismount" will be included on each piece. • Moves that are performed but not counted as one of the 8 highest difficulty values can still be used for compositional requirements. • Coloured strapping and shorts are allowed with no deduction. • FIG connection bonuses are not currently awarded on any apparatus. • Connections are defined as follows: <p>7.4.1 Direct and Indirect Connections</p> <p>All connections must be Direct; only on <i>Floor</i> can acrobatic connections be indirect.</p> <p>Direct Connections are those in which elements are performed without</p> <ol style="list-style-type: none"> hesitation or stop between elements extra step between elements foot touching beam between elements loss of balance between elements additional arm/leg swing between elements <p>All series will therefore be given/not given according to this assessment.</p>					
<p>Acro Line definitions, used for dismount definition (NOT acro series referred to in requirement 2, which can just be any two different acro elements):</p> <ul style="list-style-type: none"> • For A team competition: "An acro line consists of a minimum of 2 directly connected flight elements, one of which is a salto OR a minimum of 1 salto, provided it has a two-footed takeoff and is not from standing". • For B team competition: "An acro line consists of a minimum of 2 directly connected elements, minimum one of which has flight OR a minimum of 1 salto, provided it has a two-footed takeoff and is not from standing". 		<p>Sole circles and back hip circles will count as a close circle element on bars.</p>	<p>In this competition 'acro' moves are anything not considered dance (so for example will include holds on beam). Handstand is a forward acro. Non-flight acro will be counted in acro series.</p>		
<p>The dismount is highest value element in the last counting acro line (provided it has not been previously performed in the exercise). No dismount will be credited if only one acro line is performed (FIG deduction of 0.5 to be applied).</p>				<p>Uncoded scales (arabesque, Y balance) are classified as dance, as they are related to the FIG coded scales.</p>	
<p>In this competition, 'acro' moves are anything not considered dance. Handstand is a forward acro.</p>					<p>Compositional requirements have to be performed ON the beam (so a front salto dismount won't fulfil 'forward acro', and a backwards salto dismount will not fulfil 'backward acro').</p>
<p>Leaps and hops take off from one foot, jumps take off from two feet (check whether the requirement allows leaps, hops and jumps or just the former two before making up a dance series!).</p>					

	An arabian (or any variation) is considered a forwards acro, as in the FIG code, but not as a twisting element (i.e., does not receive the bonus).		As stated in the FIG code, some mounts can be performed in the exercise instead (but receive DV only once). Elements that include "Jump press or swing to hstd" (e.g., FIG code 1.210 and related skills) may be performed from straddle stand on the beam.
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**Varsity Competition Women's Artistic Gymnastics
Uncoded Elements**

Vault	Floor (all 0.1)	Bars (all 0.1)	Beam (all 0.1)
Squat on, straight jump off = 1.00 Squat through = 1.40 Straddle over = 1.40	Half turn jump Half turn spin on one foot Arabesque (2s hold) Y-balance (2s hold) Illusion turn 1/1 with one hand support Cartwheel, also one handed Forward roll Handstand forward roll Backward walkover Valdez Forward walkover Headspring Backward roll to handstand	Upward circle LB Back uprise Cast to horizontal LB Tucked sole circle Squat on LB Squat on LB and jump to catch HB Jump from LB to front support on HB (cannot have extra swing in between) Swing circle over to front support (catch HB then circle over) Cast to horizontal HB ¾ giant (baby giant) Counter swing with half turn Sole circle dismount Straddle on undershoot dismount	Jump to front support Jump to straddle lever (2s hold) Squat on (with hand support) Jump 1 leg round to cross sit Straight jump Stag leap Changement jump ½ turn straight jump Tuck jump Half turn spin (fwd/ bwd) on one foot Arabesque (2s hold) Y-balance (2s hold) Forward roll/dive forward roll Backward roll Round off dismount Handspring dismount, also with ½ turn Free roundoff dismount Free walkover dismount Straddle lever hold

**Varsity Competition Women's Artistic Gymnastics
Example Coded Elements**

	Floor	Bars	Beam
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A (0.3)	<p>Split leap Split jump or stag jump or sissone Pike jump Straddle jump Full turn jump Full spin on one foot Cat leap Wolf jump or hop Fouetté hop Jump, press or kick to handstand (2s hold) Backward roll to handstand with half or full turn Hecht dive roll Backward walkover or valdez Handspring</p>	<p>Upstart (kip) LB Upstart (kip) HB Jump half turn upstart to support Glide to straddle cut (1.103) Backward hip circle Forward hip circle Cast to handstand with legs straddled Sole circle piked or straddled (fwd / bwd) Clear hip circle Underswing with half or full turn to stand dismount Backaway</p>	<p>Jump to japana Thief vault Squat or stoop through Leap mount (land in arabesque) Planche mount with support on one or both bent arms Split leap Cat leap Pike jump Sissone Wolf jump or hop Full spin on one foot Needle scale (2s hold) Handstand (2s hold) Cartwheel Walkover fwd / bwd</p>
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	<p>Round off Flic / gainer flic Salto fwd tucked / piked Salto bwd tucked / piked / stretched Free cartwheel / free roundoff Free walkover Whip salto bwd</p>		<p>Free walkover dismount with ½ turn Salto fwd tucked or piked dismount Salto bwd tucked, piked or stretched dismount Gainer salto bwd dismount</p>
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B (0.4)	<p>Ring jump or stag ring jump Split leap with half turn Tour jeté Split jump with half turn Changeleg leap (switch leap) Sheep jump Full turn tuck jump Full turn wolf jump or hop Cat leap with full turn Double spin Full spin with free leg at horizontal Jump, kick or press to handstand (2s hold) with 1½ turn in handstand Backward roll to handstand with 1½ turn in handstand Salto fwd tucked / piked with half twist Salto fwd stretched Salto bwd stretched with</p>	<p>Jump with full turn upstart to support LB Jump with half turn upstart to support HB Cast to handstand (legs together and extended), also with half turn Giant circle bwd Giant circle fwd Mo shoot to catch HB from feet (4.208) Shoot front (6.201) Backaway with half or full twist Double salto backaway tucked Frontaway tucked (6.210)</p>	<p>Jump, press or swing to handstand mount, lower to straddle hold or side splits Split jump Straddle jump Stretch jump full turn Tuck jump with ½ turn Cat leap ½ turn Full spin in crouched tuck stand (3.207) 1½ spin on one foot Handstand forward roll (2s hold in handstand) Free roll to sit position or stand Valdez Handspring Roundoff Flic to one or two feet Gainer flic Free walkover dismount with full twist Back salto with full twist dismount</p>
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	half or full twist		Salto fwd stretched dismount Arabian dismount
C (0.5)	<p>Split leap with full turn</p> <p>Split jump with full turn</p> <p>Changeleg leap with half turn</p> <p>Straddle jump with full turn</p> <p>Changeleg leap to ring</p> <p>2/1 turn straight jump</p> <p>Cat leap with double turn</p> <p>Triple spin on one foot</p> <p>Salto fwd stretched with full or 1½ twist</p> <p>Salto bwd stretched with 1 ½ or 2/1 twist</p>	<p>Cast with full turn to handstand</p> <p>Clear hip circle to handstand, also 180° hop grip change</p> <p>Giant circle bwd with full turn</p> <p>Stalder to handstand</p> <p>Sole circle to handstand</p> <p>Shoot front dismount with half turn</p> <p>Backaway with 1½ twist</p> <p>Double salto backaway piked</p> <p>Frontaway piked (6.310)</p>	<p>Straight jump half turn mount</p> <p>Facing end of beam jump to handstand, handspring out mount</p> <p>Split leap with half turn</p> <p>Changeleg leap, also with ¼ turn</p> <p>Tuck jump with full turn</p> <p>Catleap full turn</p> <p>Full spin on one leg, free leg at horizontal</p> <p>Salto bwd tucked, piked or stretched step out (layout)</p> <p>Salto fwd stretched with full twist dismount</p> <p>Salto bwd with 1 ½ twist dismount</p>