



OFFICIAL COMPETITION SYLLABUS

JANUARY 2025-2027



www.independentgymnastics.com
competitions@igauk.com

WHAT IS GEMS?

Starting in 2024, IGA will be launching a series of standardised routine competitions known as Gemstone Competitions. In these events, all participating athletes will showcase identical routines selected by IGA. The chosen routines aim to assist athletes in building a robust foundation in gymnastics, promoting the development of strength and flexibility.

IGA COMPETITION RULES & REGULATIONS

Please check our standard competition handbook for IGA's rules and regulations regarding responsibilities and policies for Clubs, Coaches, Judges and Gymnasts. These will remain in tact for all IGA Competitions including Gems and must be adhered to at all times. All entries must be made via the portal, including gymnasts, coaches and Judges,

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COMPETITION AGE GROUPS

Gems grades will follow our competition levels, For further in-depth information regarding the Age Groups please visit our Women's Artistic Handbook for 2025-2027.

5-6 yrs



7-8 yrs



9-10 yrs



11-13 yrs



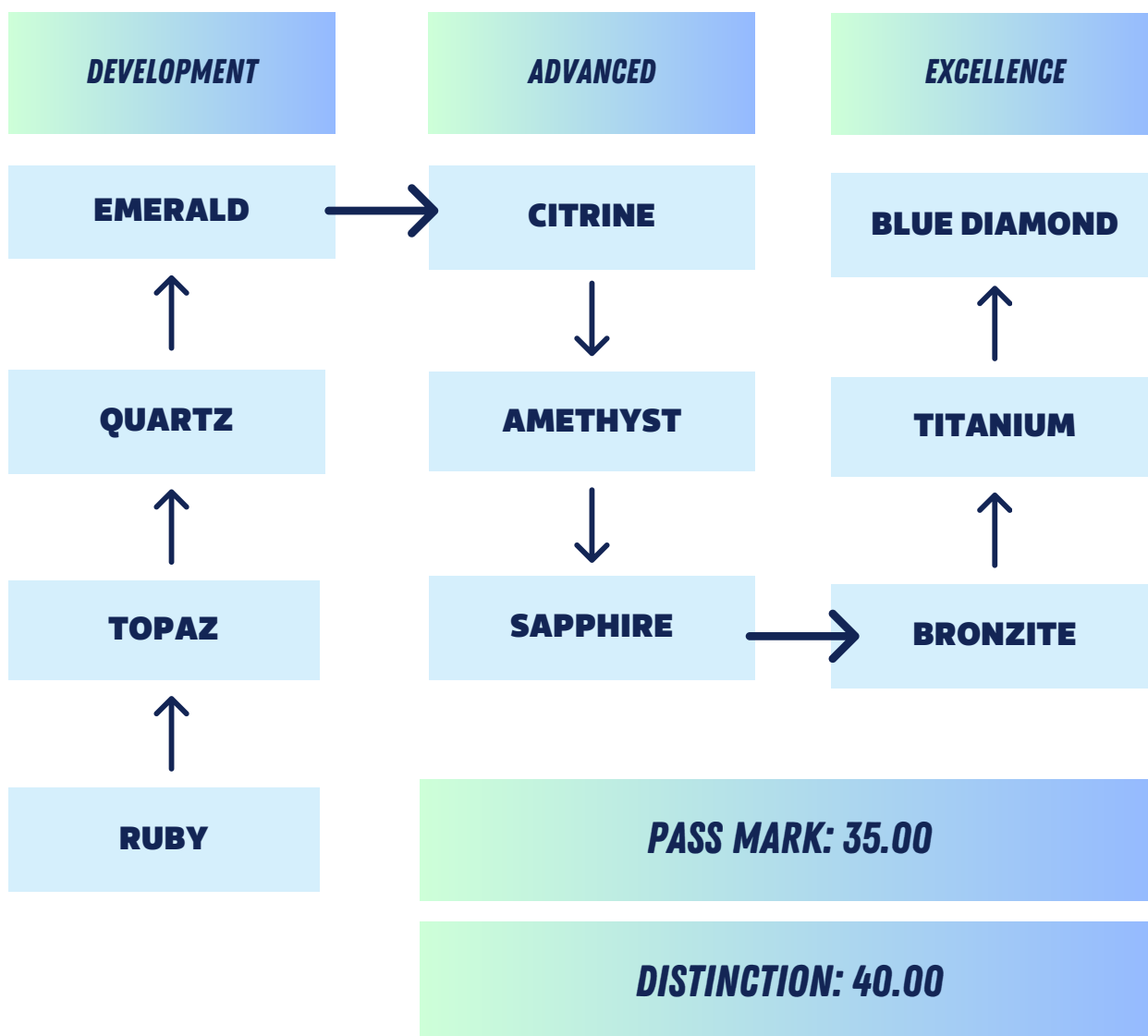
14+ yrs



GEMS PATHWAY

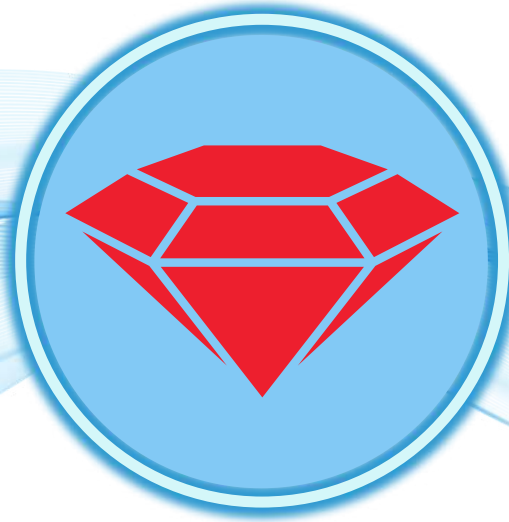
Kindly review the official Gems Pathway outlining the progression from one grade to another. Our Gems Grades comprise 10 distinct levels, and gymnasts are required to attain the passing score to advance to the subsequent grade. During their inaugural year of competition, gymnasts have the flexibility to enter at any level within the provided guidelines. It's important to note that gymnasts are not permitted to regress to lower levels. Consequently, coaches must carefully select the most appropriate grade for each gymnast

In the event that a coach believes a gymnast should move down a level, they are required to send an email to competitions@igauk.com, providing supporting evidence for the request. Additionally, gymnasts who successfully achieve the passing score are mandated to progress to the next level in their gymnastics journey.



GENERAL FAULTS APPLICABLE TO ALL LEVELS & APPARATUS

Each missing element will receive a deduction	1.00 PER SKILL
Falls [applicable to all pieces of equipment]	1.00 PER FALL
Elements performed in the incorrect order	0.5 OFF FINAL SCORE
Missed connections where a direct connection is indicated	0.5 PER MISSED CONNECTION
Coaching gymnast mid-routine	1.0 OFF FINAL SCORE
Supporting a gymnast mid-routine	3.0 OFF FINAL SCORE
Lack of tidiness throughout routine (Knee's/Feet/Bent Arms)	0.1/0.3/0.5 EACH TIME
Lack of stability throughout routine	0.1/0.3/0.5 EACH TIME



RUBY



VAULT

EQUIPMENT: 1M TABLE VAULT WITH STACKED MATS

Squat on - Arm swing kick to handstand flat back

START VALUE: 10.00

TABLE OF FAULTS

Execution Dedication	Deduction
Lack of acceleration or deceleration during run up	0.1/0.3
Feet not landing in the correct place on the springboard	0.1
Failure to squat both feet onto the Vault	0.3
Failure to show arm swing before kicking to handstand	0.3
Lack of correct body form in handstand to flatback phase	0.1/0.3/0.5
Lack off second flight in handstand to flatback phase	0.1/0.3/0.5



BARS

EQUIPMENT: WOODEN HIGH BAR (FIG HEIGHT 2.5M) PLUS 1 X 30CM CRASH MAT FOR LANDING.

Pull Up - Half Turn - Chin Up - 2 x Leg Lift - Hang to Land

START VALUE: 10.00

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Failure for chin to reach over the bar during pull/chin up	0.3
Lack of correct body form throughout the routine	0.1/0.3 EACH TIME
Failure to touch bar with toes on Leg Lifts	0.5
Steps taken on landing	0.1/0.3 EACH TIME



BEAM

EQUIPMENT: HIGH BEAM (FIG HEIGHT 125CM) PLUS 2 X 30CM CRASH MAT, ONE UNDERNEATH AND ONE FOR LANDING.

START VALUE: 10.00

Jump to Front Support - Swing Leg Over - Squat to Stand - 2 x Straight Leg Steps - Straight Jump - Releve Hold on one foot into Releve hold on the other foot - 2 x Straight Leg Steps - Arabesque - Straight Jump Dismount

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Failure to squat onto the Beam	0.3
Lack of correct body form in the Releve holds	0.1/0.3 EACH TIME
Failure to show correct knee position in Releve holds	0.1/0.3 EACH TIME
Lack of correct body form in the Straight Jumps	0.1/0.3 EACH TIME
Arabesque not held for 2 seconds	0.3



FLOOR

EQUIPMENT: FLOOR AREA [ON A LINE] - NO CHOREOGRAPHY

START VALUE: 10.00

2 x Bunny Hops - Straight arm forward roll to stand -
 Straight Jump connected Star Jump - Releve Hold on one foot - Cartwheel -
 Squat 1/2 turn (arms any position) - Step Catleap

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Failure to show bottom above head in Bunny Hops	0.3
Incorrect body form in forward roll	0.1
Releve Hold not held for 2 seconds	0.3
Lack of correct body form in the Straight Jumps	0.1/0.3 EACH TIME
Failure of knees to reach chest in Catleap	0.3



FLEXIBILITY & BALANCE

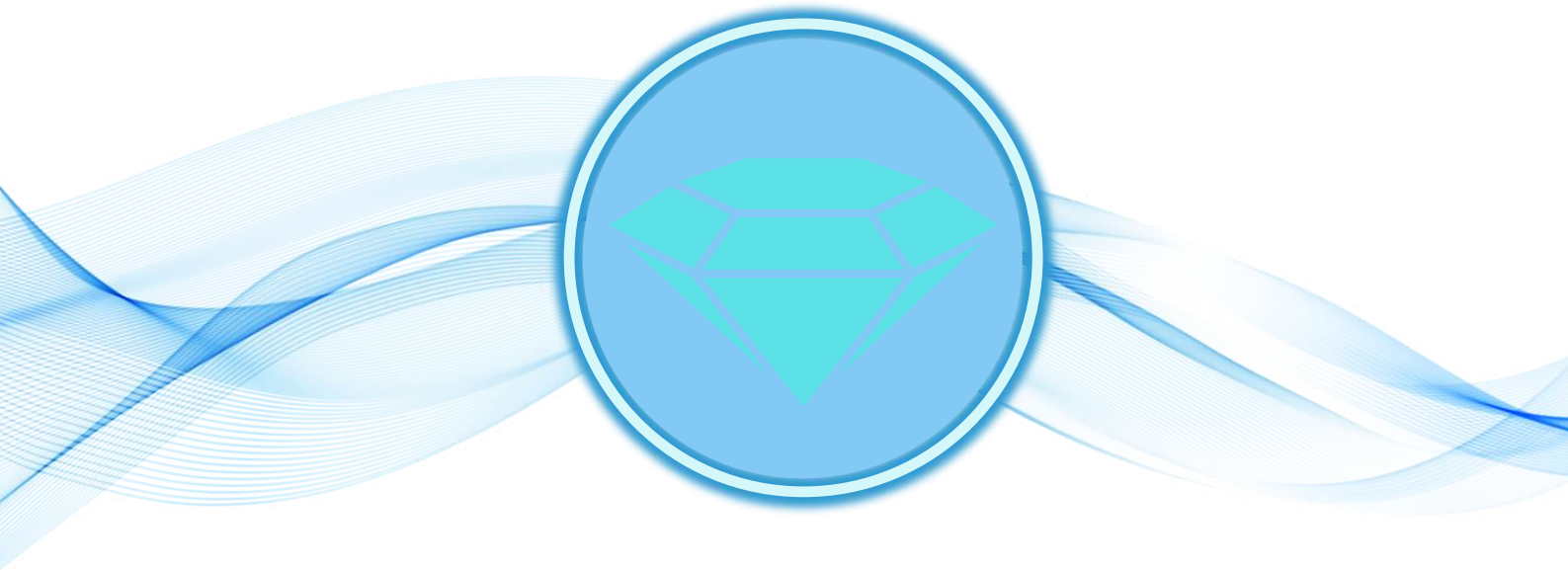
EQUIPMENT: FLOOR AREA

START VALUE: 10.00

StraightArm Forward Roll to Straddle - Straddle Fold (h) -
Swim Through to Front Support (h) - Back Support (h) - Pike Fold (h) -
Push to Bridge (h) - Rock and Roll to stand.

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Bent Arms in the forward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 EACH TIME
Lack of Flexibility shown in straddle & pike Fold	0.1/0.3 EACH TIME
Lack of correct body form in front & back support	0.1/0.3 EACH TIME
Lack of Flexibility show in the bridge position	0.1/0.3
Knee's rolled in on the straddle fold	0.1



TOPAZ



VAULT

EQUIPMENT: 1M TABLE VAULT WITH STACKED MATS

Handspring Flat Back

START VALUE: 10.00

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Lack of acceleration or deceleration during run up	0.1/0.3
Feet not landing in the correct place on the springboard	0.1
Incorrect arm swing on the springboard	0.3
Lack of correct body form in the first flight	0.1/0.3/0.5
Lack of correct body form in handstand to flatback phase	0.1/0.3/0.5
Lack off second flight in handstand to flatback phase	0.1/0.3/0.5
Closed shoulders in handstand phase	0.3



BARS

**EQUIPMENT: WOODEN HIGH BAR (FIG HEIGHT 2.5M) PLUS 1 X 30CM
CRASH MAT FOR LANDING.**

START VALUE: 10.00

Pull Up - Half Turn - Chin Up - 2 x Full Leg Lifts - Lift into Pike Hold at 90 degrees (h) - Open to Straddle Hold at 90 degrees (h) - 2 x Arch Taps to land, release on dish shape

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Failure for chin to reach over the bar during pull/chin up	0.3
Lack of correct body form throughout the routine	0.1/0.3 EACH TIME
Failure to touch bar with toes on Leg Lifts	0.5
Steps taken on landing	0.1/0.3 EACH TIME
Failure to hold the holds (h) for 2 seconds	0.3
Legs below horizontal on pike & straddle hold	0.5
Lack of correct body positions during arch taps	0.1/0.3/0.5 EACH TIME



BEAM

EQUIPMENT: HIGH BEAM (FIG HEIGHT 125CM) PLUS 2 X 30CM CRASH MAT, ONE UNDERNEATH AND ONE FOR LANDING. - NO CHOREOGRAPHY.

START VALUE: 10.00

Jump to Front Support - Swing Leg Over - Squat to Stand - 2 x Bend Extend Steps - Straight Jump
 - Releve Hold on one foot into Releve hold on other foot
 - 2 x Bunny Hops - Arabesque - Straight Jump Dismount

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Failure to squat onto the Beam	0.3
Lack of correct body form in the Releve holds	0.1/0.3 EACH TIME
Failure to show correct knee position in Releve holds	0.1/0.3 EACH TIME
Lack of correct body form in the Straight Jumps	0.1/0.3 EACH TIME
Arabesque not held for 2 seconds	0.3
Failure to hold landing position	0.1



FLOOR

EQUIPMENT: FLOOR AREA [ON A LINE]- NO CHOREOGRAPHY

START VALUE: 10.00

2 x Bunny Hops - Straight Arm Forward Roll to Stand -
 Straight Jump connected Tuck Jump connected Star Jump -
 Step Releve Hold on one foot connected Step Releve Hold on other foot -
 Cartwheel connected Cartwheel 1/4 turn- Chasse Catleap

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Failure to show bottom above head in bunny hops	0.3
Incorrect body form in forward roll	0.1
Releve hold not held for 2 seconds	0.3 EACH TIME
Lack of correct body form in the Straight Jump	0.1/0.3 EACH TIME
Failure of knees to reach chest in catleap & tuck jump	0.3
Deviation between cartwheel connection	0.3



FLEXIBILITY & BALANCE

EQUIPMENT: Floor Area

Start Value: 10.00

StraightArm Forward Roll to Straddle - Straddle Fold (h) -
Swim Through to Front Support (h) - Press up - Back Support (h) - Pike Fold (h) -
Push to Bridge (h) - Show best leg bridge split (h) - Rock and roll to stand

TABLE OF FAULTS

Execution Dedication	Deduction
Bent Arms in the forward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 each time
Lack of Flexibility shown in straddle & pike Fold	0.1/0.3 each time
Lack of correct body form in front & back support	0.1/0.3 each time
Lack of Flexibility show in the bridge position	0.1/0.3
Knee's rolled in on the straddle fold	0.1
Lack of flexibility on Bridge Split - Leg below vertical	0.3



QUARTZ



VAULT

EQUIPMENT: 1.05M TABLE VAULT + STACKED MATS

Handspring Flat Back

START VALUE: 10.00

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Lack of acceleration or deceleration during run up	0.1/0.3
Feet not landing in the correct place on the springboard	0.1
Incorrect arm swing on the springboard	0.3
Lack of correct body form in the first flight	0.1/0.3/0.5
Lack of correct body form in handstand to flatback phase	0.1/0.3/0.5
Lack off second flight in handstand to flatback phase	0.1/0.3/0.5



BARS

EQUIPMENT: WOODEN HIGH BAR (FIG HEIGHT 2.5M) PLUS 1 X 30CM CRASH MAT FOR LANDING

START VALUE: 10.00

Pull Up - Half Turn - Chin Up Circle Over - Show Front Support Shape -
Circle Down to Long Hang - Lift to Pike Hold 90 degrees (h) -
Open to Straddle Hold 90 degrees (h) - 2 x Arch Taps to land, release on dish shape

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Failure for chin to reach over the bar during pull/chin up	0.3
Lack of correct body form throughout the routine	0.1/0.3 EACH TIME
Failure to touch bar with toes on Leg Lifts	0.5
Steps taken on landing	0.1/0.3 EACH TIME
Failure to hold the holds (h) for 2 seconds	0.3
Legs below horizontal on pike & straddle hold	0.5
Lack of correct body position during Front Support position	0.1/0.3



BEAM

EQUIPMENT: HIGH BEAM (FIG HEIGHT 125CM) PLUS 2 X 30CM CRASH MAT, ONE UNDERNEATH AND ONE FOR LANDING. - NO CHOREOGRAPHY

START VALUE: 10.00

Jump to Front Support - Swing Leg Over - Squat to Stand - 2 x Bend Extend to Relevé hold steps - Tuck Jump - Relevé Hold into Half Spin, Squat half turn - Small split handstand to landing drill. - Straight Jump 1/2 turn Dismount

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Failure to squat onto the Beam	0.3
Lack of correct body form in the Releve holds	0.1/0.3 EACH TIME
Failure to show correct knee position in Releve holds	0.1/0.3 EACH TIME
Lack of correct body form in the Straight Jumps	0.1/0.3 EACH TIME
Arabesque not held for 2 seconds	0.3
Failure to hold landing position	0.1



FLOOR

EQUIPMENT: FLOOR AREA [ON A LINE] - NO CHOREOGRAPHY

START VALUE: 10.00

Straight Arm Handstand Forward Roll - Straight Jump connected Split Jump - Releve (h) step 1/2 spin - connected Cartwheel, Cartwheel 1/4 turn, Backward Roll to Front Support with straight arms- Front Prone (h) to squat position - Chasse Split Leap

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Bent arms in handstand forward roll & backward roll	0.1/0.3/0.5
Incorrect body form in handstand before forward roll	0.1/0.3/0.5
Holds (h) not held for 2 seconds	0.3
Lack of correct body form in the Straight Jump	0.1/0.3
Split leap failing to reach 14 degree split	0.3
Deviation between cartwheel connection	0.3



FLEXIBILITY & BALANCE

EQUIPMENT: FLOOR AREA

START VALUE: 10.00

Straight Arm Forward Roll to Straddle - Straddle Fold (h) - Straddle lever (h) - Swim Through to Front Support (h) - Press up - Back Support (h) - Pike Fold (h) - Push to Bridge (h) - Show both leg bridge splits (h) - Rock and roll to stand

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Bent Arms in the forward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 EACH TIME
Lack of Flexibility shown in straddle & pike Fold	0.1/0.3 EACH TIME
Lack of correct body form in front & back support	0.1/0.3 EACH TIME
Lack of Flexibility show in the bridge position	0.1/0.3
Knee's rolled in on the straddle fold	0.1
Lack of flexibility on Bridge Split - Leg below vertical	0.3



EMERALD



VAULT

EQUIPMENT: 1.05M TABLE VAULT + STACKED MATS

Half on to knee's

START VALUE: 10.00

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Lack of acceleration or deceleration during run up	0.1/0.3
Feet not landing in the correct place on the springboard	0.1
Incorrect arm swing on the springboard	0.3
Lack of correct body form in the first flight	0.1/0.3/0.5
Closed shoulders in half on phase	0.1/0.3/0.5
Lack off second flight in repulsion phase to knees	0.1/0.3/0.5
Failure to land in correct position	0.3



BARS

**EQUIPMENT: WOODEN HIGH BAR (FIG HEIGHT 2.5M) PLUS 1 X 30CM
CRASH MAT FOR LANDING.**

START VALUE: 10.00

Pull Up - Half Turn - Chin Up Circle Over - Show Front Support Shape -Cast to Horizontal
Backward Hip Circle - Circle Down to hang -
2 x Arch Taps to land release at dish shape

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Failure for chin to reach over the bar during pull/chin up	0.3
Lack of correct body form throughout the routine	0.1/0.3 EACH TIME
Cast below horizontal	0.3
Lack of body form during backward hip circle [Piked hips]	0.1/0.3
Lack of body form during arch taps [i.e piked]	0.1/0.3 EACH TIME
Lack of correct body position during Front Support position	0.1/0.3



BEAM

EQUIPMENT: HIGH BEAM (FIG HEIGHT 125CM) PLUS 2 X 30CM CRASH MAT UNDERNEATH - NO CHOREOGRAPHY

START VALUE: 10.00

Jump to Japana - Swing Leg Over - Squat to Stand - Bend Extend Step to kick back leg straight jump on both legs - Releve Hold (h) connected Half Spin, Squat Half Turn - Split Handstand to Knee Landing Drill - Straight Jump 1.2 Turn Dismount

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Lack of flexibility on jump to japana mount	0.1/0.3
Lack of correct body form in the Releve holds	0.1/0.3 EACH TIME
Failure to show correct knee position in Releve holds	0.1/0.3 EACH TIME
Lack of correct body form in the Straight Jumps	0.1/0.3 EACH TIME
Arabesque not held for 2 seconds	0.3
Failure to hold landing position	0.1



FLOOR

EQUIPMENT: FLOOR AREA - NO CHOREOGRAPHY

START VALUE: 10.00

Straight Arms Handstand Forward Roll Pike to Stand - Straight Jump 1/2 connected Split Jump -
 Releve on one leg (h) step full spin
 R/off Backward Roll Front Support with straight arms- Front Prone (h) to squat position - Chasse
 Split Leap Chasse Catleap

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Bent arms in handstand forward roll & backward roll	0.1/0.3/0.5
Incorrect body form in handstand before forward roll	0.1/0.3/0.5
Holds (h) not held for 2 seconds	0.3
Lack of correct body form in the Straight Jump	0.1/0.3
Split leap failing to reach 14 degree split (Leap & jumps)	0.3
Deviation between R/off connection	0.3
Lack of second flight on R/off	0.3
Failure of knee's to reach chest in cat leap	0.1/0.3



FLEXIBILITY & BALANCE

EQUIPMENT: FLOOR AREA

START VALUE: 10.00

Straight arm backward roll to front prone (h) - Press up - Splits L - Splits R - Swing back leg round
 - Pike fold - Pike lever (h) - Straddle fold -
 Straddle lever (h) - Swim through - Bridge (h) -
 One leg bridge split (h) - Show other bridge split (h) - Kickover to finish

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Bent Arms in the backward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 EACH TIME
Lack of Flexibility shown in straddle/pike and splits	0.1/0.3 EACH TIME
Lack of correct body form in front prone position	0.1/0.3 EACH TIME
Lack of Flexibility show in the bridge position	0.1/0.3
Knee's rolled in on the straddle fold	0.1
Lack of flexibility on Bridge Split - Leg below vertical	0.3



CITRINE



VAULT

EQUIPMENT: 1.10M TABLE VAULT + STACKED MATS

Half on to feet tension fall backwards or
Handspring to stand into tension fall forwards

START VALUE: 10.00

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Lack of acceleration or deceleration during run up	0.1/0.3
Feet not landing in the correct place on the springboard	0.1
Incorrect arm swing on the springboard	0.3
Lack of correct body form in the first flight	0.1/0.3/0.5
Closed shoulders in half on/handspring phase	0.1/0.3/0.5
Lack off second flight in repulsion phase to feet	0.1/0.3/0.5



BARS

EQUIPMENT: METAL HIGH BAR

START VALUE: 10.00

Dish (h) - Arch (h) - 3 x Dish/Arch Taps - Trolley Swing - 3 x Swings

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Failure to hold the holds for 2 seconds	0.3 EACH TIME
Lack of correct body form throughout the routine	0.1/0.3 EACH TIME
Swings below horizontal	0.3 EACH SWING
Lack of kick during the swing	0.1/0.3
Head out in the Trolley Swing	0.3



BEAM

EQUIPMENT: HIGH BEAM (FIG HEIGHT 125CM) PLUS 1 X 30CM CRASH MAT UNDERNEATH - CHOREOGRAPHY

START VALUE: 10.00

Jump to Japana - Swing Leg Over - Squat to Stand - Bend Extend Step to kick back leg Split Jump on both legs - connected Releve Hold (h) step into Full Spin - Cartwheel to Kneel Landing Drill - R/off Dismount

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Lack of flexibility on jump to japana mount	0.1/0.3
Lack of correct body form in the Releve holds	0.1/0.3 EACH TIME
Failure to show correct knee position in Releve holds	0.1/0.3 EACH TIME
Lack of split in split jumps (must be above 140 degree's)	0.1/0.3 EACH TIME
Lack of second flight in R/off Dismount	0.1/0.3
Failure to hold landing position	0.1
Failure to hold the holds (h) for 2 seconds	0.3 EACH MISSING HOLD



FLOOR

EQUIPMENT: FLOOR AREA - 1MIN 30 SECOND FLOOR MUSIC - MOVES DO NOT NEED TO BE IN ORDER

START VALUE: 10.00

R/off Flick - Handspring - Chasse Split Leap connected Chasse Hop (Leg at Horizontal) - Full Spin connected 1/2 Back Spin, - connected Back Walkover Split Jump, Split Jump on alternate legs .

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Bent knee's inbetween R/off Flick	0.1/0.3/0.5
Lack of second flight in Handspring	0.1/0.3
Failure to show leg at horizontal in chasse hop	0.3
Lack of body form in Spin	0.1/0.3 EACH TIME
Split Jump's not reaching 140 degree split	0.3 EACH TIME
Lack of height in leaps and jumps	0.1/0.3 EACH TIME



FLEXIBILITY & BALANCE

EQUIPMENT: FLOOR AREA & PARALLETES

START VALUE: 10.00

Pike lever (h) - Lift to straight legs to stand - Lower to straddle lever (h) - Lift to straight leg stand - Straight Arm Backward roll to front prone - Press Up - Splits L - 1/4 turn to Box Splits 1/4 turn to Splits R - Swing Leg Round to Pike Fold (h) - Bridge (h) - Show both leg bridge split (h) - Kickover

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Legs below horizontal on Pike Lever Hold	0.3
Legs resting on arms in straddle hold	0.3
Bent Arms in the backward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 EACH TIME
Lack of Flexibility shown in straddle/pike and splits	0.1/0.3 EACH TIME
Lack of correct body form in front prone position	0.1/0.3 EACH TIME
Lack of Flexibility show in the bridge position	0.1/0.3
Lack of flexibility on Bridge Split - Leg below vertical	0.3



AMETHYST



VAULT

EQUIPMENT: SPRINGBOARD PLUS 2 X 20CM CRASH MATS

Yurchenko Straight Back to tension fall backwards
or Straight Front to tension fall forwards

START VALUE: 10.00

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Lack of acceleration or deceleration during run up	0.1/0.3
Feet not landing in the correct place on the springboard	0.1
Yurechenko - bent knee's on springboard	0.1/0.3
Lack of height in both vaults	0.1/0.3
Lack of correct body form during somersaults	0.1/0.3/0.5
Lack of rotation - Not landing on tummy/falling to back	0.1/0.3/0.5



BARS

EQUIPMENT: METAL HIGH BAR

START VALUE: 10.00

Dish (h) - Arch (h) - 3 x Arch Taps - Trolley Swing - Upstart -
Cast to horizontal - 3 x Swings

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Failure to hold the holds for 2 seconds	0.3 EACH TIME
Lack of correct body form throughout the routine	0.1/0.3 EACH TIME
Swings below horizontal (front and back)	0.3 EACH SWING
Lack of kick during the swing	0.1/0.3
Head out in the Trolley Swing	0.3
Cast below horizontal	0.3



BEAM

EQUIPMENT: HIGH BEAM (FIG HEIGHT 125CM) PLUS 1 X 30CM CRASH MAT UNDERNEATH - CHOREOGRAPHY

START VALUE: 10.00

Squat through to sit - Pike Lever (h) - Straight Jump connected Split Jump - Full Spin connected to Releve one one foot on other leg (h) -
Backward Walkover to standing landing drill - R/off

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Brush of feet on squat through to sit	0.1/0.3
Lack of correct body form in the Releve holds	0.1/0.3 EACH TIME
Failure to show correct knee position in Releve holds	0.1/0.3 EACH TIME
Failure to hold the holds (h) for 2 seconds	0.3 EACH MISSING HOLD
Lack of split in split jump (must be above 140 degree's)	0.1/0.3 EACH TIME
Lack of second flight in R/off Dismount	0.1/0.3
Failure to hold landing position	0.1



FLOOR

EQUIPMENT: FLOOR AREA - 1MIN 30 FLOOR MUSIC (MOVES ARE NOT REQUIRED TO BE IN ORDER)

START VALUE: 10.00

R/off Flick Flic Flick - Handspring to 1 to 2 - Chasse Split Leap connected Chasse Hop (Leg at Horizontal) swing rear leg into into Fouette Hop to scale (h) -
Full Spin connected Full Back Spin - Forward Walkover -
Split Jump connected Straight Jump 1/2 turn.

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Bent knee's inbetween R/off Flick	0.1/0.3/0.5
Lack of second flight in both Handsprings	0.1/0.3
Failure to show leg at horizontal in chasse hop	0.3
Failure to hold the holds (h) for 2 seconds	0.3
Lack of body form in Spin	0.1/0.3 EACH TIME
Split Jump's and leaps not reaching 140 degree split	0.3 EACH TIME
Lack of height in leaps and jumps	0.1/0.3 EACH TIME



FLEXIBILITY & BALANCE

EQUIPMENT: FLOOR AREA & PARALLETES

START VALUE: 10.00

Pike lever (h) - Lift to straight legs to stand - Lower to straddle lever (h) - Lift to straight leg stand - Straight Arm Backward roll to front prone - Press Up - Splits L 1/4 turn to Box Splits 1/4 turn to Splits R -
- Swing Leg Round to Pike Fold (h) - Bridge (h) - Show both leg bridge split (h) - Kickover

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Legs below horizontal on Pike Lever Hold	0.3
Legs resting on arms in straddle hold	0.3
Bent Arms in the backward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 EACH TIME
Lack of Flexibility shown in straddle/pike and splits	0.1/0.3 EACH TIME
Lack of correct body form in front prone position	0.1/0.3 EACH TIME
Lack of Flexibility show in the bridge position	0.1/0.3
Lack of flexibility on Bridge Split - Leg below vertical	0.3



SAPPHIRE



VAULT

NEW

EQUIPMENT: SPRINGBOARD, X2 CRASH MATS + 60CM BLOCK HORIZONTALLY ON TOP.

Yurchenko Straight Back to tension fall backwards
or Straight Front over block to tension fall forwards

START VALUE: 10.00

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Lack of acceleration or deceleration during run up	0.1/0.3
Feet not landing in the correct place on the springboard	0.1
Yurchenko - bent knee's on springboard	0.1/0.3
Lack of height in both vaults	0.1/0.3
Lack of correct body form during somersaults	0.1/0.3/0.5
Lack of rotation - Not landing on tummy/falling to back	0.1/0.3/0.5



BARS

EQUIPMENT: METAL HIGH BAR

START VALUE: 10.00

Dish (h) - Arch (h) - 3 x Arch Taps - Trolley Swing - Upstart - Cast to horizontal - 3 x Swings - 1 x Giant

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Lack of correct body form throughout the routine	0.1/0.3 EACH TIME
Cast below horizontal	0.3
Lack of kick during the swing	0.1/0.3
Head out in the Trolley Swing	0.3



BEAM

EQUIPMENT: HIGH BEAM (FIG HEIGHT 125CM) PLUS 1 X 30CM CRASH MAT UNDERNEATH - CHOREOGRAPHY

START VALUE: 10.00

Squat through to sit to Pike Lever (h) - Straight Jump 1/2 connected Split Jump - Full Spin connected Half Spin into Step Half turn - Split Handstand into Backward Walkover to kneeling landing drill - Cartwheel Straight Jump dismount

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Brush of feet on squat through to sit	0.1/0.3
Pike Lever hold below horizontal	0.1/0.3
Failure to show correct knee position in full spin	0.1/0.3 EACH TIME
Failure to hold the holds (h) for 2 seconds	0.3 EACH MISSING HOLD
Lack of split in split jump (must be above 140 degree's)	0.1/0.3 EACH TIME
Lack of height in dismount	0.1/0.3
Deviation in dismount	0.1/0.3/0.5



FLOOR

EQUIPMENT: FLOOR AREA - 1MIN 30 FLOOR MUSIC (MOVES ARE NOT REQUIRED TO BE IN ORDER)

START VALUE: 10.00

R/off Flick Flic Flick Tuck Back - Tuck Front Rebound - Chasse Split Change connected Chasse Hop (Leg at Horizontal), swing rear leg into into Fouette Hop to scale (h) - Full Spin connected Full Back Spin - Free Cartwheel - Split Jump connected Straight Jump 1/1 turn.

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Bent knee's inbetween R/off Flick	0.1/0.3/0.5
Lack of second flight in all somersaults (fwd & back)	0.1/0.3
Failure to show leg at horizontal in chasse hop	0.3
Failure to hold the holds (h) for 2 seconds	0.3
Lack of body form in Spin	0.1/0.3 EACH TIME
Split Jump's and leaps not reaching 140 degree split	0.3 EACH TIME
Lack of height in leaps and jumps	0.1/0.3 EACH TIME



FLEXIBILITY & BALANCE

EQUIPMENT: FLOOR AREA & PARALLETES

START VALUE: 10.00

Pike lever (h) - Lift to straight legs to stand - Lower to straddle lever (h) - Lift to straight leg stand - Straight Arm Backward roll to Handstand drop to front prone - Press Up - Splits L 1/4 turn to Box Splits 1/4 turn to Splits R - Swing Leg Round to Pike Fold (h) - Bridge (h) - Show both legs bridge split (h) - Kickover to handstand pike down to finish

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Legs below horizontal on Pike Lever Hold	0.3
Legs resting on arms in straddle hold	0.3
Bent Arms in the backward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 EACH TIME
Lack of Flexibility shown in straddle/pike and splits	0.1/0.3 EACH TIME
Lack of correct body form in front prone position	0.1/0.3 EACH TIME
Lack of Flexibility show in the bridge position	0.1/0.3
Lack of flexibility on Bridge Split - Leg below vertical	0.3



BRONZITE



VAULT

EQUIPMENT: 1.20M HEIGHT ~ 2 X BLOCKS STACKED SET UP

Yurchenko Flick onto block immediate Tuck Back off
or Half On immediate Tuck Back off

START VALUE: 10.00

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Lack of acceleration or deceleration during run up	0.1/0.3
Feet not landing in the correct place on the springboard	0.1
Yurchenko - bent knee's on springboard	0.1/0.3
Lack of height in tuck back	0.1/0.3
Closed shoulders during the handstand phase on the vault	0.1/0.3/0.5
Deviation	0.1/0.3/0.5



BARS

EQUIPMENT: METAL HIGH BAR

START VALUE: 10.00

3 x Arch Taps - Trolley Swing - Upstart - Cast to horizontal - Circling Element to Horizontal Exit - Swing Forward Swing Back - 2 x Giant Circles

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Lack of correct body form throughout the routine	0.1/0.3 EACH TIME
Cast below horizontal	0.3
Lack of kick during the swing	0.1/0.3
Head out in the Trolley Swing	0.3
Circling Element Below Horizontal	0.3



BEAM

EQUIPMENT: HIGH BEAM (FIG HEIGHT 125CM) PLUS 1 X 30CM CRASH MAT UNDERNEATH - CHOREOGRAPHY

START VALUE: 10.00

Squat through to sit to Pike or Straddle Russian Lever (h) - Straight Jump 1/2 connected Split Jump - Full Spin - Forward Walkover - Flick to 1 - Cartwheel Tuck Back

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Brush of feet on squat through to sit	0.1/0.3
Pike Lever hold below horizontal	0.1/0.3
Failure to show correct knee position in full spin	0.1/0.3 EACH TIME
Failure to hold the holds (h) for 2 seconds	0.3 EACH MISSING HOLD
Lack of split in split jump (must be above 140 degree's)	0.1/0.3 EACH TIME
Lack of height in dismount	0.1/0.3
Deviation in dismount	0.1/0.3/0.5



FLOOR

EQUIPMENT: FLOOR AREA - 1MIN 30 FLOOR MUSIC (MOVES ARE NOT REQUIRED TO BE IN ORDER)

START VALUE: 10.00

R/off Flick Straight Back - Straight Front Rebound - Chasse Split Change connected Chasse Tour-jete - Double Spin , W Hop connected Free Cartwheel, Split Jump connected W Jump or Straddle Jump 1/2

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Bent knee's inbetween R/off Flick	0.1/0.3/0.5
Lack of height in all somersaults (fwd & back)	0.1/0.3
Lack of body form in Spin	0.1/0.3 EACH TIME
Split Jump's and leaps not reaching 140 degree split	0.3 EACH TIME
Lack of height in leaps and jumps	0.1/0.3 EACH TIME



FLEXIBILITY & BALANCE

EQUIPMENT: FLOOR AREA & PARALLETES

START VALUE: 10.00

Pike lever (h) - Lift to straight legs to stand - Lower to straddle lever (h) - Lift to straight leg stand - Straight Arm Backward roll to Handstand drop to front prone - Press Up - Splits L 1/4 turn to Box Splits 1/4 turn to Splits R - Swing Leg Round to Pike Fold (h) - Bridge (h) - Show both legs bridge split (h) - Kickover to handstand pike down to finish

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Legs below horizontal on Pike Lever Hold	0.3
Legs resting on arms in straddle hold	0.3
Bent Arms in the backward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 EACH TIME
Lack of Flexibility shown in straddle/pike and splits	0.1/0.3 EACH TIME
Lack of correct body form in front prone position	0.1/0.3 EACH TIME
Lack of Flexibility show in the bridge position	0.1/0.3
Lack of flexibility on Bridge Split - Leg below vertical	0.3



TITANIUM



VAULT

EQUIPMENT: 1.20M HEIGHT- 2X BLOCKS STACKED

Yurchenko Flick Straight Back or Half On Straight Back

START VALUE: 10.00

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Lack of acceleration or deceleration during run up	0.1/0.3
Feet not landing in the correct place on the springboard	0.1
Yurechenko - bent knee's on springboard	0.1/0.3
Lack of height in straight back	0.1/0.3
Lack of correct body shape in straight back	0.1/0.3/0.5
Closed shoulders during the handstand phase on the vault	0.1/0.3/0.5
Deviation	0.1/0.3/0.5



BARS

EQUIPMENT: METAL HIGH BAR

START VALUE: 10.00

3 x Arch Taps - Trolley Swing - Upstart - Cast to handstand [Optional entry] - Circling Element to Handstand - 2 x Giant Circles

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Lack of correct body form throughout the routine	0.1/0.3 EACH TIME
Missed Handstand	0.3
Lack of body form in circling element	0.1/0.3/0.5
Circling Element not to handstand	0.3
Lack of body form during giant circle	0.1/0.3/0.5 EACH TIME



BEAM

EQUIPMENT: HIGH BEAM (FIG HEIGHT 125CM) PLUS 1 X 30CM CRASH MAT UNDERNEATH - CHOREOGRAPHY

START VALUE: 10.00

Mount of choice Min of IGA 'C' - Split Jump connected Straddle Jump - Full Spin - Forward Walkover into Cartwheel - Backward Walkover connected Flick to I - R/off Straight Jump Dismount

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Lack of split in split jump & straddle (must be above 140 degree's)	0.1/0.3
Failure to show correct knee position in full spin	0.1
Arm swing between Backward walkover connection	0.3
Lack of height in dismount	0.1/0.3
Deviation in dismount	0.1/0.3/0.5



FLOOR

EQUIPMENT: FLOOR AREA - 1MIN 30 FLOOR MUSIC (MOVES ARE NOT REQUIRED TO BE IN ORDER)

START VALUE: 10.00

R/off Flick Straight Back 1/2 Twist - Tuck Front Tuck Front - Chasse Split Change connected
Chasse Tour-jete or Change 1/2 or Change 1/4 - Double Spin , W Hop connected Free
Walkover or Free Cartwheel - Split Jump 1/2

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Bent knee's inbetween R/off Flick	0.1/0.3/0.5
Lack of height in all somersaults (fwd & back)	0.1/0.3
Lack of body form in Spin	0.1/0.3 EACH TIME
Split Jump's and leaps not reaching 140 degree split	0.3 EACH TIME
Lack of height in leaps and jumps	0.1/0.3 EACH TIME



FLEXIBILITY & BALANCE

EQUIPMENT: FLOOR AREA & PARALLETES

START VALUE: 10.00

Pike lever (h) - Lift to immediate straddle lever (h) - Lift to straight leg stand - Straight Arm Backward roll to Handstand Half Pirouette roll out to pike sit - Splits L 1/4 turn to Box Splits 1/4 turn to Splits R - Swing Leg Round to Pike Fold (h) - Bridge (h) - Show both legs bridge split (h) - Kickover to handstand, pike down to finish

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Legs below horizontal on Pike Lever Hold	0.3
Legs resting on arms in straddle hold	0.3
Bent Arms in the backward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 EACH TIME
Lack of Flexibility shown in straddle/pike and splits	0.1/0.3 EACH TIME
Lack of correct body form in front prone position	0.1/0.3 EACH TIME
Lack of Flexibility show in the bridge position	0.1/0.3
Brush/touch of feet on floor in lever transitions	0.3 EACH TIME
Lack of flexibility on Bridge Split - Leg below vertical	0.3



BLUE DIAMOND



VAULT

EQUIPMENT: 125CM VAULT + STACKED MATS

Yurchenko or Half On to Shoulder Stand

START VALUE: 10.00

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Lack of acceleration or deceleration during run up	0.1/0.3
Feet not landing in the correct place on the springboard	0.1
Yurechenko - bent knee's on springboard	0.1/0.3
Lack of second flight	0.1/0.3
Lack of correct body shape in second flight	0.1/0.3/0.5



BARS

EQUIPMENT: METAL HIGH BAR

START VALUE: 10.00

3 x Arch Taps - Trolley Swing - Upstart - Cast to handstand (optional entry) -
2 x Circling Elements to handstand - 1 x Giant Swing -
1 x Empty swing into 1 x Forward Giant

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Lack of correct body form throughout the routine	0.1/0.3 EACH TIME
Missed cast to handstand	0.3
Lack of kick during the swing	0.1/0.3
Lack of body form during circling elements & Giant circles	0.3
Extra swing added in empty swing to complete forward giant	0.5

BONUS POINTS

2 different circling elements to handstand	0.5 AWARDED
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BEAM

EQUIPMENT: HIGH BEAM (FIG HEIGHT 125CM) PLUS 1 X 30CM CRASH MAT UNDERNEATH - CHOREOGRAPHY

START VALUE: 10.00

Min IGA 'C' coded mount - Split jump connected Straddle Jump - Full Spin - Free Walkover/Free Cartwheel/Tuck Back - Flick to 1 connected Flick to 1 or 2 feet
- R/off Tuck Back

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Failure to show correct knee position in full spin	0.1/0.3 EACH TIME
Lack of height in ariels	0.1/0.3/0.5
Lack of split in split jump (must be above 140 degree's)	0.1/0.3 EACH TIME
Lack of height in dismount	0.1/0.3
Deviation in dismount	0.1/0.3/0.5



FLOOR

EQUIPMENT: FLOOR AREA - 1MIN 30 FLOOR MUSIC (MOVES ARE NOT REQUIRED TO BE IN ORDER)

START VALUE: 10.00

R/off Flick Straight Back 1/1 Twist - Straight Front Tuck Front - Chasse Split Change connected Chasse Tour-jete or Change 1/2 or Change 1/4 - Double Spin , W Hop connected Free Walkover or free cartwheel, Split Jump 1/1 or Straddle 1/1

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Bent knee's inbetween R/off Flick	0.1/0.3/0.5
Lack of height in all somersaults (fwd & back)	0.1/0.3
Lack of body form in Spin	0.1/0.3 EACH TIME
Split Jump's and leaps not reaching 140 degree split	0.3 EACH TIME
Lack of height in leaps and jumps	0.1/0.3 EACH TIME



FLEXIBILITY & BALANCE

EQUIPMENT: FLOOR AREA & PARALLETES

START VALUE: 10.00

Pike lever (h) - Lift to immediate straddle lever (h) - Lift to straight leg stand - Straight Arm Backward roll to Handstand Half Pirouette roll out to pike sit - Splits L 1/4 turn to Box Splits 1/4 turn to Splits R - Swing Leg Round to Pike Fold (h) - Bridge (h) - Show both legs bridge split (h) - Kickover to handstand, pike down to finish

TABLE OF FAULTS

Execution Dedication	DEDUCTION
Legs below horizontal on Pike Lever Hold	0.3
Legs resting on arms in straddle hold	0.3
Bent Arms in the backward roll	0.3
Failure to hold the holds (h) for 2 seconds	0.3 EACH TIME
Lack of Flexibility shown in straddle/pike and splits	0.1/0.3 EACH TIME
Lack of correct body form in front prone position	0.1/0.3 EACH TIME
Lack of Flexibility show in the bridge position	0.1/0.3
Lack of flexibility on Bridge Split - Leg below vertical	0.3
Brush/touch of feet on floor in lever transitions	0.3 EACH TIME