FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE

Fondée en 1881

AGE GROUP DEVELOPMENT and COMPETITION PROGRAM

for

Men's Artistic Gymnastics

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Where there is a difference among the languages, the English text shall be considered correct.

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The program consists of several parts:

A. A multi-level competition program with compulsory routines and optional rules.

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B. A multi-level physical and technical ability education and testing program.

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C. Skill Acquisition Profiles for each apparatus (from the FIG Academy Program).

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Message from FIG President Prof. Bruno GRANDI

Dear Friends,

Since the day I took office at the head of the FIG, I have consistently given precedence to the physical and psychological well-being of both amateur and elite gymnasts.

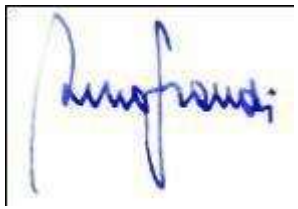
Today, my message remains unchanged. It is concise, coherent and unifying; and it hinges on two basic axes: Gymnastic Academies and Age Groups.

I have, by means of the Academies, restored and consolidated the technical and cultural level of our educators and coaches. Through the Age Groups, our young gymnasts have been shielded from the harmful influence of individuals more concerned with their own careers than the health of the gymnasts with whom they have been entrusted.

I am grateful to those who have invested in these tremendous activities, and would invite our educators to be inspired by the technical and cultural content they provide.

Gymnastics is most beautiful when expressed through an age-appropriate technical gesture and embellished by body expression.

With my compliments,



FEDERATION INTERNATIONALE DE GYMNASTIQUE
Prof. Bruno GRANDI, *President*

Message from Director of Education & Academy Programs - Hardy Fink

I am pleased to be able to present this FIG Age Group Development and Competition Program in final form for worldwide access and distribution via the FIG Website.

With the partial support of the IOC, this program was developed and then introduced at numerous coach and expert training sessions all over the world. Because of the experiences and learning and input and consultation from these training sessions, the MAG and WAG Age Group Programs have had more world-wide consultation and testing over a five year period than any other initiative in FIG history. In consequence, these age group manuals have gone through five editions as the recommendations have been adopted and improvements have been made.

All aspects of the programs – Technical Manuals, videos of every physical and technical test and of the compulsory exercises as well as the WAG floor exercise music - will be posted or be accessible from the FIG website (under Education) as of June 2015. Enormous gratitude is extended to Lilia Ortiz López and Derick Scholtz who spent months to prepare each of the nearly 400 videos with their gymnasts.

The entire program is intended to serve as an athlete centered "recipe" for non-experts and for federations that do not have the expertise or resources to develop their own programs. It is intended to safely and systematically prepare gymnasts towards high performance below the junior level. Our gymnastics sports have evolved in the past 40 or 50 years from being adult based to ones where intensive childhood training has become the norm. It is the adults that tell the children what to do and how much to do and too often the health and safety and care of the children is ignored. The FIG Age Group Program focuses on quality of performance and health of children before difficulty. Higher difficulty can be trained at younger ages under safe conditions, but should not be included in competition exercises.

There is no intention that federations must adopt any portion of this FIG Age Group Program. But it will be an enormously valuable resource and "recipe" for those that have no program of their own. As for the competition portion of the program, it is the first time that there is a common set of age group competition rules available worldwide and this has the potential to provide a variety of advantages and opportunities.

Accordingly, I am pleased to be able to make this announcement:

- **The High Performance Levels 3 & 4 (HP3 and HP4) competition rules are highly recommended for all international age group competitions.**
- **For those competitions that require FIG approval, the HP3 and HP4 rules will soon be required.**
- **Because HP4 overlaps with the FIG Junior ages, no gymnast may compete as a Junior and as an Age Group gymnast in the same year.**

Many countries will continue to use their own competition rules designed for their own programs within their countries, but will gradually begin to compete with the FIG age group rules when they compete internationally with other countries regardless of level.

Good luck to your coaches and your gymnasts for a safe and successful future.

Hardy Fink

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PHILOSOPHY and OVERVIEW

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FIG Age Group Program Overview & Philosophy

The rapid increase in the difficulty content of gymnastics performances has been the result of ever increasing volume and intensity of training at ever younger ages. At the same time, coaches in leading countries have become more effective in the technical preparation of gymnasts which causes many less successful coaches and programs to try to copy by taking short-cuts towards difficulty.

This increase in training hours and decrease in training age of children for high intensity training has placed our sport under ever more scrutiny and criticism by the medical, educational and media professions who often use gymnastics as an example of abusive and excessive training practices.

It is important for all in the sport to assure that these negative impressions are proven wrong. Too often these impressions are right. The FIG is working vigorously in this regard with changes to rules that have negative consequences and with the education of coaches to improve their knowledge and their effectiveness without causing harm to the gymnasts under their care.

This FIG Age Group Development and Competition Program is an effort to provide "ready-to-use" physical preparation, technical preparation, and competition programs for countries with little experience with contemporary international gymnastics and for the many countries that do not have the resources to develop a program of their own.

- The focus is on the safe and perfect long term preparation and development of gymnasts towards high performance.
- This program provides information to assure gradual and safe progressions.
- This program provides programs that can be recommended for all coaches and all federations.

More detailed information on the theory, technique and methodology for the teaching of all elements presented in this document is available through the three–level FIG Academy Program.

Information about the Growing Child in Gymnastics

This FIG Age Group Development and Competition Program is connected with the educational efforts of the FIG Academy Program. The FIG Academy Program has focused on the safe and healthy preparation and development of young gymnasts towards high performance excellence. The foundation for this focus comes from the Growth & Development document on the FIG Age Group Program Resource CD distributed by the FIG to all federations in 2001 and again in 2003. Some observations from this important document are presented here.

Paramount for a coach's understanding is that the age period of 11-15 is a critical time for our gymnasts because it is a time when they are capable of learning complex aerial skills quickly but are simultaneously susceptible to debilitating acute, chronic and overuse physical injuries and to emotional and psychological damage.

- Gymnasts in that age period have open growth plates (cartilage instead of bone) at the end of every long bone in the body as well as wherever a tendon attaches to a bone. These growth plates are susceptible to injury from torsion and shear forces and excessive or repetitive compression forces.
    - Adequate recovery time must be provided
    - Numbers of high impact loadings must be reduced
    - Incomplete twists and saltos cannot be permitted
    - Soft landing surfaces should be used
- Gymnasts in that age period will undergo a period of rapid growth (peak-height velocity - PHV).
    - All parts of the body and body systems grow at different rates and this may lead to clumsiness and loss of some skills.
    - They will be less flexible as the bones grow and put the muscles and tendons under stretch.
- Gymnasts in that age period will undergo a period of rapid weight gain soon after PHV (peak-weight velocity – PWV).
    - They will gain weight faster than strength and thus will temporarily lose relative strength.
    - They should not be put on a restrictive diet; they must eat optimally for optimal and healthy growth.
- Gymnasts in that age period do not have mature anaerobic-lactic systems; yet the sport of gymnastics is predominantly anaerobic.
- Successful gymnasts are almost always late maturers.
    - Late maturation and smaller size at that age may lead to feelings of inferiority and low self-esteem.
    - Their growth plates are open and susceptible to injury longer.
    - Gymnasts in that age period should focus mostly on learning and less on competition. International competitions can be introduced but the focus must be important base elements perfectly performed and rules such as presented within this document should be used that modify the difficulty expectations.

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OVERVIEW OF LONG TERM PERFORMANCE DEVELOPMENT OF GYMNASTS

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Long Term Performance Development of Gymnasts

For the preservation and a lasting acceptance of our sport, a systematic long term preparation of gymnasts is required, that takes into consideration the growth and maturational principles.

To deviate from such preparation system by striving for early specialisation or early high difficulty elements, does not serve the gymnasts and contributes to un-aesthetic performances, injury and a rejection of our sport by the public. Coaches who, for whatever reasons, practise such behaviour, can occasionally achieve good results but in the long run such an approach will not be successful and will lead to severe attrition.

During long term performance development, the load ability in general and the load ability of the support and motor system in particular, have a central position. During his previous and current activity as a coach, Dieter Hofmann has made positive experiences with a common point of view towards the systematic performance development of athletes with coaches, physicians, gymnasts and their caretakers.

This common effort should be concentrated on essential aspects:

- A systematic increase of the loads with the purpose to create a long term and lasting load ability of the support and motor system.
- A high development of the prerequisites (flexibility, power, basic structures) to limit the negative load effects of high repetitions of movement and faulty techniques (inefficient position of the joints);
- To promote and encourage the education of all-around gymnasts in order to guarantee the balance of the loads (dismount, support, hang);
- The systematic and gradual use of the "phase of favourable motor learning" in the long term performance development;
- To coordinate with the high responsibility of the personified chain: gymnast – trainer – physician – physiotherapist;
- To guarantee a safe and continuous proportionality of training, competitions and phases of compensation;
- Extensive use of methodical equipment (auxiliary equipment) in the training process and to pay high attention to this matter in the construction of training halls.

«Training halls are education centres, not competition halls»

This philosophy of gymnastics has once again touched out sport:

«Gymnastics is complicated, not because it must be difficult, but because it has to be beautiful »

The authors of this programme are confident that trainers and athletes will accept this assistance and will find a well-founded support in this document

Stages and essential characteristics of Long Term Performance Development (LTPD)

	Basic Training (BT)		**Preparatory Training (PT)**		**Advanced Training (AT)**		**High Performance Training (HPT)**
	girls age 6/7	boys age 8/9	boys age - 9/10 girls age - 8/9	age 14/15 age 12/13	boys age 15 girls age 13/14	age 17/18 age 15/16	boys age 18/19 → girls age 16/17→
	Practice and learn to train	1. Train frequently 2. Create and learn prerequisites	**Training for education** 1. Create prerequisites 2. Learning 3. Competitions and controls in athletics and technique 4. Training within the competition program		1. Training for education / learning 2. Training for World Champ. program		1. Training for competitions 2. Training for further development
training unit	1-2 times / week	2-3 times / week	4-5 x 2.5 hrs / week	5-6 x 3 hrs / wk	6-7 x 3 hrs / wk	8x 3 hrs/wk	9 – 10 times / week
training quantity	1.5 hours each	2 hours each	approx. 14 hrs	approx. 18 hrs	approx. 21 hrs	approx. 24 hrs	approx. 27-30 hrs

Basic methodology in LTPD

	Basic Training (BT)	**Preparatory Training (PT)**	**Advanced Training (AT)**	**HPT**
Prerequisites				
Flexibility	+++	+++	maintain	maintain
Power	++	++	+++	+++
Technique / basic structures	+++	+++	+++	++…
Learning	motor technical prerequisites	+++	+++	+++
Refining	exact performance of movements	+++	+++	+++
Exercise training / stabilisation	+	++	+++	+++

Specific training characteristics in the stages of the LTPD

BT Basic Training	**PT Preparatory Training**	**AT Advanced Training**	**HPT High Performance Training**
1. stage (age 7) • talent for sport (suitability) – introduce training hours • gain interest of healthy, intelligent and physically suitable children for frequent training. • yearly selections! **2. stage** (age 8-9) More precise definition of goals - willingness of parents to support. - state of health / physique - intellectual capacity - personal motivation towards artistic gymnastics - check to determine capacity to develop general prerequisites. - motor ability - speed / agility / reaction capacity - flexibility, strength and power - psychological -pedagogical aspects, such as courage, fear - capacity for expression **3. stage** (age 9, for selections also age 10) • acquisition of general gymnastic prerequisites • development of gymnastic-acrobatic prerequisites by using methodical equipment (auxiliary equipment) • development of the first typical skills on competition apparatus.	**1. stage** • further development of the general prerequisites. • shaping of body control with general and specific means during the preferred learning phase (before puberty) taking the development and vulnerability of the support and motor system into account. • achieve an overall basic repertoire of skills • create the conditions to endure an all-round competition (compulsory + free exercise; 2x free exercise) • development of physical fitness for intensive and effective daily training. • preparation for competition requirements of the next higher class / stage. **2. stage** • preservation of the load ability in the juvenile phase with versatile, general and basic gymnastic skills • refining of the general and specific prerequisites such as power! → (favourable phase for the development of general and special power potentials → and flexibility,basic technical structures) • use of individual conditions for the preparation of all elements of the compulsory and free exercises • stabilisation of skills in competition routines	• transfer of high level prerequisites to all elements of the gymnastic performance (difficulty, techniques, stability) for international competition • high complexity of the all round skills • …and development of performances for finals • creation of prerequisites for the required increase of training the load (with a systematic increase of all load factors) for the demands of a W.Ch. or Olympic cycle • adaptation to W. Ch. content and frequency and the specifics of competitions for men and women the goal is: to prepare and guarantee a successful start for men and women.	the goal is: • a successful participation and to secure of the goals for major international competitions O.G; W.CH; continental championships and international tournaments • this development is based on the basic prognoses for the W.Ch.performance (difficulty, technique, stability) and its continuous changing specification of the world level and actual application of the codes. • high demand of complexity for: prerequisites (power, flexibility, technical base) higher technical level – best technical solutions, ,extreme performances, responsible high level of difficulty, effective use of bonuses, high level of stability / stand. **TBS** = Technical Basic Structures **TN** = Norm for Technique **AN** = Norm for Athletics **Pr** = Prerequisites

Summary of information about Long Term Performance Development

- The completion of the tasks in the individual stages and the mental and physical readiness are the criteria for a next higher level.
- The age-related tasks should be considered from the biological development and not from the chronological age.
- The goal of the **Basic Training** is to develop fundamental and sports-specific prerequisites; especially movement regulating and neuromuscular prerequisites.
- The goal of **Preparatory Training** is to increase the level of the general and specific prerequisites (coordination, technique, speed, flexibility, power, etc.) and the increase in load ability.
- The goal of the **Advanced Training** is to develop a systematic transfer from the age group training to the high performance training. It is about securing the connection with the international level through a systematic increase of the specific training demands.
- **Preparatory Training** basically differs from **High Performance Training**
    - It has a specific character. The performance prerequisites for the further sports development are being developed and the prerequisites for the further increase of the training demands and load ability are created.
- The goal of Long Term Performance Planning is
    - to create prerequisites (flexibility, power, basic technical structures), that are necessary for a stable and continuous increase of the specific performance

It is not the competition goals, but rather the educational goals for technical and physical abilities that are in the highest priority.

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE

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Men's Competition Program

Compulsory Routines

and

Optional Rules

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Introduction

This Men's Competition Program was designed to provide competition opportunities for gymnasts of all ages and all levels. Boys and men participate in gymnastics for many different reasons, all equally valid and welcome.

It is complicated with a single set of rules to serve both the needs of the recreational gymnast who wants to compete occasionally to remain motivated and to test himself against others and the needs of the high performance gymnast who wishes to represent his country on the international stage. Moreover, some gymnasts might begin training in early childhood while others have no opportunities or exposure until they are in their teens. It is important to somehow keep all of these gymnasts by providing meaningful participation and success opportunities for them.

This program divides the competitive participants and opportunities into two streams; a Participation Stream and a High Performance Stream. The Participation Stream has four Competition Classes each divided into multiple age groupings that permit early or late starters to participate successfully. The first two Competition Classes prescribe compulsory exercises that are also appropriate for the High Performance Stream but only at specified and restricted ages.

The High Performance Stream is divided into seven progressive Competition Classes. Class HP1 and HP2 are the same as for the Participation Stream. Then the High Performance Stream becomes more difficult with the last two Competition Classes being Junior Level (using FIG Junior rules but not FIG Junior ages) and Senior Level. The first five of the seven Competition Classes for the High Performance Stream include compulsory exercises. Experience has shown that compulsory exercises serve to direct the training towards high performance and serve additionally as a form of education for and control over coaches.

Note:

- The multiple ages in the Participation Levels allow for late entry into gymnastics and longer years of participation. That number of age groups may be too many for federations with low participation numbers. Different age groups can compete together and be separated for awards.
- Class 1 and Class 2 compulsory exercises should form the very basis of any competition gymnastics and should therefore be the same for the Participation and the High Performance Steams. Some federations may choose to make more simple compulsory exercises for the Participation Levels or to eliminate the most challenging skills.
- Some categories overlap with current FIG Junior ages (Classes HP4 and HP5). This program permits gymnasts of those ages to compete meaningfully without having to jump to FIG Junior-level rules and requirements before they are ready. The Junior level in this document uses FIG Junior rules but recommends an option for federations whereby the age is extended to avoid being forced to the Senior level before the gymnast is ready.

An overview of the competition structure and program is presented below:

FIG Age Group Program - Men's Competition Structure and Program

Participation Stream		
Class P1	**Age 8 - 9 Age 10 - 12 Age 13 - 15 Age ≥16**	**1x compulsory**
Class P2	**Age 10 - 12 Age 13 - 15 Age ≥16**	**1x compulsory**
Class P3	**Age 10 - 12 Age 13 - 15 Age ≥16**	**1x optional**
Class P4	**Age 13 - 15 Age ≥16**	**1x optional**

High Performance Stream		
Class HP1	**Age 8 - 9**	**1x compulsory**
Class HP2	**Age 10 - 11**	**1x compulsory**
Class HP3	**Age 12 - 13**	**1x compulsory 1x optional**
Class HP4	**Age 14 - 15**	**1x compulsory 1x optional**
Class HP5	**Age 16 - 17**	**1x compulsory 1x optional**
Junior	**Age 16 – 19 (not FIG Junior Competition Ages)**	**FIG Junior rules – 1x optional**
Senior	**FIG ages**	**FIG – 1x optional**

Note: In the interests of development, there is no Junior designation with FIG ages (FIG age 14-17) for this Competition Program. See note above.

General Regulations

Article 1 Competition Ages

a. The gymnasts' age eligibility will be based on his age on December 31 of the year of competition.
b. It is recommended that gymnasts under age 8 do not participate in formal competitions.
c. A gymnast who is below the minimum age for his Competition Class may participate in this category with approval of the appropriate technical committee. Such permission should be confirmed before the registration deadline for the competition.

Article 2 Warm-up, Spotting and Assistance

a. It is recommended that Competition Classes P1-P4 and HP1-HP5 be provided with 90-minues of general warm-up prior to the competition but no one-touch (or 30-second) warm-up in advance of the competition.
b. A spotter is required at horizontal bar for all Competition Classes. The Chair of the Apparatus Jury will not permit the performance to begin until a spotter is present. A deduction of 0.3 will be taken off the final score for that apparatus if the coach leaves during the performance of the routine.
c. Soft safety mats (5, 10 or 20 cm) are permitted without penalty on all apparatus except Floor Exercise and Pommel Horse; however, normal landing deductions will apply. The use of a safety mat on Floor Exercise or Pommel Horse will result in a 0.30 deduction from the Final Score.
d. A safety collar must be used for all round-off entry vaults. The Chair of the Apparatus Jury will not permit the performance to begin until a safety collar is present. Failure to use the safety collar will result in a Final Score of 0-points for that vault. A hand-support mat placed in front of the vault board should be available.
e. The use of any non-permitted supplementary equipment will be deducted 0.3.

Article 3 General Judging Rules

a. For all Competition Classes of National competition, each member of the judging panel will be responsible for both D-jury and E-jury tasks unless 4 or more judges are assigned to the event.
b. Unless otherwise stated within this document, execution errors for poor technique, poor body position, and permitted elements, etc. are evaluated according to the Junior Rules of the current FIG Code of Points.
c. Deductions of a disciplinary nature are taken from the Final Score by the Chair of the Apparatus Jury.

Specific Regulations

Article 4 Specific Judging Rules

The evaluation of optional exercises in Competition Classes P3-P4 & HP3-HP5 (Junior and Senior already follow the FIG Code) will be based on the additive system of the current FIG Code of Points. There are 2 evaluation factors in this system; a Difficulty Score (D-score) and an Execution Score (E-score)

D-score

The D-score is calculated based on adding the following 3 aspects of a performance;

i. The values of the difficulties presented in the exercise up to a specified maximum number.
ii. For Competition Classes P3-P4 and HP3-HP5, 0.3 for each Element Group Requirement which was fulfilled in the exercise.
iii. The values of any eligible Bonus Connection points that were performed.

The D-score is calculated according to the following sequence:

1. Determine the value of the dismount. If a gymnast does not perform a recognized dismount he will automatically be penalized by not receiving the 0.3 for that Element Group requirement.
2. Determine if the remaining Element Group requirements have been performed and award 0.3 for each one met (Plus the value of the element itself). This applies also to A-part and B-part dismounts.
3. Add the value of the remaining most difficult recognized elements up to the maximum number of elements permitted.
4. Add any Connection Bonus that applies (Floor Exercise and Horizontal Bar only).

E-score

The E-score deductions for Optional Exercises and, when not specified, for Compulsory Exercises are as follows:

Class P 1, 2, 3, 4 & HP 1, 2		**Class HP 3, 4, 5**	
Small error	= 0.10	Small error	= 0.10
Medium error	= 0.20	Medium error	= 0.30
Large error	= 0.30	Large error	= 0.50
Fall	= 0.50	Fall	= 1.00

Final Score

The Final Score for Compulsory and for Optional Exercises is determined by adding the D-score and E-score and this score is then displayed to the public. If possible, the D-score, E-score and Final Score should be displayed.

Additional information

i. For optional exercises in Competition Classes P3 and P4, any legitimate gymnastics element that is not recognized in the current FIG Code of Points will be given an A-value regardless of any previous Code value. Examples include: shoulder stands, rolls, hip circles, etc.
ii. Non-value parts are neither credited nor deducted provided they are performed without execution errors.
iii. Unless otherwise indicated, a layaway will be deducted as per FIG for Competition Classes HP3-HP5. In Competition Classes P3 and P4, these will be permitted without deduction.
iv. For all Competition Classes, in case of a poor Vault, the gymnast may choose to vault again with an automatic deduction of 1.0 points. This deduction is applied by the Chief of the Apparatus Jury and is deducted from the Final Score.
v. The FIG atypical straddle regulation will not be applied for Competition Classes P3-P4 and HP3-HP4. A strength element performed with straddle will normally be valued at 1 value below the FIG unless otherwise indicated.

Article 5 Additional Modifications to the FIG Code of Points for Competition Classes P3-P4 and HP3-HP5

a. **Developmental Parts**

Competition Classes P3-P4 & HP3-HP5 may make use of specially designated developmental parts; parts whose value differs from those listed in the current FIG Code of Points or are not recognized within that Code. Gymnasts of Competition Classes P3-P4 and HP3 may use the identified elements to meet Difficulty requirements, Element Group requirements and possible Connection Bonus points.

b. **Repetition**

Competition Classes P3, P4 & HP3, HP4, HP5 may repeat one element of sufficient difficulty as follows:

Class P3 – may repeat one skill of A or B value
Class P4 – may repeat one skill of B or C value
Class HP3 – may repeat one skill of B or C value
Class HP4 – may repeat one skill of C value
Class HP5 – may repeat one skill of D value

d. **Compulsory Exercises**

i. Compulsory exercises are evaluated by a single jury of judges rather than separated Difficulty and Execution Juries.
ii. Compulsory exercises have a maximum Final Score of 10. Execution deductions are taken from the value of the content performed.
iii. During the performance of any Compulsory Exercise, a gymnast may repeat an element for value following a fall or stop.
iv. The omission of an element will result in the loss of value of that element.
v. The addition of an element will result in the deduction of 0.5 from the Final score.

Article 6 Element Values & Maximum Number of Elements

The chart below indicates the maximum number of difficulty parts that may be counted towards the D-score in each Competition Class and the value of those parts. It also indicates which parts may not be performed in a given Competition Class.

Element Values & Maximum Number of Value Parts in D-score (including dismount)

Competition Class	Maximum # Elements	A-part value	B-part value	C-part value	D-part value	E-part value	F or G-part value
Class P3	6	0.1	0.2	0.3	0.4 Permitted on PH only	Not permitted	Not permitted
Class P4	7	0.1	0.2	0.3	0.4 Permitted on PH only	Not permitted	Not permitted
Class HP3	8	0.1	0.2	0.3	0.4 Permitted on PH only	Not permitted	Not permitted
Class HP4	8	0.1	0.2	0.3	0.4	0.5 Permitted on PH only	Not permitted
Class HP5	8	0.1	0.2	0.3	0.4	0.5	0.6 Permitted on PH only

Article 7 Short Exercises

The following chart indicates how the E-jury must evaluate short exercises in each Competition Class. An element with a large error may count towards the total number of elements required even if not recognized for value or element group requirements.

Evaluation of Short Exercises (maximum E-score)

Competition Class	8 elements	7 elements	6 elements	5 elements	4 elements	3 elements	2 elements	1 element
Class P3	*10.0*	*10.0*	10.0	8.0	6.0	4.0	2.0	1.0
Class P4	*10.0*	10.0	8.0	6.0	4.0	3.0	2.0	1.0
Class HP3	10.0	8.0	6.0	5.0	4.0	3.0	2.0	1.0
Class HP4	10.0	8.0	6.0	5.0	4.0	3.0	2.0	1.0
Class HP5	10.0	8.0	6.0	5.0	4.0	3.0	2.0	1.0

Article 8 Apparatus Specifications

Apparatus Specifications

Class P1 & HP1	Class P2 & HP2	Class P3	Class P4	Class HP3	Class HP4 & HP5
Floor FIG 12m x 12m	**Floor** FIG 12m x 12m	**Floor** FIG 12m x 12m	**Floor** FIG 12m x 12m	**Floor** FIG 12m x 12m	**Floor** FIG 12m x 12m
Pommel Horse Mushroom with 10 cm mats covering base	**Pommel Horse** Mushroom with 10 cm mats covering base An X is taped on the mushroom	**Pommel Horse** 10-12 - Mushroom with 10 cm mats covering base. 13 -15 and ≥16 - FIG Horse with or without pommels.	**Pommel Horse** 13-15 - FIG Horse at any height with no pommels Tape should mark pommels. 16 & over: FIG Horse with pommels.	**Pommel Horse** FIG height with pommels	**Pommel Horse** FIG Height Horse with pommels
Rings FIG Standard Height with up to 60 cm of additional mats	**Rings** FIG Standard Height with up to 60 cm of additional mats	**Rings** FIG Standard Height 20 cm Safety mats permitted	**Rings** FIG Standard Height 20 cm Safety mat permitted	**Rings** FIG Standard Height 20 cm Safety mat permitted	**Rings** FIG Standard Height 20 cm Safety mat permitted
Vault 80 cm stack	**Vault** Table at any height (min 1m10, max 1m35)	**Vault** Table at 1m15 to 1m35	**Vault** Table at 1m15 to 1m35 Yurchenko Collar	**Vault** 100cm stack of mats Table at 1m15 to 1m35 Yurchenko Collar	**Vault** FIG Standard Height Yurchenko Collar
Parallel Bars Low parallel bars that permit a jump to support. 20 cm Safety mats permitted	**Parallel Bars** High enough to swing in bent knee position without touching floor (max FIG height) 20 cm Safety mats permitted	**Parallel Bars** High enough to swing in bent knee position without touching floor (max FIG height) 20 cm Safety mats permitted	**Parallel Bars** High enough to swing in bent knee position without touching floor (max FIG height) 20 cm Safety mat permitted	**Parallel Bars** FIG Standard Height 20 cm Safety mat permitted	**Parallel Bars** FIG Standard Height 20 cm Safety mat permitted
Horizontal Bar High enough to accommodate the tallest gymnast. Bar may be lowered or mats may be added before competition.	**Horizontal Bar** High enough to accommodate the tallest gymnast. Bar may be lowered or mats may be added before competition.	**Horizontal Bar** FIG Standard Height. Additional Safety mats may be used	**Horizontal Bar** FIG Standard Height 20 cm Safety mat permitted	**Horizontal Bar** FIG Standard Height 20 cm Safety mat permitted	**Horizontal Bar** FIG Standard Height 20 cm Safety mat permitted

Article 9 Summary of Specific Regulations for Each Apparatus (PRESENTED BY APPARATUS and BY COMPETITION CLASS)

The specific regulations for optional exercises for Competition Classes P3-P4 & HP3-HP5 are presented in the 11 charts on the following pages.

Floor Exercise – Summary of Specific Regulations

	Class P3	Class P4	Class HP3	Class HP4	Class HP5
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 8 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5*(F's & G's not permitted) *E's only permitted on Pommel Horse 8 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5, F=0.6* (G's not permitted) *F's only permitted on Pommel Horse 8 skills maximum for D-score
Developmental and Supplemental Skills	1. Round off or Cartwheel= A part Element Group IV and in the same box 2. Back-extension to handstand = A part, Element Group III 3. Salto forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part	1. Round off or Cartwheel= A part Element Group IV and in the same box 2. Back-extension to handstand = A part, Element Group II 3. Salto forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part	1. Round off or Cartwheel= A part Element Group IV and in the same box 2. Back-extension to handstand = A part, Element Group III 3. The value of all Circle, Flair and Russian skills are increased by one value over the FIG Code	1. Round off or Cartwheel-= A part Element Group IV and in the same box 2. Back-extension to handstand = A part, Element Group III 3. The value of all Circle, Flair and Russian skills are increased by one value over the FIG Code	1. Round off or Cartwheel-= A part Element Group IV and in the same box 2. Back-extension to handstand = A part, Element Group III 3. The value of all Circle, Flair and Russian skills are increased by one value over the FIG Code
Element Group Requirements (0.3 each)	1. Non-acrobatic element 2. Any acrobatic element 3. Dismount	1. Non-acrobatic element 2. Any acrobatic salto element 3. Dismount	1. Non-acrobatic element 2. Acrobatic element forward 3. Acrobatic element backward 4. Dismount	1. Non-acrobatic element 2. Acrobatic element forward 3. Acrobatic element backward 4. Dismount	1. Non-acrobatic element 2. Acrobatic element forward 3. Acrobatic element backward 4. Dismount
Additional Regulations	No time limit May repeat one skill of A or B Value for difficulty	No time limit Connection Bonus (saltos only) A or B + C or vice versa = 0.1 Other connected saltos (i.e C+C) are not permitted May repeat one skill of B or C Value for Difficulty or Bonus	No time limit Connection Bonus (saltos only) A or B + C or vice versa = 0.1 C + C = 0.2 May repeat one skill of B or C Value for Difficulty or Bonus	No time limit Connection Bonus (saltos only) A or B + C or vice versa = 0.1 C + C = 0.2 D connections are not rewarded May repeat one skill of C Value for Difficulty or Bonus	FIG time limit Connection Bonus (saltos only) A or B + C or vice versa = 0.1 C + C = 0.2 D & E connections are not rewarded May repeat one skill of D Value for Difficulty or Bonus

Pommel Horse – Summary of Specific Regulations

	Class P3	Class P4	Class HP3	Class HP4	Class HP5
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score Can use vault board for mount	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score Can use vault board for mount	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 8 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5* (F's & G's not permitted) *E's only permitted on Pommel Horse 8 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5, F=0.6* (G's not permitted) *F's only permitted on Pommel Horse 8 skills maximum for D-score
Developmental and Supplemental Skills	Any other skills which can reasonably be called a gymnastics skill = A part	Any other skills which can reasonably be called a gymnastics skill = A part	1. False scissor forward = A part 2. False scissor backward = A part 3. All Russian swings are increased by one value 4. Two circles on one pommel in a down-hill support position = C 5. Two circles on one pommel in a up-hill support position = C 6. Russian 180 + 1 Flop = D	1. All Russian swings are increased by one value 2. Two circles on one pommel in a down-hill support position = C 3. Two circles on one pommel in a up-hill support position = C 4. Russian 180 + 1 Flop = D, + 2 Flops = E 5. Russian 270 + 1 Flop = E	1. All Russian swings are increased by one value 2. Two circles on one pommel in a down-hill support position = C 3. Two circles on one pommel in a up-hill support position = C 4. Russian 180 + 1 Flop = D, + 2 Flops = E 5. Russian 270 + 1 Flop = E, + 2 Flops = F
Element Group Requirements (0.3 each)	1. A Circle element 2. Dismount	1. Any turn of 90°(including spindle) 2. An element in Flair 3. Dismount finishing through wende swing or handstand	1. Scissor or Single leg undercut 2. One circle on each part of the horse FIG zones 1,3 and 5 (No 0.3 unless all are performed) 3. Two circles on one pommel or a connection on 1 pommel with a minimum of 2 circles 4. Dismount	1. Scissor or Single leg undercut 2. A 1/3 Side or Cross support travel 3. Two circles on one pommel or a connection on 1 pommel with a minimum of 2 circles 4. Dismount	1. Scissor or Single leg undercut 2. A 1/3 Side or Cross support travel 3. Two circles on one pommel or a connection on 1 pommel with a minimum of 2 circles 4. Dismount
Additional Regulations	Skills performed on a horse without pommels receive the same value as skills performed on a horse with pommels May repeat one skill of A or B Value for Difficulty	Skills performed on a horse without pommels receive the same value as skills performed on a horse with pommels. For example Magyar Travel without pommels = D part May repeat one skill of B or C Value for Difficulty	May repeat one skill of B or C Value for Difficulty	May repeat one skill of C Value for Difficulty	May repeat one skill of D Value for Difficulty

Rings – Summary of Specific Regulations

	Class P3	Class P4	Class HP3	Class HP4	Class HP5
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 8 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5* (F's & G's not permitted) *E's only permitted on Pommel Horse 8 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5, F=0.6* (G's not permitted) *F's only permitted on Pommel Horse 8 skills maximum for D-score
Developmental and Supplemental Skills	1. Straddled Front lever = A part 2. Straddled Back lever = A part 3. Straight arm press to handstand with straddled legs = B part Any other skills which can reasonably be called a gymnastics skill = A part	1. Straddled Front lever = A part 2. Straddled Back lever = A part 3. Straight arm press to handstand with straddled legs = B part 4. The value of all static strength holds is increased by 2 values (excluding L and Straddle L sits) 5. Forward or Backward giant with bent arms = B part Any other skills which can reasonably be called a gymnastics skill = A part	1. Straddled Front lever = A part 2. Straddled Back lever = A part 3. Straight arm press to handstand with straddled legs = B part 4. The value of all static strength holds is increased by 2 values (excluding L and Straddle L sits) 5. Forward or Backward giant with bent arms = B part	1. Straight arm press to handstand with straddled legs = B part 2. The value of all static strength holds is increased by 1 value (excluding L and Straddle L sits) 3. Forward or Backward giant with bent arms = B part	1. Straight arm press to handstand with straddled legs = B part 2. The value of all static strength holds is increased by 1 value (excluding L and Straddle L sits) 3. Forward or Backward giant with bent arms = B part
Element Group Requirements (0.3 each)	1. L- sit in cross support 2. Kip or Swing element 3. Dismount	1. Kip or Swing element 2. Strength hold skill (excluding L sit or Straddle L-sit) 3. Dismount	1. Forward swing to handstand (2sec) 2. Backward swing to handstand (2 sec) 3. Strength hold part (excluding L-sit or Straddle- L sit) 4. Press to handstand (2 sec) 5. Dismount	1. Forward swing to handstand (2sec) 2. Backward swing to handstand (2 sec) 3. Strength hold part (excluding L-sit or Straddle- L sit) 4. Press to handstand (2 sec) 5. Dismount	1. Forward swing to handstand (2sec) 2. Backward swing to handstand (2 sec) 3. Strength hold part (excluding L-sit or Straddle- L sit) 4. Press to handstand (2 sec) 5. Dismount
Additional Regulations	One extra swing is permitted May repeat one skill of A or B Value for Difficulty	One extra swing is permitted May repeat one skill of B or C Value for Difficulty	Back layaway is permitted May repeat one skill of B or C Value for Difficulty	Back layaway is permitted May repeat one skill of C Value for Difficulty	Back layaway is permitted May repeat one skill of D Value for Difficulty

Vault – Summary of Specific Regulations

	Class P3	Class P4	Class HP3	Class HP4	Class HP5
Permitted Vaults and Difficulty Values	Handspring = 2.0 Handspring ½ = 2.2 Handspring 1/1 = 2.5 ½ on = 2.0 ½ on ½ off = 2.2 ½ on 1/1 off = 2.5	Handspring = 2.0 Handspring ½ = 2.2 Handspring 1/1 = 2.5 Handspring Front Tuck = 2.7 Handspring Front Tuck ½ = 2.9 ½ on = 2.0 ½ on ½ off = 2.2 ½ on 1/1 off = 2.5 Yurchenko Tuck = 2.7 Yurchenko Tuck 1/1 = 2.9 Yurchenko Pike = 2.9 Yurchenko Straight = 3.1	Handspring = 2.0 Handspring ½ = 2.2 Handspring 1/1 = 2.5 Handspring 1 ½ = 2.7 Handspring Front Tuck = 2.7 Handspring Front Tuck ½ = 2.9 Handspring Front Pike = 2.9 Handspring Front Pike ½ = 3.1 ½ on = 2.0 ½ on ½ off = 2.2 ½ on 1/1 off = 2.5 Tsukahara tuck = 2.7 Yurchenko Tuck = 2.7 Yurchenko Tuck 1/1 = 2.9 Yurchenko Pike = 2.9 Yurchenko Straight = 3.1	Handspring = 2.0 Handspring ½ = 2.2 Handspring 1/1 = 2.5 Handspring 1 ½ = 2.7 Handspring Front Tuck = 2.7 Handspring Front Tuck ½ = 2.9 Handspring Front Tuck 1½ = 3.3 Handspring Front Pike = 2.9 Handspring Front Pike ½ = 3.1 Handspring Front Pike 1½ = 3.5 Handspring Front Straight = 3.1 Handspring Front Straight ½ = 3.3 ½ on ½ off = 2.2 ½ on 1/1 off = 2.5 Yurchenko Tuck = 2.7 Yurchenko Tuck 1/1 = 2.9 Yurchenko Pike = 2.9 Yurchenko Straight = 3.1 Yurchenko Straight 1/1 = 3.3 Tsukahara Tuck = 2.7 Tsukahara Pike = 2.9 Tsukahara Straight = 3.1	Handspring = 2.0 Handspring ½ = 2.2 Handspring 1/1 = 2.5 Handspring 1 ½ = 2.7 Handspring 2/1 = 2.9 Handspring Front Tuck = 2.7 Handspring Front Tuck ½ = 2.9 Handspring Front Tuck 1½ = 3.3 Handspring Front Pike = 2.9 Handspring Front Pike ½ = 3.1 Handspring Front Pike 1½ = 3.5 Handspring Front Straight = 3.1 Handspring Front Straight ½ = 3.3 Handspring Front Straight 1½ = 3.7 Yurchenko Tuck = 2.7 Yurchenko Tuck 1/1 = 2.9 Yurchenko Pike = 2.9 Yurchenko Straight = 3.1 Yurchenko Straight 1/1 = 3.3 Yurchenko Straight 2/1 = 3.7 Tsukahara Tuck = 2.7 Tsukahara Pike = 2.9 Tsukahara Straight = 3.1 Kasamatsu Tuck = 2.7 Kasamatsu Tuck ½ = 2.9 Kasamatsu Tuck 1/1 = 3.3 Kasamatsu Straight = 3.1 Kasamatsu Straight ½ = 3.3 Kasamatsu Straight 1/1 = 3.7
Additional Regulations	A 2nd attempt is permitted, but with 1.0 deduction				

Parallel Bars – Summary of Regulations

	Class P3	Class P4	Class HP3	Class HP4	Class HP5
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 8 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5* (F's & G's not permitted) *E's only permitted on Pommel Horse 8 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5, F=0.6* (G's not permitted) *F's only permitted on Pommel Horse 8 skills maximum for D-score
Developmental and Supplemental Skills	1. Back uprise to support = A part – Element group II 2. Salto forward or backward tucked or piked dismount = B Any other skills which can reasonably be called a gymnastics skill = A part	1. Back uprise to support = A part – Element group II 2. Salto forward or backward tucked or piked dismount = B Any other skills which can reasonably be called a gymnastics skill = A part	1. Back uprise to support = A part – Element group II 2. Salto forward or backward tucked or piked dismount = A 3. Felge to support with straight arms = B part 4. Felge to horizontal with straight arms = C part	1. Felge to support with straight arms = B part 2. Felge to horizontal with straight arms = C part	1. Felge to support with straight arms = B part 2. Felge to horizontal with straight arms = C part
Element Group Requirements (0.3 each)	1. Element in or through support on 2 bars 2. Element through long hang or underarm support on 2 bars 3. Dismount	1. Handstand – 2 sec hold 2. Element through long hang on 2 bars 3. Dismount	1. Element in or through support on 2 bars 2. Element through long hang on 2 bars 3. Underswing element 4. Dismount	1. Element in or through support on 2 bars 2. Element through long hang on 2 bars 3. Underswing element 4. Dismount	1. Element in or through support on 2 bars 2. Element through long hang on 2 bars 3. Underswing element 4. Dismount
Additional Regulations	One extra swing is permitted May repeat one skill of A or B Value for Difficulty	One extra swing is permitted May repeat one skill of B or C Value for Difficulty	Back layaway is permitted May repeat one skill of B or C Value for Difficulty A Felge to handstand where the arms bend slightly, but there is no interruption in upward movement, is still given a D value and a 0.1 deduction is taken	Back layaway is permitted May repeat one skill of C Value for Difficulty A Felge to handstand where the arms bend slightly, but there is no interruption in upward movement, is still given a D value and a 0.1 deduction is taken	Back layaway is permitted May repeat one skill of D Value for Difficulty A Felge to handstand where the arms bend slightly, but there is no interruption in upward movement, is still given a D value and a 0.1 deduction is taken

Horizontal Bar – Summary of Specific Regulations

	Class P3	Class P4	Class HP3	Class HP4	Class HP5
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 8 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5* (F's & G's not permitted) *E's only permitted on Pommel Horse 8 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5, F=0.6* (G's not permitted) *F's only permitted on Pommel Horse 8 skills maximum for D-score
Developmental and Supplemental Skills	1. Back uprise to support = A part – Element group I 2. Swing Fwd ½ turn, min.45° and grip change to overgrip = A part – Element group I 3. Early fwd pirouette, min 45° and grip change to undergrip = A part – Element group I 4. Salto forward or backward tucked or piked = A-part 5. Back salto dismount layout = B part Any other skills which can reasonably be called a gymnastics skill = A part	1. Back uprise to support = A part – Element group I 2. Swing Fwd ½ turn, min.45° and grip change to overgrip = A part – Element group I 3. Early fwd pirouette, min 45° and grip change to undergrip = A part – Element group I 4. Salto forward or backward tucked or piked = A-part 5. Back salto dismount layout = B part Any other skills which can reasonably be called a gymnastics skill = A part	1. The value of all flight elements are increased by one value 2. Piked Endo or Stalder = C part 3. Back uprise to support = A part – Element group I 4. Swing Fwd ½ turn, min.45° and grip change to overgrip = A part – Element group I 5. Early fwd pirouette, min 45° and grip change to undergrip = A part – Element group I 6. Forward salto dismount tuck or pike = A part 7.Any backward salto dismount layout = A part	1. The value of all flight elements are increased by one value 2. Piked Endo or Stalder = C part	1. The value of all flight elements are increased by one value 2. Piked Endo or Stalder = C part
Element Group Requirements (0.3 each)	1. Long hang swing with or without turn 2. Any kip element 3. Dismount	1. Long hang swing ½ turn with hips at minimum bar height 2. In-bar element 3. Salto Dismount	1. Long hang swing with or without turn 2. In-bar element 3. El-grip or Dorsal hang element 4. Dismount	1. Long hang swing with or without turn 2. In-bar element 3. El-grip or Dorsal hang element 4. Dismount	1. Long hang swing with or without turn 2. In-bar element 3. El-grip or Dorsal hang element 4. Dismount
Additional Regulations	One extra swing is permitted May repeat one skill of A or B Value for Difficulty	One extra swing is permitted May repeat one skill of B or C Value for Difficulty or Bonus	May repeat one skill of B or C Value for Difficulty or Bonus On bar + Flight connection bonus B + C = 0.1 (or vice versa) C + C = 0.2 Any connections of flight elements are not permitted	May repeat one skill of C Value for Difficulty or Bonus On bar + Flight connection bonus B + C = 0.1 (or vice versa) C + C = 0.2 Any connections with D parts are not rewarded Flight + Flight connection bonus C + C = 0.1 Any flight connections with D parts are not permitted	May repeat one skill of D Value for Difficulty or Bonus On bar + Flight connection bonus B + C = 0.1 (or vice versa) C + C = 0.2 B, C + D = 0.3 (or vice versa) Any connections with E parts are not rewarded Flight + Flight connection bonus C + C = 0.1 Any flight connections with D and E parts are not rewarded

Class Participation 3 (P3) – Summary of Specific Regulations

	Floor Exercises	Pommel Horse	Rings	Vault	Parallel Bars	Horizontal Bar
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score		Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D-score
Developmental and Supplemental Skills	1. Round off or Cartwheel= A part Element Group IV and in the same box 2. Back-extension to handstand = A part, Element Group III 3. Salto forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part	Any other skills which can reasonably be called a gymnastics skill = A part	1. Straddled Front lever = A part 2. Straddled Back lever = A part 3. Straight arm press to handstand with straddled legs = B part Any other skills which can reasonably be called a gymnastics skill = A part	Handspring = 2.0 Handspring ½ = 2.2 Handspring 1/1 = 2.5 ½ on = 2.0 ½ on ½ off = 2.2 ½ on 1/1 off = 2.5	1. Back uprise to support = A part – Element group II 2. Salto forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part	1. Back uprise to support = A part – Element group I 2. Swing Fwd ½ turn, min.45° and grip change to overgrip = A part – Element group I 3. Early fwd pirouette, min 45° and grip change to undergrip = A part – Element group I 4. Salto forward or backward tucked or piked = A-part 5. Back salto dismount layout = B part Any other skills which can reasonably be called a gymnastics skill = A part
Element Group Requirements (0.3 each)	1. Non-acrobatic element 2. Any acrobatic element 3. Dismount	1. A Circle element 2. Dismount	1. L- sit in cross support 2. Kip or Swing element 3. Dismount		1. Element in or through support on 2 bars 2. Element through long hang or underarm support on 2 bars 3. Dismount	1. Long hang swing with or without turn 2. Any kip element 3. Dismount
Additional Regulations	No time limit May repeat one skill of A or B Value for difficulty	Skills performed on a horse without pommels receive the same value as skills performed on a horse with pommels May repeat one skill of A or B Value for difficulty	One extra swing is permitted May repeat one skill of A or B Value for difficulty	A 2nd attempt is permitted, but with 1.0 deduction	One extra swing is permitted May repeat one skill of A or B Value for difficulty	One extra swing is permitted May repeat one skill of A or B Value for difficulty

Class Participation 4 (P4) – Summary of Specific Regulations

	Floor Exercises	Pommel Horse	Rings	Vault	Parallel Bars	Horizontal Bar
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score		Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score
Developmental and Supplemental Skills	1. Round off or Cartwheel= A part Element Group IV and in the same box 2. Back-extension to handstand = A part, Element Group II 3. Salto forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part	Any other skills which can reasonably be called a gymnastics skill = A part	1. Straddled Front lever = A part 2. Straddled Back lever = A part 3. Straight arm press to handstand with straddled legs = B part 4. The value of all static strength holds is increased by 2 values (excluding L and Straddle L sits) 5. Forward or Backward giant with bent arms = B part Any other skills which can reasonably be called a gymnastics skill = A part	Handspring = 2.0 Handspring ½ = 2.2 Handspring 1/1 = 2.5 Handspring Front Tuck = 2.7 Handspring Front Tuck ½ = 2.9 ½ on = 2.0 ½ on ½ off = 2.2 ½ on 1/1 off = 2.5 Yurchenko Tuck = 2.7 Yurchenko Tuck 1/1 = 2.9 Yurchenko Pike = 2.9 Yurchenko Straight = 3.1	1. Back uprise to support = A part – Element group II 2. Salto forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part	1. Back uprise to support = A part – Element group I 2. Swing Fwd ½ turn, min.45° and grip change to overgrip = A part – Element group I 3. Early fwd pirouette, min 45° and grip change to undergrip = A part – Element group I 4. Salto forward or backward tucked or piked = A-part 5. Back salto dismount layout = B part Any other skills which can reasonably be called a gymnastics skill = A part
Element Group Requirements (0.3 each)	1. Non-acrobatic element 2. Any acrobatic salto element 3. Dismount	1. Any turn of 90°(including spindle) 2. An element in Flair 3. Dismount finishing through wende swing or handstand	1. Kip or Swing element 2. Strength hold skill (excluding L sit or Straddle L-sit) 3. Dismount		1. Handstand – 2 sec hold 2. Element through long hang on 2 bars 3. Dismount	1. Long hang swing ½ turn with hips at minimum bar height 2. In-bar element 3. Salto Dismount
Additional Regulations	No time limit Connection Bonus (saltos only) A or B + C or vice versa = 0.1 Other connected saltos (i.e C+C) are not permitted May repeat one skill of B or C Value for Difficulty or Bonus	Skills performed on a horse without pommels receive the same value as skills performed on a horse with pommels. For example Magyar Travel without pommels = D part May repeat one skill of B or C Value for Difficulty	One extra swing is permitted May repeat one skill of B or C Value for Difficulty	A 2nd attempt is permitted, but with 1.0 deduction	One extra swing is permitted May repeat one skill of B or C Value for Difficulty	One extra swing is permitted May repeat one skill of B or C Value for Difficulty or Bonus

Class High Performance 3 (HP3) – Summary of Specific Regulations

	Floor Exercises	Pommel Horse	Rings	Vault	Parallel Bars	Horizontal Bar
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 8 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 8 skills maximum for D-score Can use vault board for mount	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 8 skills maximum for D-score		Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 8 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 8 skills maximum for D-score
Developmental and Supplemental Skills	1. Round off or Cartwheel= A part Element Group IV and in the same box 2. Back-extension to handstand = A part, Element Group III 3. The value of all Circle, Flair and Russian skills are increased by one value over the FIG Code	1. False scissor forward = A part 2. False scissor backward = A part 3. All Russian swings are increased by one value 4. Two circles on one pommel in a down-hill support position = C 5. Two circles on one pommel in a up-hill support position = C 6. Russian 180 + 1 Flop = D	1. Straddled Front lever = A part 2. Straddled Back lever = A part 3. Straight arm press to handstand with straddled legs = B part 4. The value of all static strength holds is increased by 2 values (excluding L and Straddle L sits) 5. Forward or Backward giant with bent arms = B part	Handspring = 2.0 Handspring ½ = 2.2 Handspring 1/1 = 2.5 Handspring 1 ½ = 2.7 Handspring Front Tuck = 2.7 Handspring Front Tuck ½ = 2.9 Handspring Front Pike = 2.9 Handspring Front Pike ½ = 3.1 ½ on = 2.0 ½ on ½ off = 2.2 ½ on 1/1 off = 2.5 Tsukahara tuck = 2.7 Yurchenko Tuck = 2.7 Yurchenko Tuck 1/1 = 2.9 Yurchenko Pike = 2.9 Yurchenko Straight = 3.1	1. Back uprise to support = A part – Element group II 2. Salto forward or backward tucked or piked = A 3. Felge to support with straight arms = B part 4. Felge to horizontal with straight arms = C part	1. The value of all flight elements are increased by one value 2. Piked Endo or Stalder = C part 3. Back uprise to support = A part – Element group I 4. Swing Fwd ½ turn, min.45° and grip change to overgrip = A part – Element group I 5. Early fwd pirouette, min 45° and grip change to undergrip = A part – Element group I 6. Forward salto dismount tuck or pike = A part 7.Any backward salto dismount layout = A part
Element Group Requirements (0.3 each)	1. Non-acrobatic element 2. Acrobatic element forward 3. Acrobatic element backward 4. Dismount	1. Scissor or Single leg undercut 2. One circle on each part of the horse FIG zones 1,3 and 5 (No 0.3 unless all are performed) 3. Two circles on one pommel or a connection on 1 pommel with a minimum of 2 circles 4. Dismount	1. Forward swing to handstand (2sec) 2. Backward swing to handstand (2 sec) 3. Strength hold part (excluding L-sit or Straddle- L sit) 4. Press to handstand (2 sec) 5. Dismount		1. Element in or through support on 2 bars 2. Element through long hang on 2 bars 3. Underswing element 4. Dismount	1. Long hang swing with or without turn 2. In-bar element 3. El-grip or Dorsal hang element 4. Dismount
Additional Regulations	No time limit Connection Bonus (saltos only) A or B + C or vice versa = 0.1 C + C = 0.2 May repeat one skill of B or C Value for Difficulty or Bonus	May repeat one skill of B or C Value for difficulty	Back layaway is permitted May repeat one skill of B or C Value for difficulty	A 2nd attempt is permitted, but with 1.0 deduction	Back layaway is permitted May repeat one skill of B or C Value for difficulty A Felge to handstand with arms the arms bend slightly, but there is no interruption in upward movement, is given a D value and a 0.1 deduction	May repeat one skill of B or C Value for Difficulty or Bonus On bar + Flight connection bonus B + C = 0.1 (or vice versa) C + C = 0.2 Any connections of flight elements are not permitted

Class High Performance 4 (HP4) – Summary of Specific Regulations

	Floor Exercises	Pommel Horse	Rings	Vault	Parallel Bars	Horizontal Bar
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5* (F's & G's not permitted) *E's only permitted on Pommel Horse 8 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5* (F's & G's not permitted) *E's only permitted on Pommel Horse 8 skills maximum for D-score Can use vault board for mount	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5* (F's & G's not permitted) *E's only permitted on Pommel Horse 8 skills maximum for D-score	Handspring = 2.0 Handspring ½ = 2.2 Handspring 1/1 = 2.5 Handspring 1 ½ = 2.7 Handspring Front Tuck = 2.7 Handspring Front Tuck ½ = 2.9 Handspring Front Tuck 1½=3.3 Handspring Front Pike = 2.9 Handspring Front Pike ½ = 3.1 Handspring Front Pike 1½ =3.5 Handspring Front Straight =3.1 Hdspr. Front Straight ½ =3.3 ½ on ½ off = 2.2 ½ on 1/1 off = 2.5 Yurchenko Tuck = 2.7 Yurchenko Tuck 1/1 = 2.9 Yurchenko Pike = 2.9 Yurchenko Straight = 3.1 Yurchenko Straight 1/1 = 3.3 Tsukahara Tuck = 2.7 Tsukahara Pike = 2.9 Tsukahara Straight = 3.1	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5* (F's & G's not permitted) *E's only permitted on Pommel Horse 8 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5* (F's & G's not permitted) *E's only permitted on Pommel Horse 8 skills maximum for D-score
Developmental and Supplemental Skills	1. Round off or Cartwheel-= A part Element Group IV and in the same box 2. Back-extension to handstand = A part, Element Group III 3. The value of all Circle, Flair and Russian skills are increased by one value over the FIG Code	1. All Russian swings are increased by one value 2. Two circles on one pommel in a down-hill support position = C 3. Two circles on one pommel in a up-hill support position = C 4. Russian 180 + 1 Flop = D, + 2 Flops = E 5. Russian 270 + 1 Flop = E	1. Straight arm press to handstand with straddled legs = B part 2. The value of all static strength holds is increased by 1 value (excluding L and Straddle L sits) 3. Forward or Backward giant with bent arms = B part		1. Felge to support with straight arms = B part 2. Felge to horizontal with straight arms = C part	1. The value of all flight elements are increased by one value 2. Piked Endo or Stalder = C part
Element Group Requirements (0.3 each)	1. Non-acrobatic element 2. Acrobatic element forward 3. Acrobatic element backward 4. Dismount	1. Scissor or Single leg undercut 2. A 1/3 Side or Cross support travel 3. Two circles on one pommel or a connection on 1 pommel with a minimum of 2 circles 4. Dismount	1. Forward swing to handstand (2sec) 2. Backward swing to handstand (2 sec) 3. Strength hold part (excluding L-sit or Straddle- L sit) 4. Press to handstand (2 sec) 5. Dismount		1. Element in or through support on 2 bars 2. Element through long hang on 2 bars 3. Underswing element 4. Dismount	1. Long hang swing with or without turn 2. In-bar element 3. El-grip or Dorsal hang element 4. Dismount
Additional Regulations	No time limit Connection Bonus (saltos only) A or B + C or vice versa = 0.1 C + C = 0.2 D connections are not rewarded May repeat one skill of C Value for Difficulty or Bonus	May repeat one skill of C Value for difficulty	Back layaway is permitted May repeat one skill of C Value for difficulty	A 2nd attempt is permitted, but with 1.0 deduction	Back layaway is permitted May repeat one skill of C Value for difficulty A Felge to handstand where the arms bend slightly, but there is no interruption in upward movement, is still given a D value and a 0.1 deduction is taken	May repeat one skill of C Value for Difficulty or Bonus On bar + Flight connection bonus B + C = 0.1 (or vice versa) C + C = 0.2 Any connections with D parts are not rewarded Flight + Flight connection bonus C + C = 0.1 Any flight connections with D parts are not permitted

Class High Performance 5 (HP5) – Summary of Specific Regulations

	Floor Exercises	Pommel Horse	Rings	Vault	Parallel Bars	Horizontal Bar
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5, F=0.6* (G's not permitted) *F's only permitted on Pommel Horse 8 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5, F=0.6* (G's not permitted) *F's only permitted on Pommel Horse 8 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5, F=0.6* (G's not permitted) *F's only permitted on Pommel Horse 8 skills maximum for D-score	Handspring = 2.0 Handspring ½ = 2.2 Handspring 1/1 = 2.5 Handspring 1 ½ = 2.7 Handspring 2/1 = 2.9 Handspring Front Tuck = 2.7 Handspring Front Tuck ½ =2.9 Hdspr. Front Tuck 1½ =3.3 Handspring Front Pike = 2.9 Handspring Front Pike ½ = 3.1 Handspring Front Pike 1½ =3.5 Handspring Front Straight =3.1 Hdspr. Front Straight ½ = 3.3 Hdspr.Front Straight 1½ = 3.7 Yurchenko Tuck = 2.7 Yurchenko Tuck 1/1 = 2.9 Yurchenko Pike = 2.9 Yurchenko Straight = 3.1 Yurchenko Straight 1/1 = 3.3 Yurchenko Straight 2/1 = 3.7 Tsukahara Tuck = 2.7 Tsukahara Pike = 2.9 Tsukahara Straight = 3.1 Kasamatsu Tuck = 2.7 Kasamatsu Tuck ½ = 2.9 Kasamatsu Tuck 1/1 = 3.3 Kasamatsu Straight = 3.1 Kasamatsu Straight ½ = 3.3 Kasamatsu Straight 1/1 = 3.7	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5, F=0.6* (G's not permitted) *F's only permitted on Pommel Horse 8 skills maximum for D-score	Difficulty A=0.1, B =0.2, C=0.3, D=0.4 E=0.5, F=0.6* (G's not permitted) *F's only permitted on Pommel Horse 8 skills maximum for D-score
Developmental and Supplemental Skills	1. Round off or Cartwheel-= A part Element Group IV and in the same box 2. Back-extension to handstand = A part, Element Group III 3. The value of all Circle, Flair and Russian skills are increased by one value over the FIG Code	1. All Russian swings are increased by one value 2. Two circles on one pommel in a down-hill support position = C 3. Two circles on one pommel in a up-hill support position = C 4. Russian 180 + 1 Flop = D, + 2 Flops = E 5. Russian 270 + 1 Flop = E, + 2 Flops = F	1. Straight arm press to handstand with straddled legs = B part 2. The value of all static strength holds is increased by 1 value (excluding L and Straddle L sits) 3. Forward or Backward giant with bent arms = B part		1. Felge to support with straight arms = B part 2. Felge to horizontal with straight arms = C part	1. The value of all flight elements are increased by one value 2. Piked Endo or Stalder = C part
Element Group Requirements (0.3 each)	1. Non-acrobatic element 2. Acrobatic element forward 3. Acrobatic element backward 4. Dismount	1. Scissor or one leg undercut 2. A 1/3 Side or Cross support travel 3. Two circles on one pommel or a connection on 1 p with a minimum of 2 circles 4. Dismount	1. Forward swing to handstand (2sec) 2. Backward swing to handstand (2 sec) 3. Strength hold part (excluding L-sit or Straddle- L sit) 4. Press to handstand (2 sec) 5. Dismount		1. Element in or through support on 2 bars 2. Element through long hang on 2 bars 3. Underswing element 4. Dismount	1. Long hang swing with or without turn 2. In-bar element 3. El-grip or Dorsal hang element 4. Dismount
Additional Regulations	No time limit Connection Bonus (saltos only) A or B + C or vice versa = 0.1 C + C = 0.2 D & E connections are not rewarded May repeat one skill of D Value for Difficulty or Bonus	May repeat one skill of D Value for difficulty	Back layaway is permitted May repeat one skill of D Value for difficulty	A 2nd attempt is permitted, but with 1.0 deduction	Back layaway is permitted May repeat one skill of D Value for difficulty A Felge to handstand where the arms bend slightly, but there is no interruption in upward movement, is still given a D value and a 0.1 deduction is taken	May repeat one skill of D Value for Difficulty or Bonus On bar + Flight connect bonus B + C = 0.1 (or vice versa) C + C = 0.2 B, C + D = 0.3 (or vice versa) Any connections with E parts are not rewarded Flight + Flight connection bonus C + C = 0.1 Any flight connections with D and E parts are not rewarded

Men's Competition Program

Compulsory Exercises

for

Competition Classes

Participation Stream: P1 & P2

High Performance Stream: HP1, HP2, HP3, HP4, HP5

Avenue de la Gare 12, 1003 Lausanne, Switzerland
Tf: +41 21 321 55 10 – Fx: +41 21 321 55 19 – info@fig-gymnastics.org

Men's Competition Program

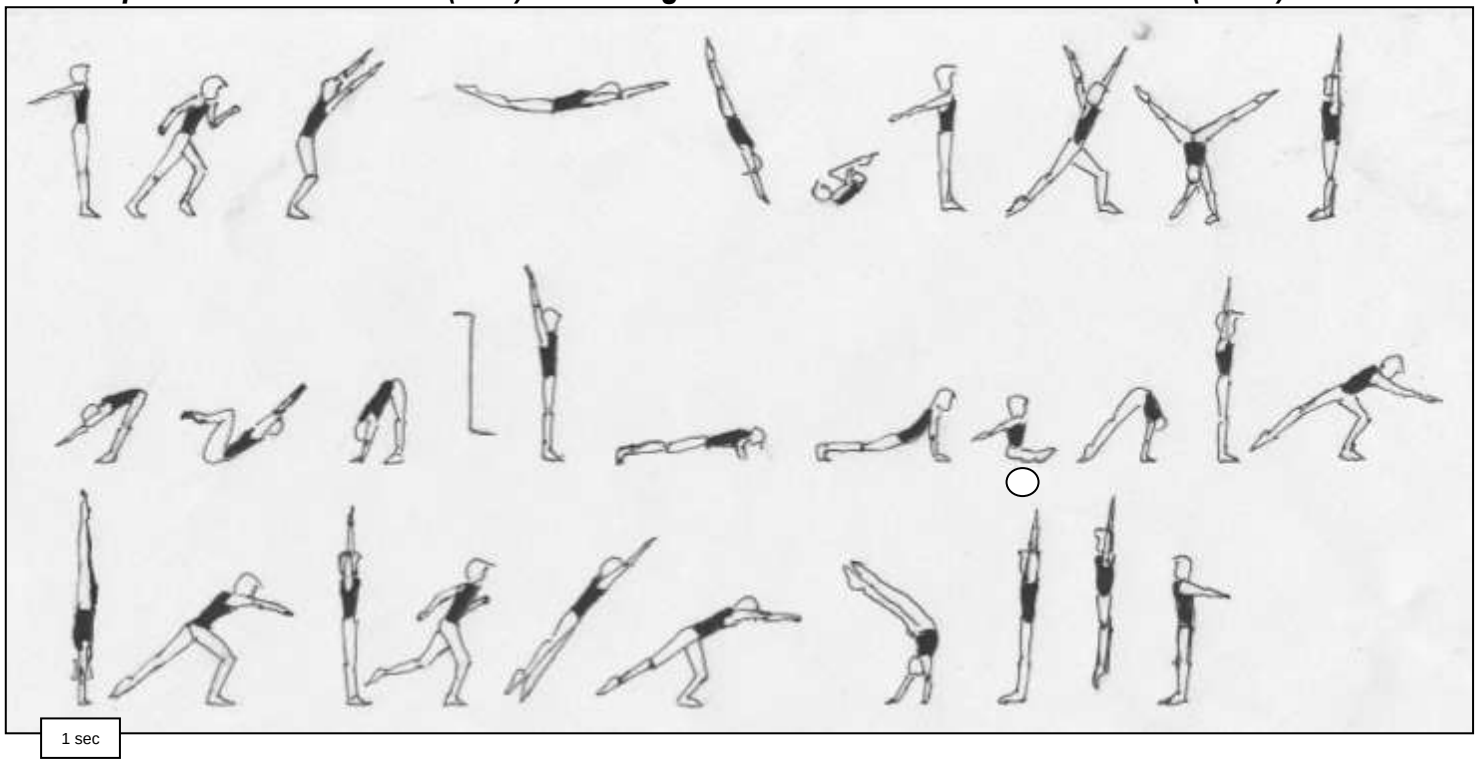
CLASS P1 & HP1

Compulsory Exercises

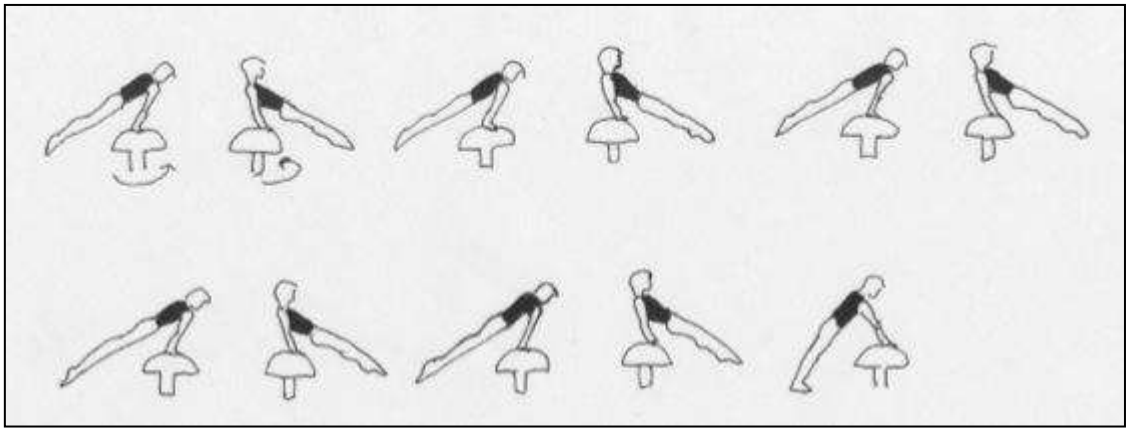
Participation Stream – Ages 8-9; 10-12; 13-15; 16+
High Performance Stream – Age 8-9

Avenue de la Gare 12, 1003 Lausanne, Switzerland
Tf: +41 21 321 55 10 – Fx: +41 21 321 55 19 – info@fig-gymnastics.org

CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – FLOOR EXERCISE



CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – POMMEL HORSE



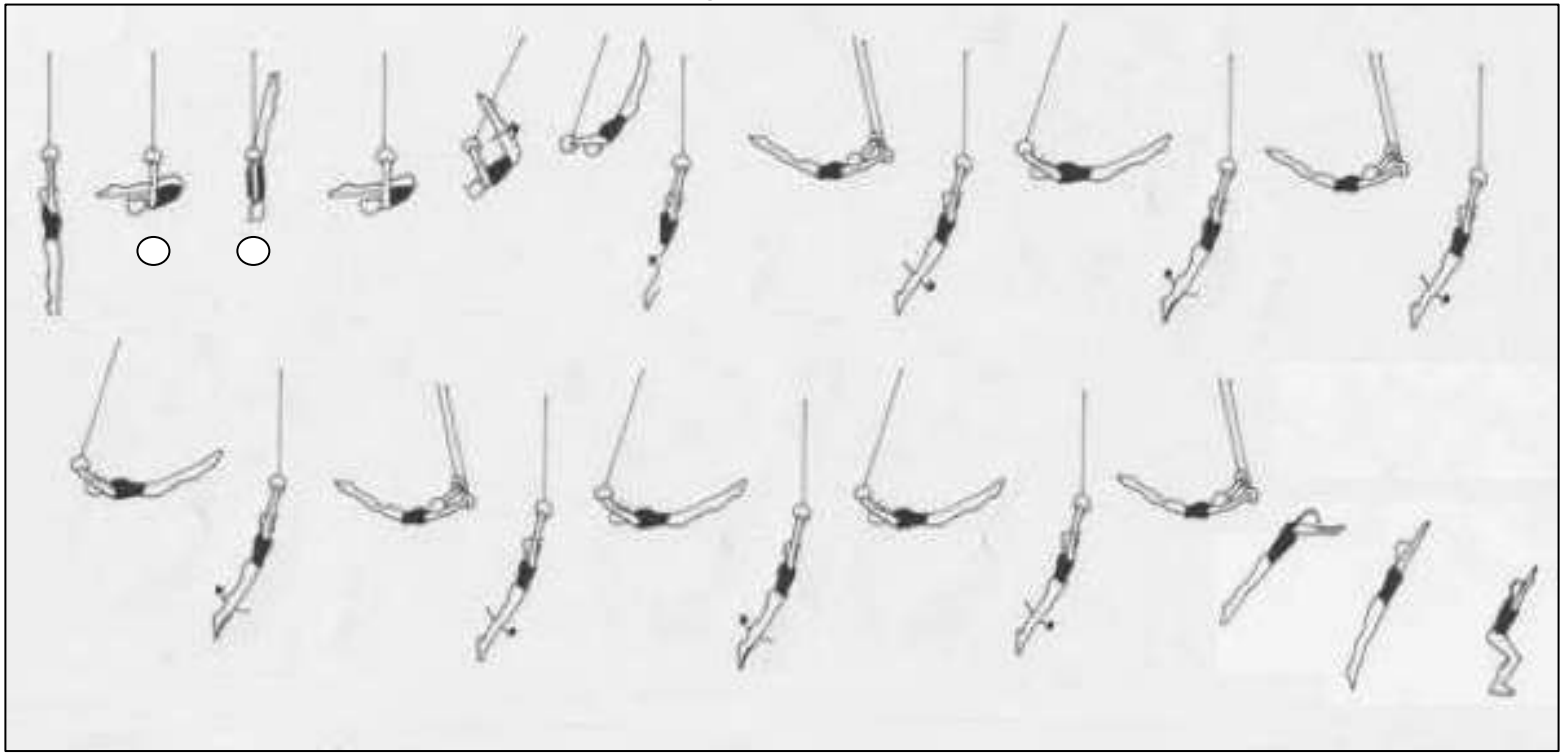
CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – FLOOR EXERCISE

DESCRIPTION	*VALUE*	*ERRORS & DEDUCTIONS*
It is possible to perform this exercise back and forth on a single line of mats.		
1. 2-3 steps stretched dive roll	1.8	• Tucked body 1.0 • Piked body 0.5
2. Cartwheel	1.0	• Usual Errors 0.1 - 0.3
3. Backward roll (legs piked or tucked)	0.8	• Usual Errors 0.1 - 0.3
4. Prone fall push to support with arched body.	0.4	• Usual Errors 0.1 - 0.3
5. Slide legs forward to middle split hold 2 sec	1.5	• Poor Flexibility 0.1 - 0.3 • Insufficient hold 0.1 - 0.3
6. Press up to stoop and stand	0.8	• Bent knees 0.1 - 0.3
7. Step to Handstand hold 1 sec and step down to stand	1.7	• Piked body 0.1 - 0.3 • 75° or less 0.3 • No Hold 0.1 – 0.3
8. 2-3 steps hurdle round off straight jump	2.0 (1.5; 0.5) **Total 10.0**	• Usual Errors 0.1 – 0.3

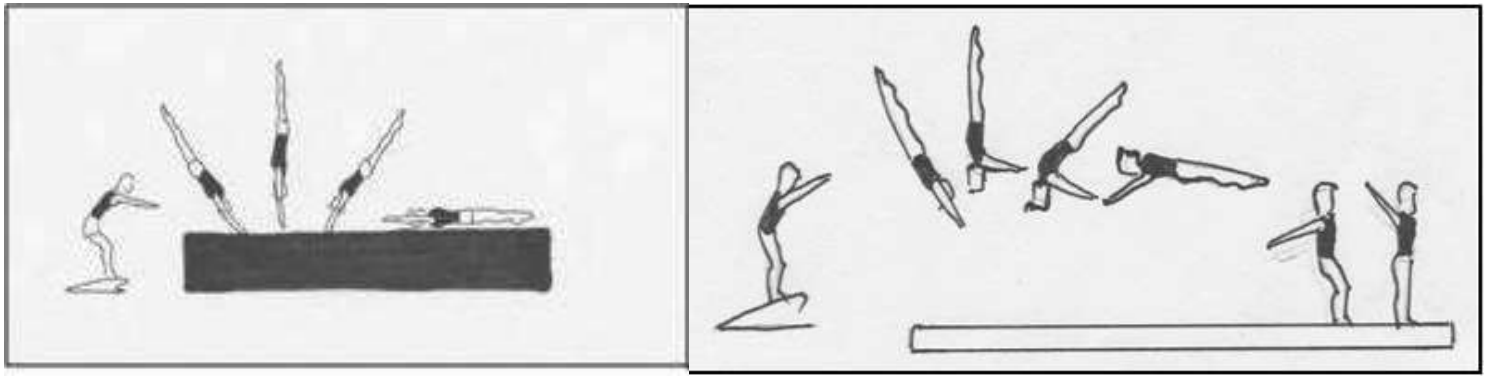
CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – POMMEL HORSE

DESCRIPTION	*VALUE*	*ERRORS & DEDUCTIONS*
1. Double leg circle on mushroom passing through support.	2.0	• Usual Errors 0.1 - 0.3
2. Double leg circle on mushroom passing through support	2.0	• Usual Errors 0.1 - 0.3
3. Double leg circle on mushroom passing through support	2.0	• Usual Errors 0.1 - 0.3
4. Double leg circle on mushroom passing through support.	2.0	• Usual Errors 0.1 - 0.3
5. Double leg circle on mushroom finishing in support	2.0 **Total 10.0**	• Usual Errors 0.1 - 0.3
• The gymnast must demonstrate these skills on a mushroom. • A deduction of 0.5 will be taken for each fall between circles.		

CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – RINGS



CLASS 1 –Participation Stream (8+) or High Performance Stream (8-9) –VAULT *(2 choices)*



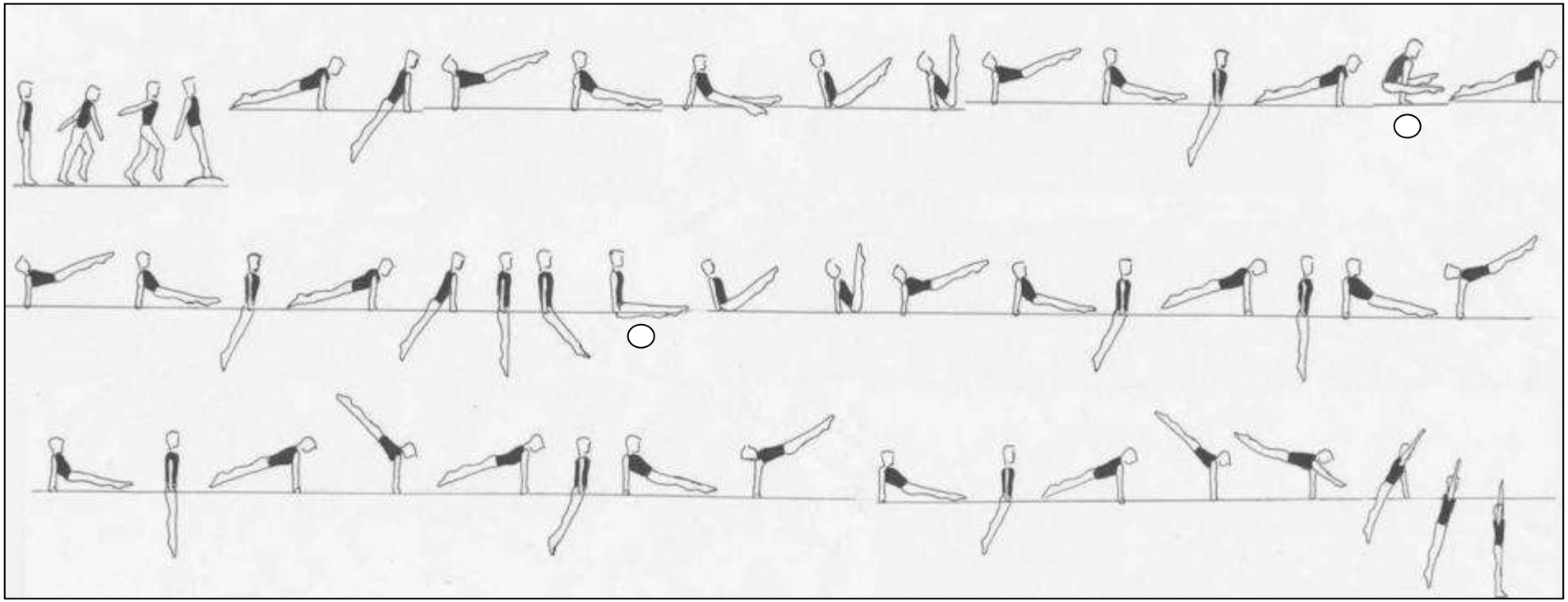
CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – RINGS

DESCRIPTION	*VALUE*	*ERRORS & DEDUCTIONS*
1. From hang lift body up to piked inverted hang (hold 2 sec)	0.5	• Held 1-2 sec 0.1 • Held 1 sec 0.2 • Not held 0.3
2. Stretch body up to straight inverted hang (body slightly arched). Hold 2 sec.	1.0	• Rings turned in 0.3 • Held 1-2 sec 0.1 • Held 1 sec 0.2 • Not held 0.3
3. Pike down fast and open forward to downward swing	1.5 (0.5) (1.0)	• Bent legs 0.1 – 0.3 • Body not open in downward swing 0.3
4. 3 swings forward and backwards. Body should be at horizontal beginning with first forward swing. (hips at ring height)	6.0 (2.0) (2.0) (2.0)	• Insufficient height 0.1 - 0.3 • Poor rhythm 0.1 - 0.3
5. Dismount by dropping off at the end of the 4th back swing.	1.0 **Total 10.0**	• Usual deductions 0.1 - 0.3

CLASS 1 –Participation Stream (8+) or High Performance Stream (8-9) –VAULT (2 choices)

ERRORS	*DEDUCTION*	*ERRORS*	*DEDUCTION*
All ages have the option to compete one of the above two vaults.			
1. From run, hurdle onto vault board and jump from 2 feet to hands with straight body and fall to back on a soft mat of 80 cm height.		2. Salto forward stretched from a vaulting board	
• Arms bent • Handstand pressed • Small pike in body • Large pike in body • Excessive Pike (90° or more) • Body tucked .	0.1 – 0.3 0.1 – 0.3 0.1 - 0.3 0.5 1.0 5.0 **Total 9.5**	• Small pike in body • Large pike in body • Excessive Pike (90° or more) • Body tucked	0.1 - 0.3 0.5 1.0 5.0 **Total 10.0**
A 2nd attempt is permitted, but with 1.0 deduction			

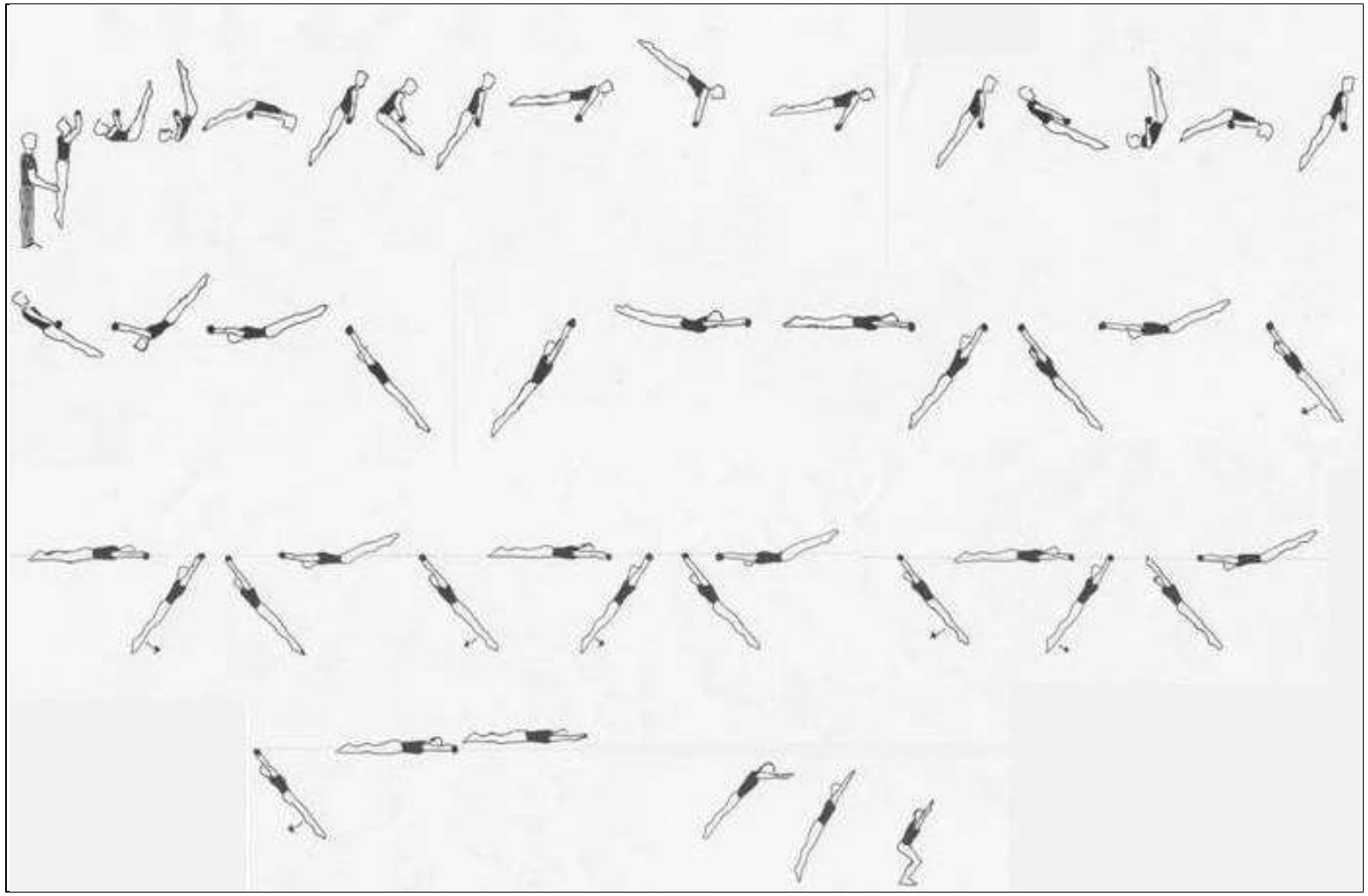
CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – PARALLEL BARS



CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – PARALLEL BARS

DESCRIPTION	*VALUE*	*ERRORS & DEDUCTIONS*
1. From run jump to support and straddle bounce off the bars (may be lifted to support by coach and then swing back-forward)	1.0 (0.5) (0.5)	• Usual errors 0.1 - 0.3
2. Swing backward to straddle L-sit (2 sec), lift legs backwards	2.0 (1.5) (0.5)	• Legs not parallel to bars 0.1 – 0.3 • hold 1-2 sec 0.1 • Hold 1 sec 0.2 • Hold less 1 sec 0.3
3. Swing forward, swing backward (with hips above bars in a stretched body position)	1.0 (0.5) (0.5)	• Bent legs 0.1 - 0.2 • Body not stretched 0.1 - 0.3 • hips not above bars 0.1 - 0.3
4. Swing forward to L sit (2 sec hold)	1.5	• Legs not parallel to bars 0.1 – 0.3 • hold 1-2 sec 0.1 • Hold 1 sec 0.2 • Hold less 1 sec 0.3
5. Lift legs forward, extend and swing backwards	1.0 (0.5) (0.5)	• Legs bent 0.1 - 0.3 • Body not extended 0.1 - 0.2
6. Swing forward, swing backward, swing forward (with feet above bars in a stretched body position)	1.5 (0.5) (0.5) (0.5)	• Bent arms 0.1 - 0.2 • Body not stretched 0.1 - 0.3 • Legs not above bars 0.1 - 0.3
7. Swing backward to horizontal or above and dismount to the side (on 3rd back swing) showing momentary support on 1 hand on one bar.	2.0 **Total 10.0**	• Bent arms 0.1 - 0.2 • Body Piked 0.1 - 0.3 • No momentary support 0.3

CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – HORIZONTAL BAR



CLASS 1 – Participation Stream (8+) or High Performance Stream (8-9) – HORIZONTAL BAR

DESCRIPTION	*VALUE*	*ERRORS & DEDUCTIONS*
1. Starting from hang, lift to chin up position and pullover to front support	1.0	• Spotter assists 0.3
2. Cast to horizontal to immediate back hip circle to	1.5 (0.5) (1.0)	• Feet below bar 0.1 – 0.3 • Body piked 0.1 – 0.3 • Tucked 0.5
3. Immediate under bar cast (above 45°) and long hang swing backward	1.7 (1.0) (0.7)	• Lack of amplitude on cast 0.1 – 0.3 • Hips below bar on back swing 0.1 – 0.3
4. Swing forward and swing backward	1.4	• Feet below bar in front 0.1 – 0.3 • Hips below bar in back 0.1 – 0.3
5. Swing forward and swing backward	1.4	• Feet below bar in front 0.1 – 0.3 • Hips below bar in back 0.1 – 0.3
6. Swing forward and swing backward	1.4	• Feet below bar in front 0.1 – 0.3 • Hips below bar in back 0.1 – 0.3
7. Swing forward and swing backward to push off dismount (on 5th backward swing) and land on mats	1.6 (0.7) (0.7) (0.2) **Total 10.0**	• Feet below bar in front 0.1 – 0.3 • Hips below bar in back 0.1 – 0.3

Men's Competition Program

CLASS P2 & HP2

Compulsory Exercises

Participation Stream – Ages 10-12; 13-15; 16+
High Performance Stream – Age 10-11

Avenue de la Gare 12, 1003 Lausanne, Switzerland
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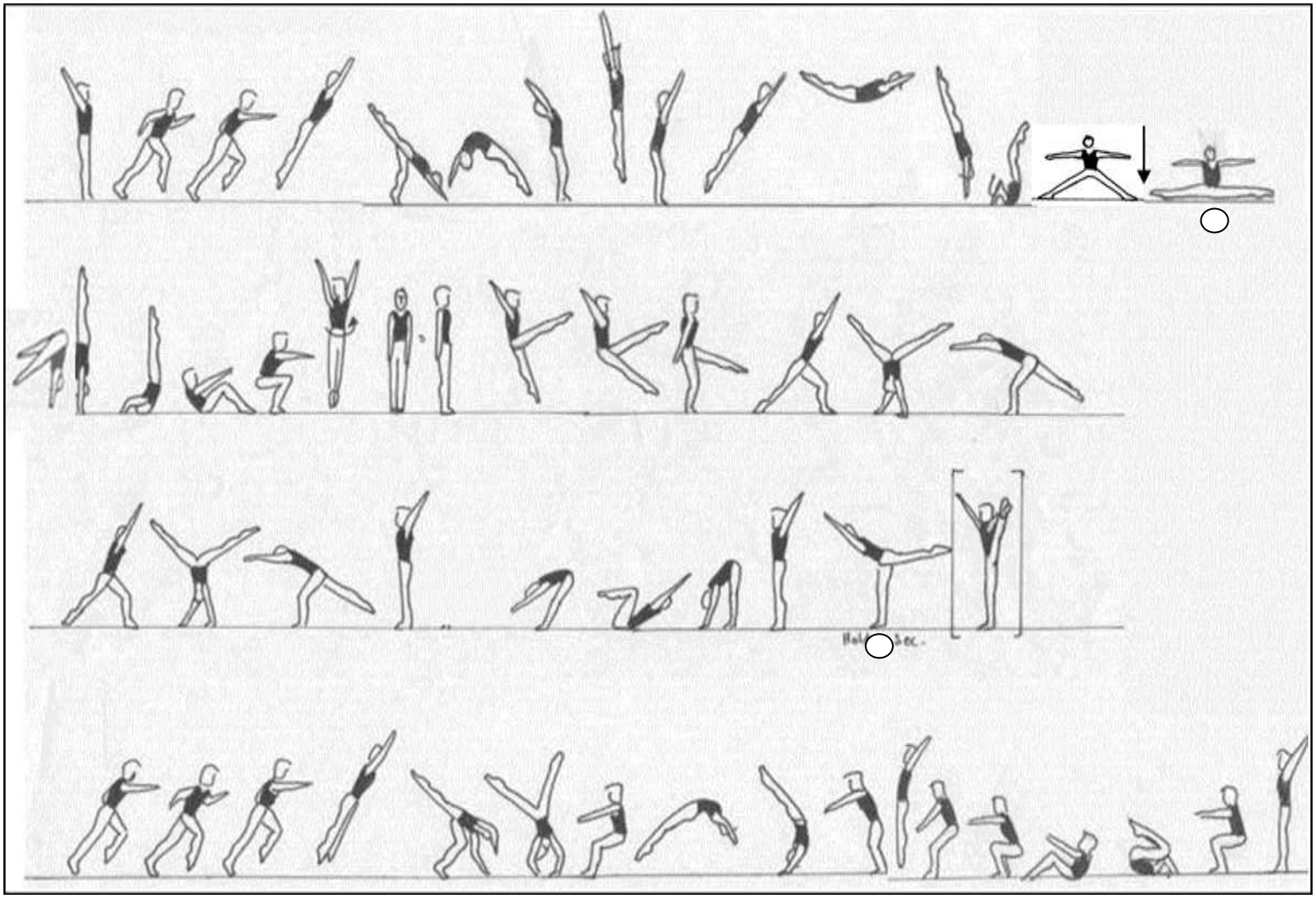
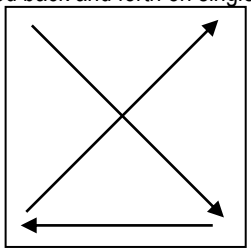
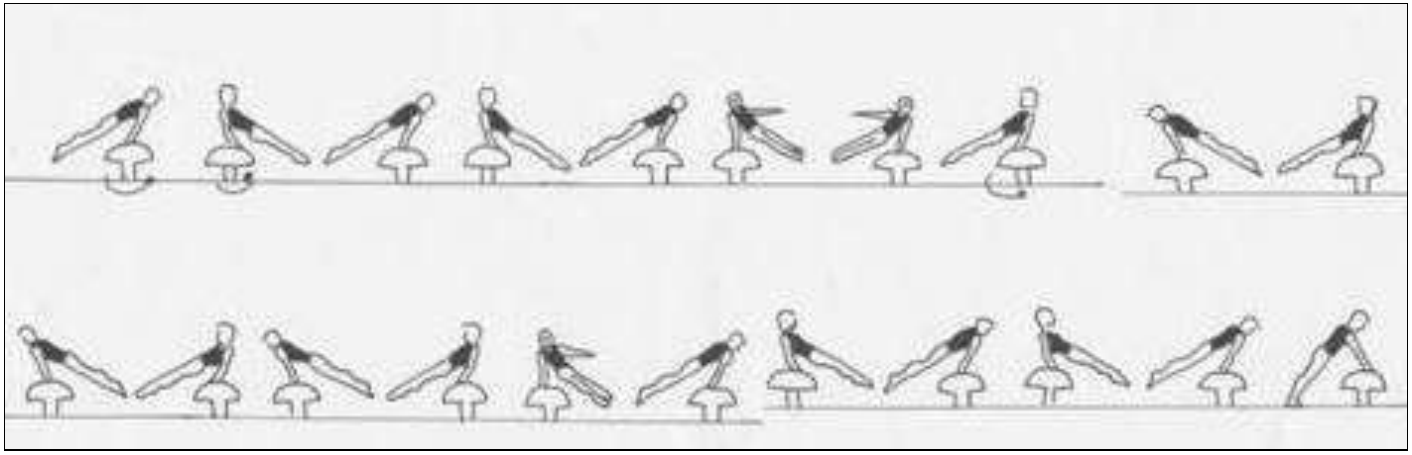
CLASS 2–Participation Stream(10+) or High Performance Stream (10-11)–FLOOR EXERCISE



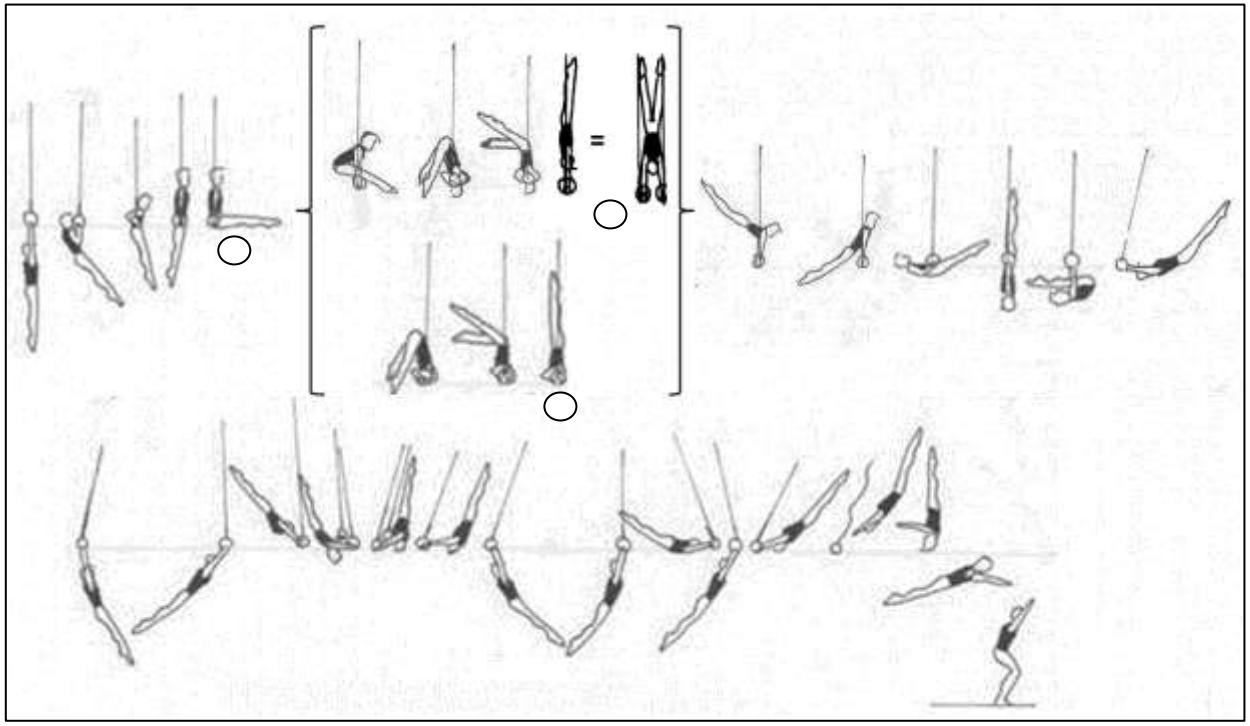
CLASS 2–Participation Stream(10+) or High Performance Stream (10-11)–FLOOR EXERCISE

DESCRIPTION	*VALUE*	*ERRORS & DEDUCTIONS*
1. 2-3 steps to front handspring, straight jump and then rebound to stretched dive roll	2.6 (1.2) (0.4) (1.0)	• Body piked in dive 0.1 - 0.3 • Tucked 0.5 • Jump too low 0.1 - 0.3 • Usual errors 0.1 - 0.3
2. Finish roll in momentary straddle stand and lower with control in straddle split 2 sec	0.8	• Split hold 1-2 sec 0.1 • 1 sec 0.2 • less than 1 sec 0.3 • Lack of flexibility 0.1 - 0.3
3. Press with straight arms and straddled legs to momentary handstand and forward roll and jump with ¾ turn to face side	0.8	• Usual Errors 0.1 - 0.3
4. Step to scissor kick (kick one leg up and jump off second leg, switch legs in air and land on first leg) to 2 cartwheels	2.6 (0.6) (1.0) (1.0)	• Usual Errors 0.1 - 0.3
5. Pike down and backward roll with straight arms and straight legs to stand	0.5	• Usual Errors 0.1 - 0.3
6. Front scale or Y scale (2 sec)	0.5	• Insufficient hold 0.1 - 0.3 • Lack of flexibility 0.1 - 0.3
7. 3 steps hurdle to Round off Back handspring Straight jump and backward roll tucked to stand. (Can be performed back and forth on single straight mat.) 	2.0 (0.5) (1.2) (0.3) (0.2) **Total 10.0**	• Usual Errors 0.1 - 0.3 • Jump too Low 0.1 - 0.3 • Lack of rhythm 0.2 - 0.3

CLASS 2 –Participation Stream (10+) or High Performance Stream (10-11)–POMMEL HORSE



CLASS 2 – Participation Stream (10+) or High Performance Stream (10-11) – RINGS



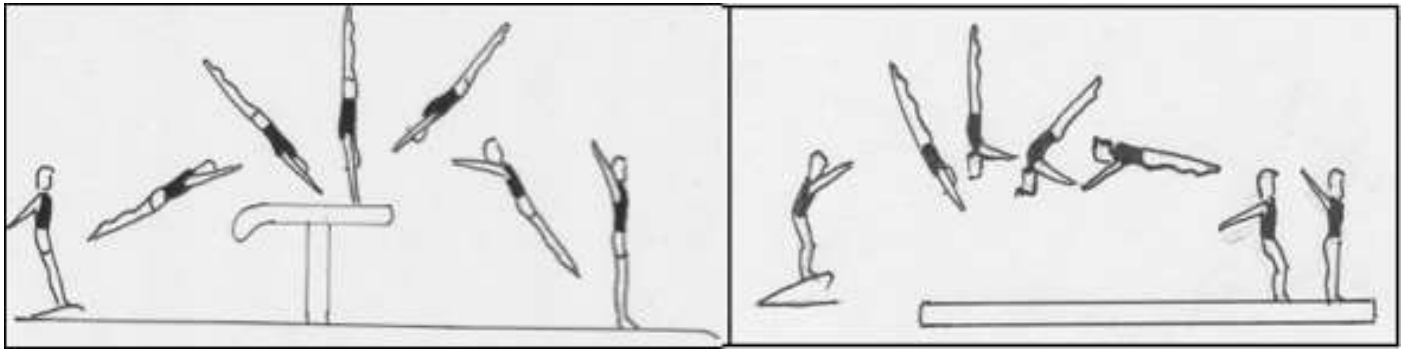
CLASS 2 –Participation Stream (10+) or High Performance Stream (10-11)–POMMEL HORSE

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
1. Double leg circle	1.0	• Usual Errors 0.1 - 0.3
2. Double leg circle	1.3	• Usual Errors 0.1 - 0.3
3. ½ spindle (two ¼ spindles)	1.9	• Not square to horse after turn 0.1 – 0.3
4. Double leg circle	1.3	• Usual Errors 0.1 - 0.3
5. Double leg circle	1.3	• Usual Errors 0.1 - 0.3
6. Double leg circle with 180° turn in one circle (Czech technique = front support to front support)	1.9	• Not square to horse after turn 0.1 – 0.3
7. Double leg circle and finish in stand on 2nd circle	1.3 **Total 10.0**	• Usual Errors 0.1 - 0.3
The routine is performed on a mushroom. No mat or board to mount.		

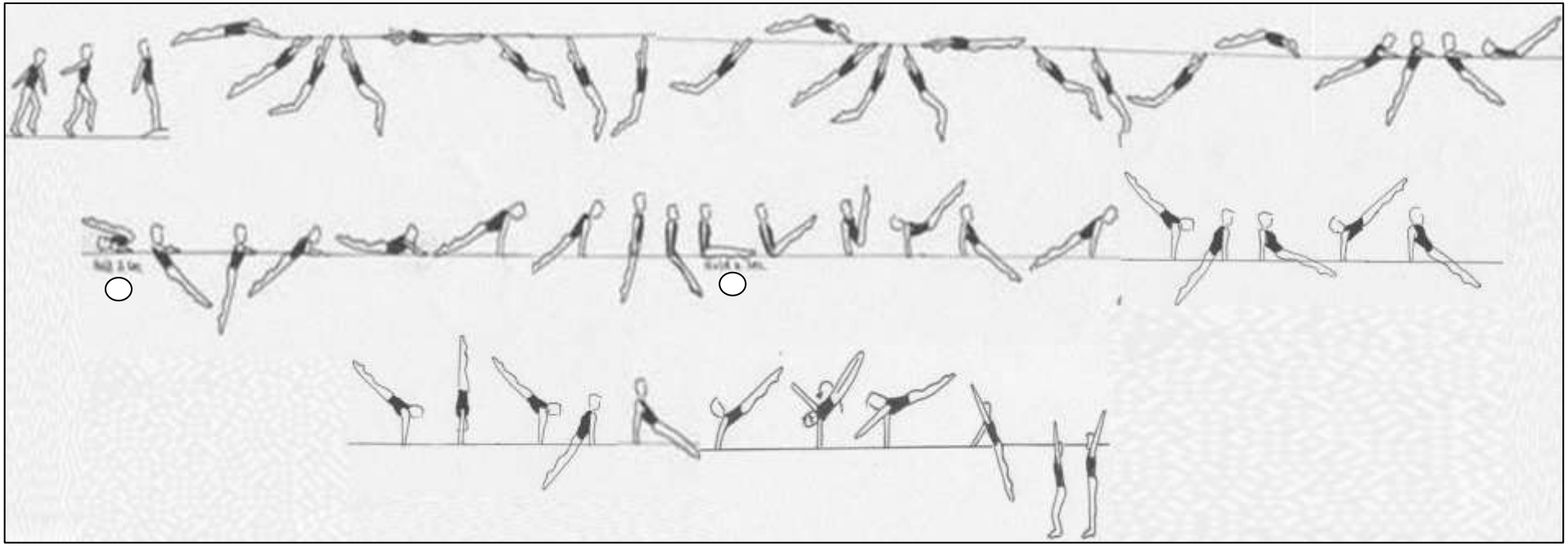
CLASS 2 – Participation Stream (10+) or High Performance Stream (10-11) – RINGS

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
1. Muscle up to support (assistance permitted with 0.5 deduction)	0.7	• With assistance 0.5 • Support finished with bent arms 0.1 – 0.2
2. L sit hold 2 sec	0.6	• Arms bent in L-sit 0.1 – 0.2 • L-sit held 1-2 sec 0.1 • Held 1 sec 0.2 • Not held 0.3
3. Press with piked body to bent arm shoulder stand position (2 sec) OR Press with straddled legs and bent arms to handstand with feet resting on cables	1.2	• Held 1-2 sec 0.1 • Held 1 sec 0.2 • Not held 0.3
4. Lower through support with control (slow smooth movement) and rotate backward to straight body inverted hang (body stretched)	2.0 (1.2) (0.8)	• lack of control 0.1 – 0.2 • Body not straight 0.1 – 0.3
5. Lower legs to pike inverted hang and quickly lift legs up and open body forward to long hang swing backward	1.0 (0.5) (0.5)	• Usual errors 0.1 – 0.3
6. Straight body inlocate (If body is piked 90° or more the inlocate will be valued at 1.0 and receive full deduction for execution)	2.0	• Piked body 0.1 – 0.3
7. Swing backward swing forward	1.0 (0.5) (0.5)	• Usual errors 0.1 – 0.3
8. Swing forward to salto backward stretched dismount.	1.5 **Total 10.0**	• Usual errors 0.1 – 0.3

CLASS 2–Participation Stream(10+) or High Performance Stream (10-11)–VAULT*(2 choices)*



CLASS 2–Participation Stream(10+) or High Performance Stream (10-11)–PARALLEL BARS



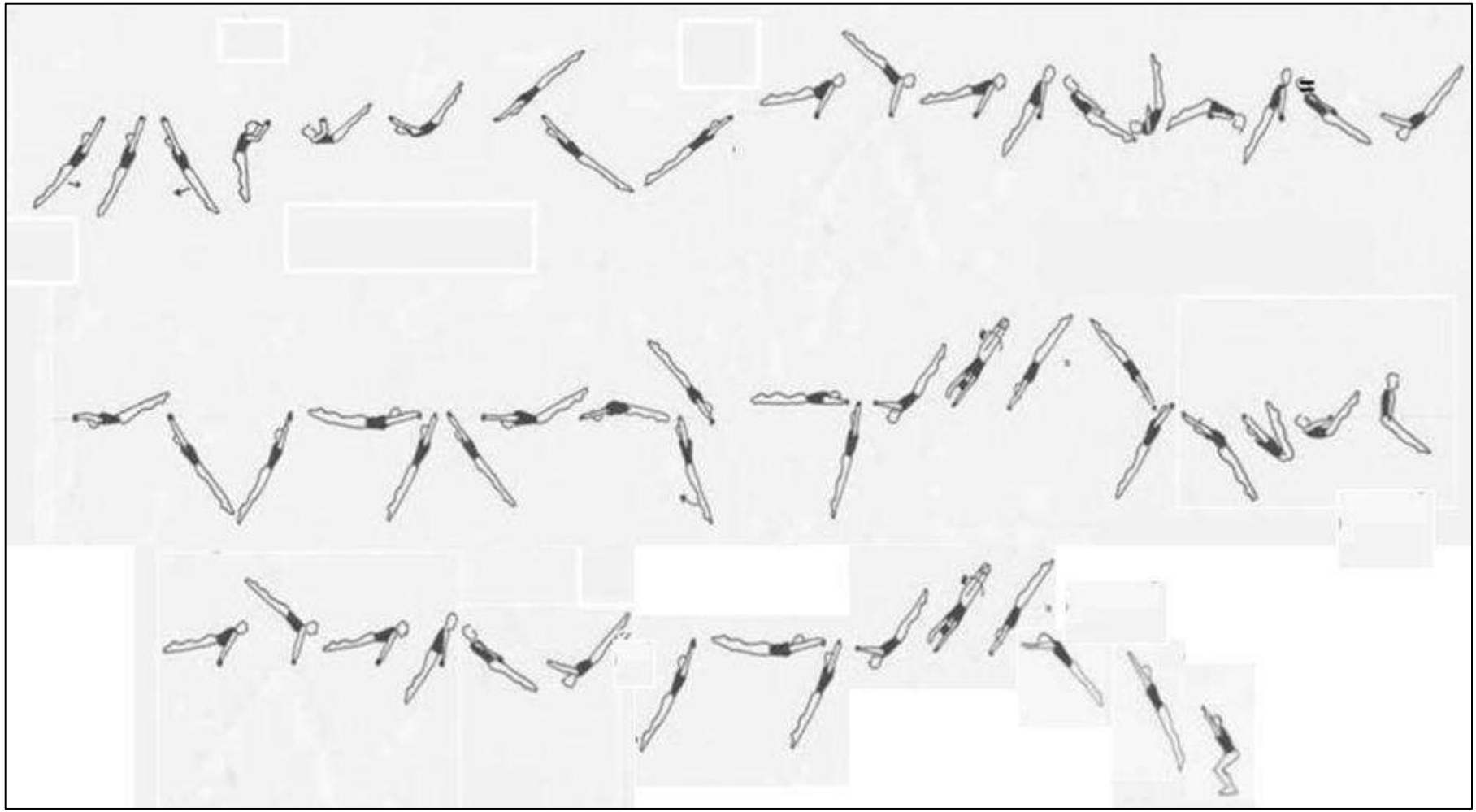
CLASS 2–Participation Stream (10+) or High Performance Stream (10-11)–VAULT (2 choices)

ERRORS	DEDUCTION	ERRORS	DEDUCTION
All ages have the option to compete one of the above two vaults.			
1. Handspring to land on feet over Vault table. (Height = 1.10-1.35 depending on age of gymnasts)		2. Salto forward stretched from a vaulting board	
• Arms bent • Small pike in body • Large pike in body • Excessive Pike (90° or more) • Body tucked	0.1 – 0.3 0.1 - 0.3 0.5 1.0 5.0 **Total 10.0**	• Small pike in body • Large pike in body • Excessive Pike (90° or more) • Body tucked	0.1 - 0.3 0.5 1.0 5.0 **Total 9.5**
A 2nd attempt is permitted, but with 1.0 deduction.			

CLASS 2–Participation Stream(10+) or High Performance Stream (10-11–PARALLEL BARS

DESCRIPTION	VALUE	ERRORS & DEDUCTIONS
1. From run jump to long hang swing forward, swing backward.	1.0 (0.5) (0.5)	• Usual Errors 0.1-0.3
2. Swing forward and swing backward to under arm position	1.5 (0.5) (1.0)	• Bent legs in uprise 0.1-0.3
3. Swing forward to inverted pike position, hips above the bar 2 sec hold	1.3 (0.3) (1.2)	• Hips below bar 0.1-0.3 • Bent legs 0.1-0.3 • Insufficient hold 0.1-0.3
4. Extend body up and forward and swing back to uprise to front support	1.5 (0.5) (1.0)	• Usual Errors 0.1-0.3
5. Swing forward to L sit 2 sec	1.0	• Usual Errors 0.1-0.3 • Insufficient hold 0.1-0.3
6. Lift legs up to momentary V sit (90°) and extend hips forward to backward swing. **********V sit below 90° will be valued at 0.6. Must be held long enough to have demonstrated control of the element.*	1.5 (1.2)** (0.3)	• Legs between 45° and 90° 0.1-0.3 • Bent arms 0.1-0.3 • Bent knees 0.1-0.3
7. Swing forward swing backward to momentary handstand and swing forward to stutz dismount (1/2 turn over one bar – either side) with hips above horizontal	2.0 (0.3) (1.0) (0.7) **Total 10.0**	• HS below 45° 0.5 • HS Between 45°-90° 0.1-0.3 • Hips below horizontal 0.5

CLASS 2–Participation Stream (10+) or High Performance Stream (10-11)–HORIZONTAL BAR



CLASS 2–Participation Stream(10+) or High Performance Stream (10-11)–HORIZONTAL BAR

DESCRIPTION	*VALUE*	*ERRORS & DEDUCTIONS*
1. From hang, slight arch and quickly bring toes to the bar and stretch forward to swing backward	0.7	• Body must reach >45°above the bar 0.1 – 0.3
2. Back uprise to support	2.0	• Feet below the bar 0.1 – 0.3
3. To immediate back hip circle to under swing cast extend body forward	1.8 **(1.0)** (0.4) (0.4)	• Body below 45° 0.1 –0.3 • Piked body 0.1 – 0.3 • Legs tucked 0.5
4. Swing backwards, swing forwards	1.0 (0.5) (0.5)	• Feet below bar in back 0.1 – 0.3 • Hips below bar in front 0.1 – 0.3
5. Swing backwards, swing forward with ½ and switch grip to both hands in overgrip (one hand at a time)	1.5 (0.5) (1.0)	• Feet below bar in back 0.1 – 0.3 • Hips below bar at end of ½ turn 0.1 – 0.3
6. Swing forward	-	
7. Kip to support	2.0	• Excessive bent arms 0.1 – 0.3 • Assistance on kip 0.5
8. Underswing to swing backward; swing forward with ½ turn to two hand mixed grip and drop off dismount	1.0 (0.5) (0.5) **Total 10.0**	• Usual deductions 0.1 – 0.3

Men's Competition Program

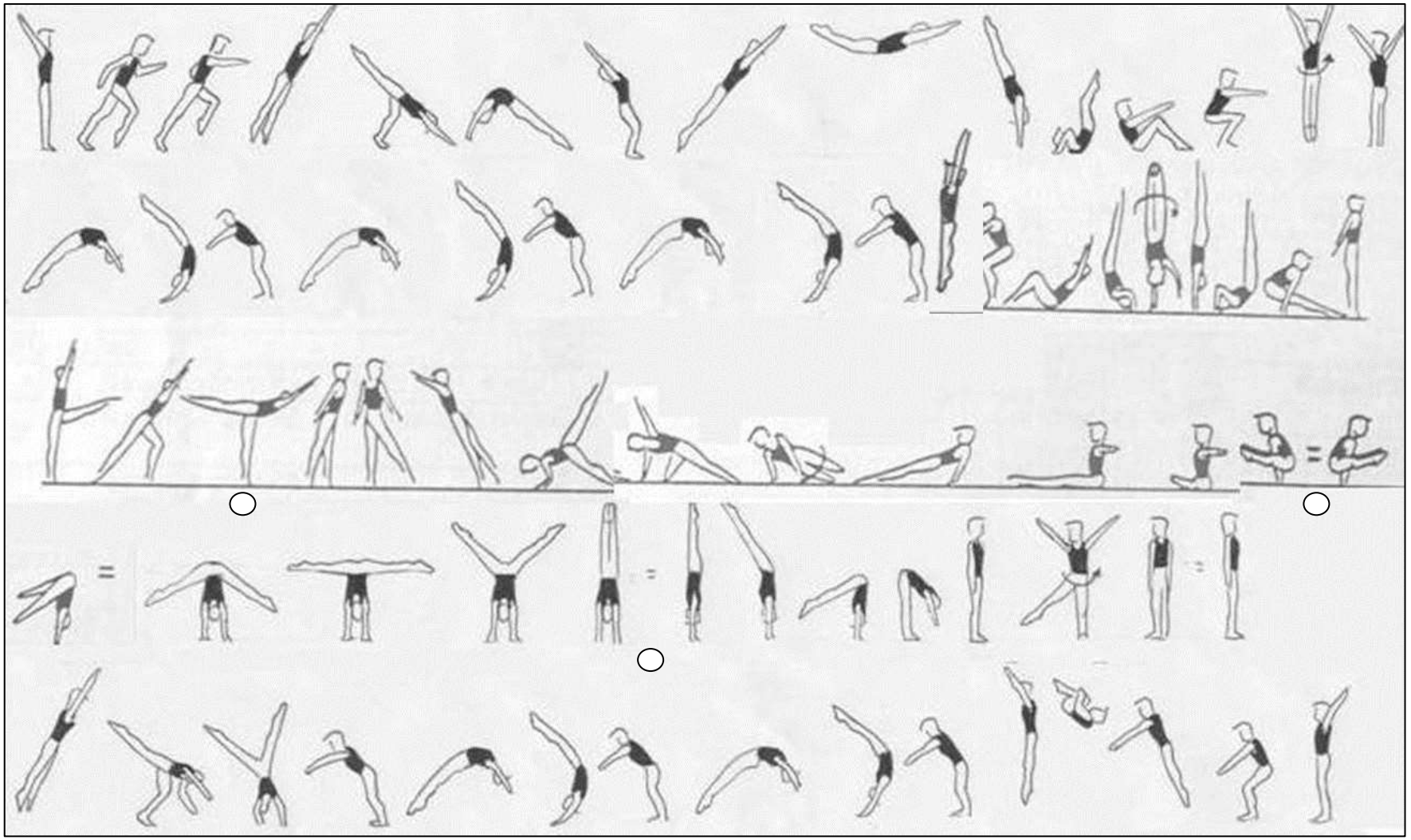
CLASS HP3

Compulsory Exercises

High Performance Stream – Age 12-13

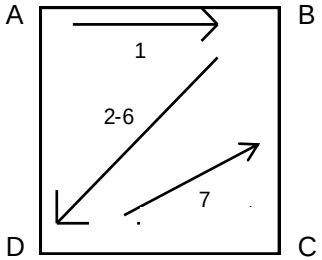
Avenue de la Gare 12, 1003 Lausanne, Switzerland
Tf: +41 21 321 55 10 – Fx: +41 21 321 55 19 – info@fig-gymnastics.org

CLASS HP3 – High Performance Stream (12-13) - FLOOR EXERCISE

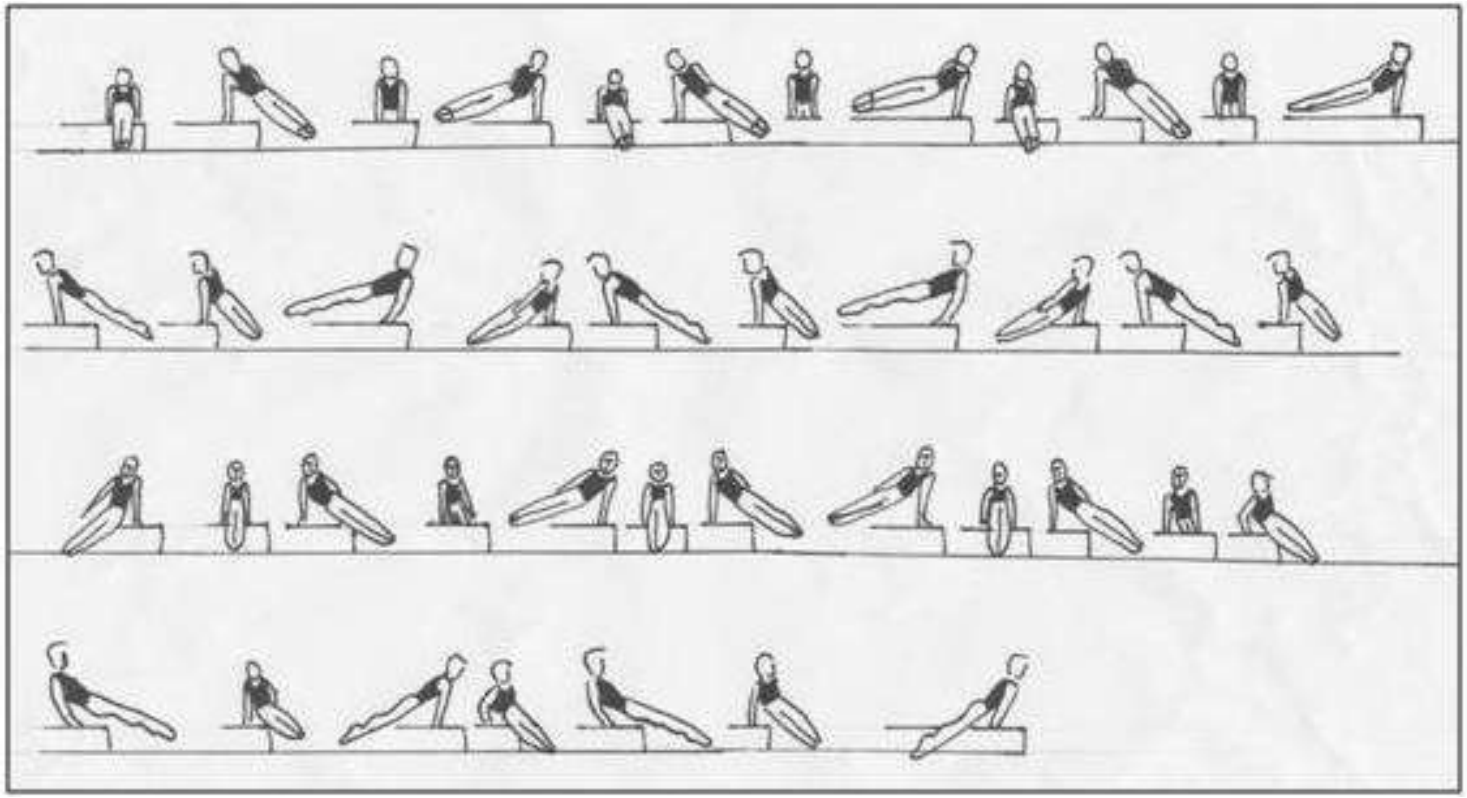


CLASS HP3 – High Performance Stream (12-13) - FLOOR EXERCISE

DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
1. Short run, hurdle and front handspring to 2 feet (A-B)	0.6	• complete extension on hurdle jump • extended arm trunk angle as hands touch floor • straight knees, extended body during handspring • land 2 legs together, body arched backward, head and arms back	• lack of extension in hurdle • arm-trunk angle as hands touch floor • bent knees or body position errors during handspring • poor position on landing	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 each 0.1 - 0.3
2. Dive roll followed immediately by stretched jump with 45º turn (A-B)	(0.6) 0.8 (0.2)	• slightly arched in air • head height • contact with hands and controlled roll • maximum extension and amplitude on jump	• piked or tucked in air • low dive • lack of control during roll • poor extension or amplitude on jump	0.3 - 0.5 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
3. Immediate 3 back handsprings (B-D) and controlled vertical jump, then	(0.6) (0.6) 1.8 (0.6)	• complete leg extension on each back handspring • straight legs during snap down with feet landing forward of the body on each back handspring • the sequence must show good rhythm and acceleration	• lack of leg extension • inadequate snap down or poor body position during or after • lack of rhythm or acceleration	0.1 - 0.3 each 0.1 - 0.3 each 0.1 - 0.3
4. Back extension ½ turn, straight leg forward roll (B-D)	(0.5) 0.8 (0.3)	• straight arms on extension • ½ turn in one step • ½ turn ends in handstand • forward roll with straight legs	• bent arms during extension • extra steps during pirouette • not ending in handstand • bent legs in forward roll	0.1 - 0.3 0.1 each 0.1 - 0.3 0.3 (no value)
5. Step forward to front scale (2 sec.) (B-D)	0.3	• kick forward with straight legs with toe at least head height, arms overhead • shoulders and feet at same height and significantly above hips	• poor form or amplitude on kick forward • shoulders and feet too low or not at same height	0.1 - 0.3 0.1 - 0.3 each
6. Kick forward with free leg to 180º turn to Swedish fall, feint to 180º double leg circle to rear support	(0.2) 0.6 (0.4)	• kick forward with straight leg with toe at least head height, arms overhead • ½ turn is part of conclusion of kick forward • Swedish fall with chest close to floor and free leg above 45º • ½ double leg circle with extension and free of floor • rear support with extended arms and body, head up	• poor form or amplitude on kick forward • poor rhythm during turn • poor position or low leg during Swedish fall • lack of extension on ½ circle • touching or hitting floor during ½ circle • poor position in rear support	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 each 0.1 - 0.3 0.3 - 0.5 0.1 - 0.3

DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
7. Lower to sit with arms horizontal and sidewards, separate legs to straddle sit, lower arms and lift to straddle L-sit (2 sec.)	(0.2) (0.2) 0.7 (0.3)	• straddle L-sit with straight arms and legs at elbow height	• poor position of body or arms in sit or straddle sit • low straddle L-sit • bent arms or legs resting on arms	0.1 - 0.3 each 0.1 - 0.3 0.3 - 0.5
8. Press straight arms to handstand (2 sec.), and stoop down	(0.8) 1.0 (0.2)	• press should be continuous and with straight arms	• bent arms during press • bent knees on stoop down	0.3 - 0.5 0.1 - 0.3
9. Stand up and kick turn with 45º, power hurdle, round off, 2 back handsprings, salto backward tucked (D-C)  (If facilities are insufficient, this routine can be performed back and forth on single straight mat or diagonal.)	(0.2) (0.4) (0.6) (0.6) (0.6) 3.4 (1.0) **Total 10.0**	• kick forward with straight leg with toe at least head height, arms overhead • complete extension on hurdle jump • snap down from round off with straight legs and feet landing forward of the body • complete leg extension on each back handspring • straight legs during snap down with feet landing forward of the body on the first back handspring • show complete extension in air prior to tuck • tight tuck with legs together • kick out above horizontal at conclusion of salto	• poor form or amplitude on kick turn • lack of extension in hurdle • inadequate snap down or poor body position during round off • lack of leg extension • inadequate snap down or poor body position during or after • incomplete extension prior to tuck • incomplete tuck or legs apart • inadequate kick out ***General Deductions*** 1. lack of amplitude on tumbling skills 2. lack of rhythm during connections	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 each 0.1 - 0.3 each 0.1 - 0.3 each 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3

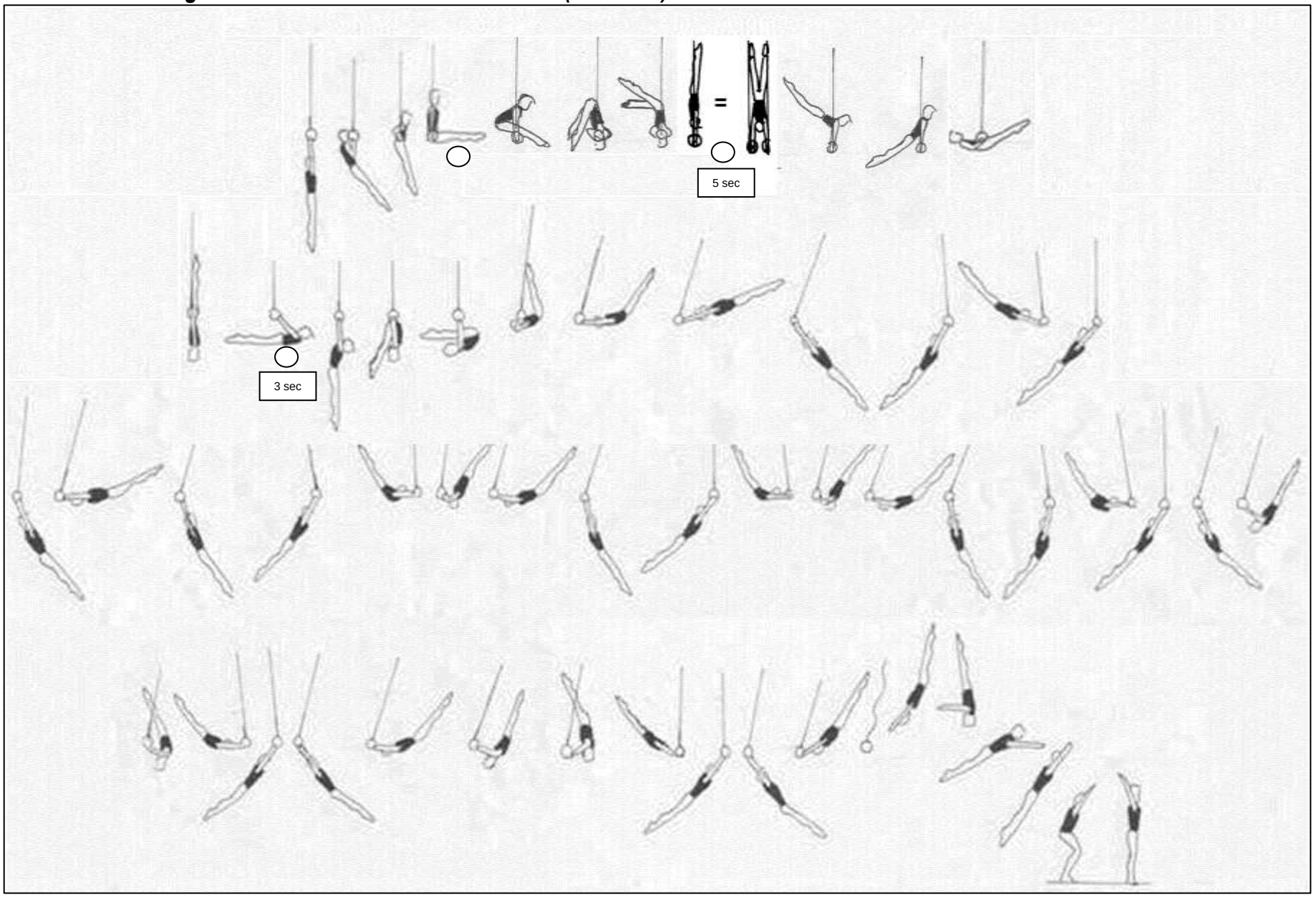
CLASS HP3 – High Performance Stream (12-13) - POMMEL HORSE (at floor level)



CLASS HP3 – High Performance Stream (12-13) - POMMEL HORSE (at floor level)

DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
Description is for counter clockwise circles				
1. From stand on right side of horse, jump to 2 circles	(0.8) 1.6 (0.8)	• each circle throughout the routine must be performed with complete hip extension	• standing or starting with legs apart	0.1
2. On 3rd circle, 90º turn to left followed by 2 loops	(1.0) (0.9) 2.8 (0.9)	• the legs must be straight and together • each circle must be square to the horse	• not square to horse during circles or loops • incomplete extension during circles	0.1 - 0.3 each time 0.1 - 0.3 each time
3. On 3rd loop, 90º turn to left followed by 2 circles	(1.0) (0.8) 2.6 (0.8)	• each 90º turn must finish square to the horse	• legs bent or apart • 90º turns not finishing square to horse	0.1 - 0.3 each time 0.1 - 0.3 each time
4. On 3rd circle, kehre 90º to 1 downhill loop	(1.2) 2.2 (1.0)		• brushing or touching the horse	0.1 - 0.3 each time
5. On 2nd downhill loop, flank back (½ circle) to stop with feet on ground in front support position	0.8		• brushing or touching mat	0.1 - 0.3 each time
	Total 10.0		• lack of control at end of routine	0.3 - 0.5 each time 0.1 - 0.3

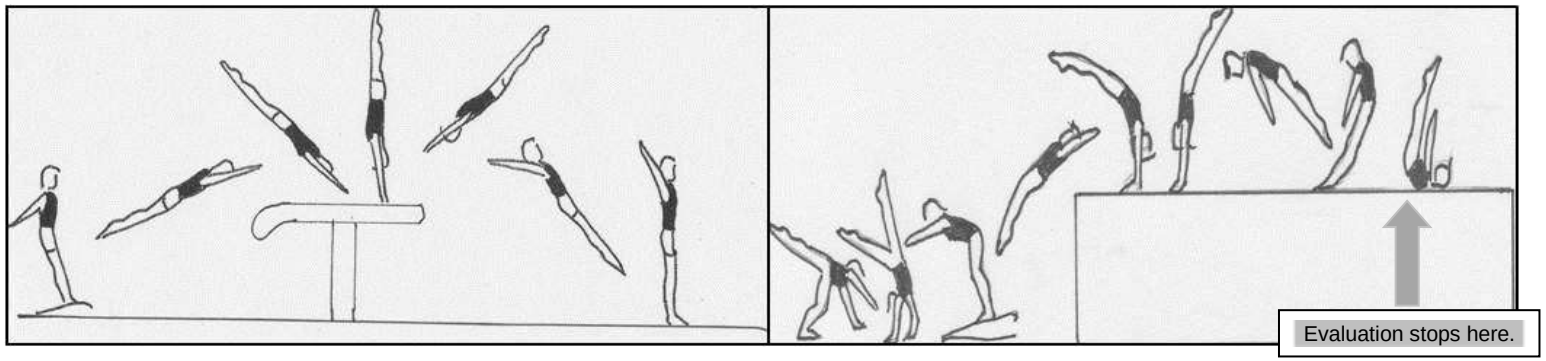
CLASS HP3 – High Performance Stream (12-13) – RINGS



CLASS HP3 – High Performance Stream (12-13) - RINGS

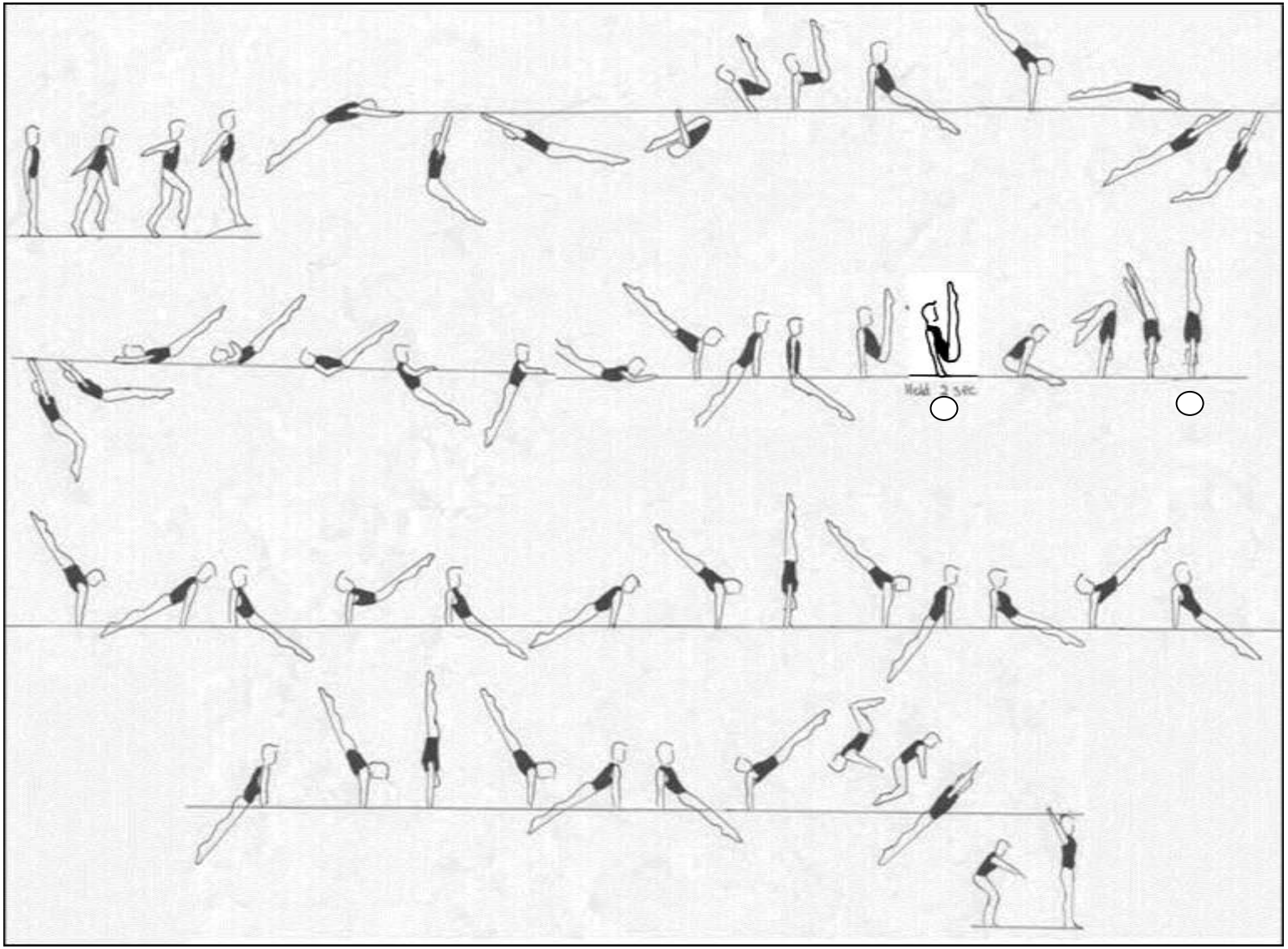
DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
1. From still hang, muscle up to L-sit (2 sec.)	(0.4) 0.8 (0.4)	• muscle up one continuous action • L-sit with legs horizontal and hands turned out at least parallel	• kick or swing into muscle up • lack of continuity • hands turned in on L-sit	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
2. Press with piked/straddled and bent arms to handstand with feet resting on cables (5 sec)	1.0			
3. Lower through support with control (slow smooth movement) and rotate backward to momentary straight body inverted hang (body stretched), then lower straight body to back lever (3 sec.)	1.2 (0.2) (1.0)	• lever horizontal and head in line with body	• wrong position of lever • excessive pike or arch	0.1 - 0.3 0.1 - 0.3
4. Lower slowly to skin the cat and pull out piked through piked inverted hang	(0.3) 0.6 (0.3)	• complete extension and straight body at bottom of skin the cat • pull out in one continuous action	• lack of extension • lack of continuity during pull out	0.1 - 0.3 0.1 - 0.3
5. Cast out forward to swing downward	0.2	• elevation of centre of gravity on cast out	• lack of amplitude	0.1 - 0.3
6. Swing backward, swing forward	(0.4) 0.8 (0.4)	• each swing at minimum ring height with shoulders	• swings below ring height	0.1 - 0.3 each
7. On back swing perform 2 inlocates and swing backward	(1.0) (1.0) 2.4 (0.4)	• inlocates with straight body • no stop in inverted hang • back swing with shoulder at least at ring height	• bent body on inlocates • stop in inverted hang • swing below ring height	0.1 - 0.3 each 0.1 - 0.3 0.1 - 0.3
8. On forward swing perform 2 dislocates	(1.0) 2.0 (1.0)	• straight body dislocates • shoulders at minimum ring height	• bent body on dislocates • shoulders below ring height	0.1 - 0.3 0.1 - 0.3
9. Salto backward stretched	1.0 **Total 10.0**	• shoulders at least at ring height when upside down • release in front of the cables • straight body throughout	• shoulders below rings • late release (past cables) • excessive pike at any time during dismount	0.1 - 0.3 0.1 - 0.3 0.3 - 0.5

CLASS HP3 – High Performance Stream (12-13) – VAULT *(Both vaults required)*



ERRORS	***DEDUCTION***	***ERRORS***	***DEDUCTION***
The gymnast must perform both vaults. The final vault score is the average of the scores of the two vaults.			
1. Handspring vault Table set at 110 cm		2. Round off to vault board and back handspring onto soft mat and rotate onto back Soft mats 100 cm high or low table covered with soft mat.	
• Arms bent • Small pike in body • Large pike in body • Excessive Pike (90° or more) • Body tucked • Legs bent or part	0.1 – 0.3 0.1 - 0.3 0.5 1.0 5.0 0.1 – 0.5 **Total 10.0**	• Usual errors **Judging evaluation stops after contact with feet – the second last diagram. ** The safety collar must be used or score = 0-points	0.1 - 0.3 each **Total 10.0**
A 2nd attempt is permitted, but with 1.0 deduction. The vault score is the average of the two scores.			

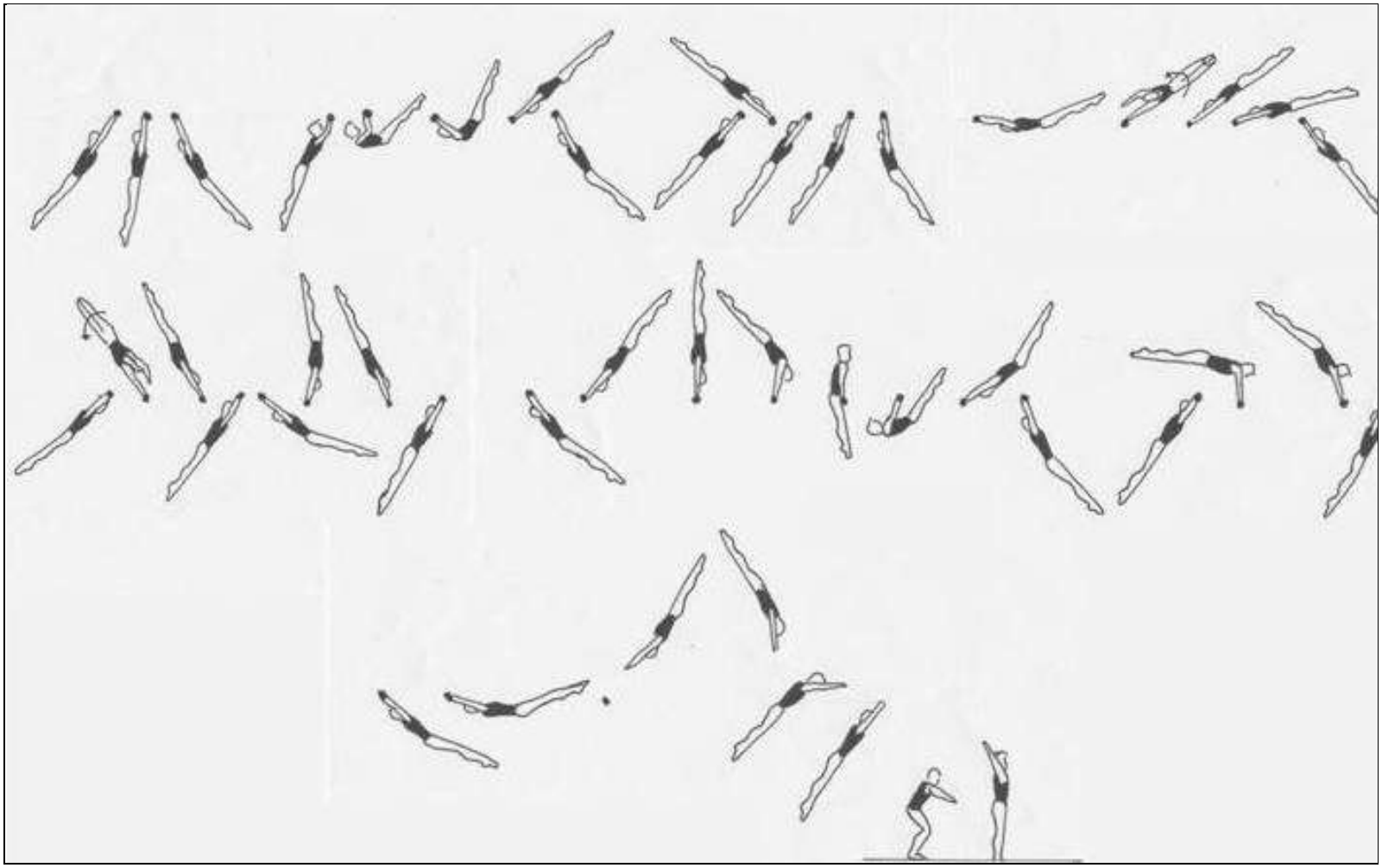
CLASS HP3 – High Performance Stream (12-13) - PARALLEL BARS



CLASS HP3 – High Performance Stream (12-13) - PARALLEL BARS

DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
1. From a short run, jump to glide kip to support	(0.2) 1.2 (1.0)	• the jump should be extended with hips at bar height	• lack of stretch or height on jump	0.1 - 0.3 each
		• arms straight during kip	• bent arms	0.1 - 0.3
		• hips at least at elbow height at conclusion of kip	• hips below elbows	0.1 - 0.3
2. Swing back to above 45º and layaway to long hang swing to upper arm support (baby Moy)	(0.6) 1.8 (1.2)	• the back swing must be above horizontal	• back swing below horizontal	0.1 - 0.3
		• layaway with straight arm-trunk angle and delayed leg bend (if necessary)	• legs bent early or unnecessarily	0.1 - 0.3
		• upper arm support with body and legs at least 45º above horizontal	• upper arm support below 45º	0.1 - 0.3
3. Swing backwards to back uprise above horizontal	1.0	• back uprise above horizontal	• body below horizontal	0.1 - 0.3
		• arms straight at the end of the back swing	• arms bent at end of back swing	0.1 - 0.3
4. Swing forward to V-sit (2 sec.)	1.2	• V-sit with legs vertical	• legs between vertical and 45°	0.1 - 0.3
			• legs between 45° and L-sit	0.3 - 1.0
5. Press with straight arms, bent body and straddled legs to handstand (2 sec.)	1.0	• continuous smooth press	• lack of rhythm/continuity	0.1 - 0.3
		• no excessive advance of shoulders	• shoulder advance	0.1 - 0.3
		• straight arms throughout	• bent arms	0.3 - 0.5
6. Swing forward Swing backward to momentary handstand Swing forward Swing backward to momentary handstand	(0.5) (0.8) (0.5) 2.6 (0.8)	• the end of the forward swing should be slightly "dished with hips above head height	• incorrect body position on front swings	0.1 - 0.3 each
			• hips below head height on front swings	0.1 - 0.3 each
		• the back swing should maintain a hollow position with the back "leading" the swing	• arched body or heels "leading" in back swings	0.1 - 0.3 each
			• lack of amplitude on back swings (below handstand)	0.1 - 0.3 each
		• a fully extended handstand position should be reached at the end of each back swing	• poor handstand position	0.1 - 0.3 each
7. Swing forward and salto backward tucked dismount	1.2	• the head should stay forward and the shoulders above the hands at release	• head back or lean back for salto	0.1 - 0.3
		• the centre of gravity must rise	• no rise in centre of gravity	0.1 - 0.3
		• the tuck position must be completely tucked with legs together	• poor position of tuck or legs apart	0.1 - 0.3 each
		• the kick out should be before horizontal	• kick out later than horizontal	0.1 - 0.3
		• no regrasp of bar after landing	• regrasp bar during or after landing	0.3
	Total 10.0			

CLASS HP3 – High Performance Stream (12-13) - HORIZONTAL BAR



CLASS HP3 – High Performance Stream (12-13) - HORIZONTAL BAR

DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
1. From a small swing cast out above 45º to backward swing	(0.7) 1.2 (0.5)	• the cast may be performed with bent arm "chin-up" style or with straight arm "beat swing" style • hips must be above bar on cast out • the back swing must end in hollow body position above horizontal	• hips below 45º on cast out • poor position at end of back swing • back swing below horizontal	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
2. Swing forward with ½ turn to end with both hands in overgrip (one hand at a time)	1.5	• the turn must be performed with 1 hand at a time • the end position must be in hollow body position above 45º	• poor body position at end of ½ turn • final position below 45º	0.1 - 0.3 0.1 - 0.3
3. Swing forward with ½ turn to end with both hands in overgrip (one hand at a time)	1.5	• the turn must be performed with 1 hand at a time • the end position must be in hollow body position above 45º	• poor body position at end of ½ turn • final position below 45º	0.1 - 0.3 0.1 - 0.3
4. Overgrip giant	1.5	• the giant must be achieved with minimal piking of the body or arm-trunk angle • the final position must pass through a completely extended handstand	• excessive pike or shoulder angle • arch or bent knees • bent arms • not passing through handstand • poor handstand position	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
5. Overgrip giant	1.5	• the giant must be achieved with minimal piking of the body or arm-trunk angle • the final position must pass through a completely extended handstand	• excessive pike or shoulder angle • arch or bent knees • bent arms • not passing through handstand • poor handstand position	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
6. Lower through support to underswing	0.5	• the lower down should be controlled and with straight body • the underswing must be done with straight arms • the whole body must be above the bar at the conclusion of the underswing	• lack of control on lower down • bent arms on lower down or underswing • body below bar	0.1 - 0.3 0.1 - 0.3 each 0.1 - 0.3
7. Back swing	0.5	• the back swing must end in a hollow position at least 45º above horizontal	• poor position at end of back swing • back swing below 45º	0.1 - 0.3 0.1 - 0.3
8. Swing forward to salto backward stretched	1.8 **Total 10.0**	• the flyaway must be in a slightly hollow body position throughout • the whole body must be above the bar	• excessive pike or arch • below bar height • tuck or pike position	0.1 - 0.3 0.1 - 0.3 1.8 (no value)

Men's Competition Program

CLASS HP4

Compulsory Exercises

High Performance Stream – Age 14-15

Avenue de la Gare 12, 1003 Lausanne, Switzerland
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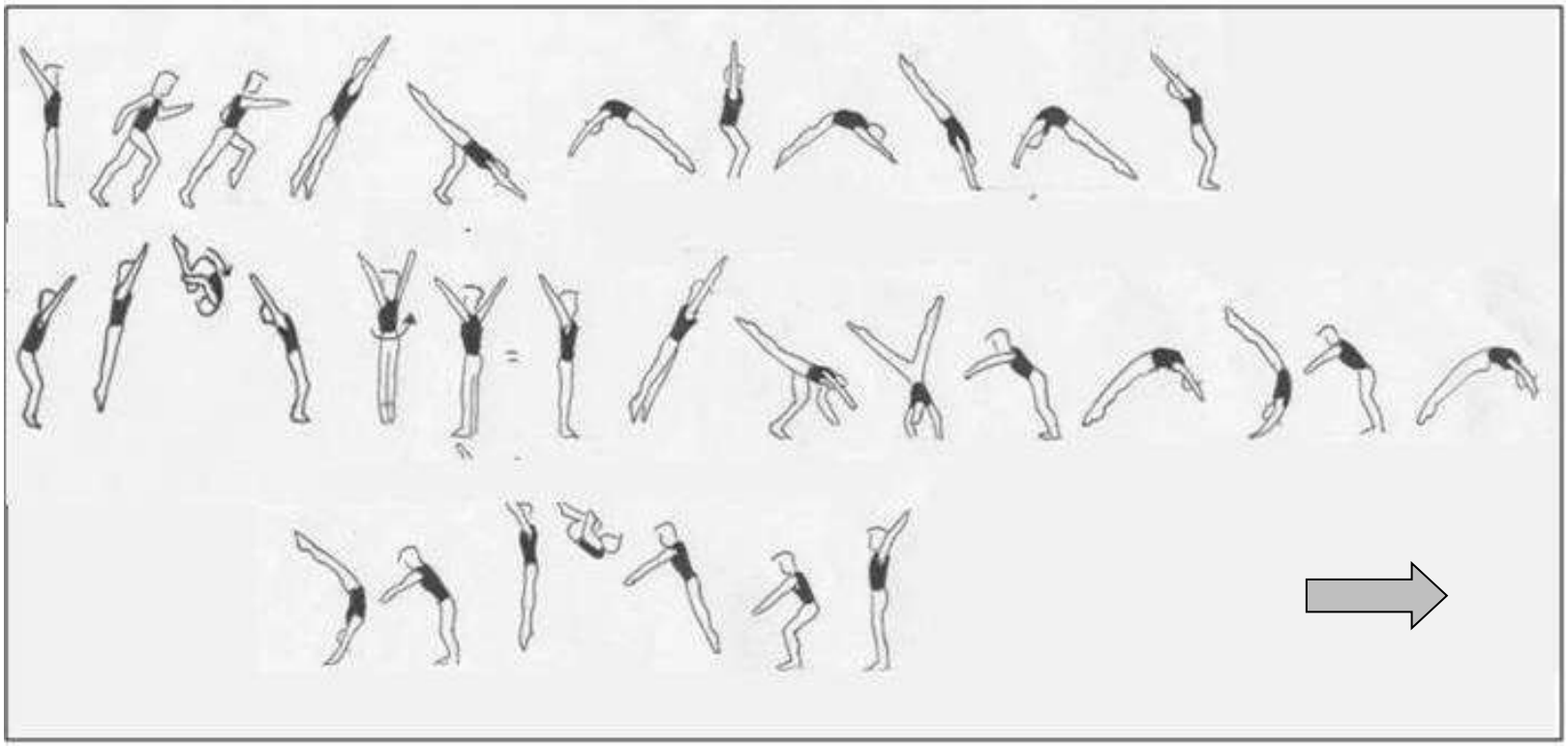
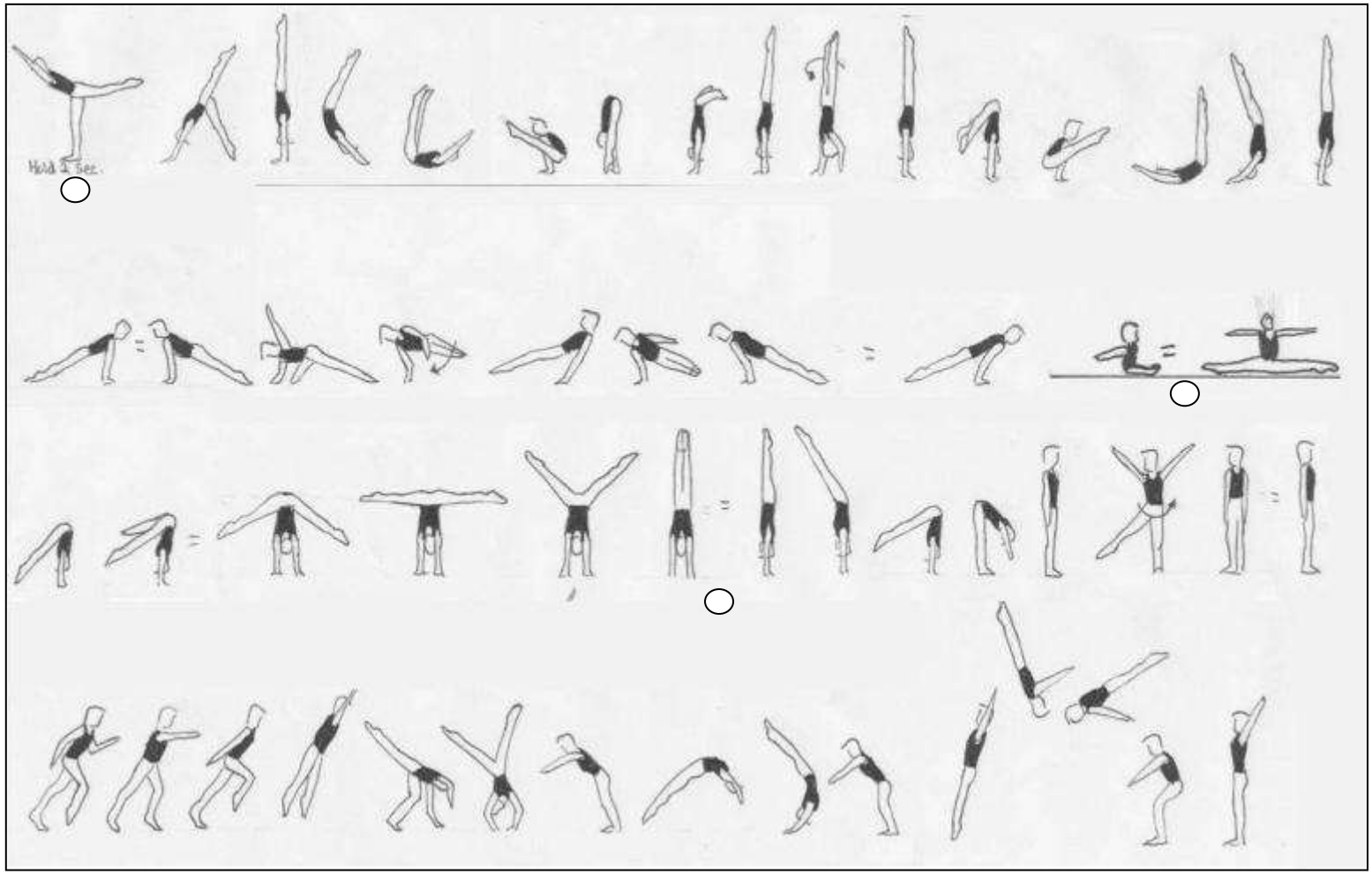
CLASS HP4 – High Performance Stream (14-15) - FLOOR EXERCISE



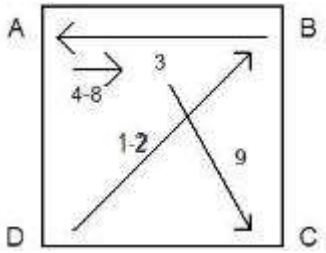
CLASS HP4 – High Performance Stream (14-15) - FLOOR EXERCISE

DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
1. Short run, hurdle and front handspring to 2 feet (D-B)	0.8	• complete extension on hurdle jump • extended arm trunk angle as hands touch floor • straight knees, extended body during handspring • land 2 legs together, body arched backward, head and arms back	• lack of extension hurdle • arm-trunk angle as hands touch floor • bent knees or body position errors during handspring • poor position on landing	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 each 0.1 - 0.3
2. Flyspring (D-B)	0.8	• dive onto 2 hands with slight pike until hand contact, then feet accelerate to arch and shoulders extend completely • straight knees, extended body during handspring • land 2 legs together, body arched backward, head and arms back	• bend or pike down to floor • bent arms • bent knees or body position errors during handspring • poor position on landing	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 each 0.1 - 0.3
3. Salto forward tucked followed immediately by stretched jump with 45º turn (D-B)	(0.8) 1.0 (0.2)	• usual expectations • maximum extension and amplitude on jump	• usual errors • poor extension or amplitude on jump	0.1 - 0.3 0.1 - 0.3
4. Immediate power hurdle, round off, 2 back handsprings, salto backward tucked (B-A)	(0.2) (0.5) (0.5) 1.7 (0.5)	• complete extension on hurdle jump • snap down from round off with straight legs and feet landing forward of the body • complete leg extension on each back handspring • straight legs during snap down with feet landing forward of the body on the first back handspring • show complete extension in air prior to tuck • tight tuck with legs together • kick out above horizontal at conclusion of salto	• lack of extension in hurdle • inadequate snap down or poor body position during round off • lack of leg extension • inadequate snap down or poor body position during or after • incomplete extension prior to tuck • incomplete tuck or legs apart • inadequate kick out	0.1 - 0.3 0.1 - 0.3 each 0.1 - 0.3 each 0.1 - 0.3 each 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
5. Lean forward to front scale (2 sec.)	0.3	• shoulders and feet at same height and significantly above hips	• shoulders and feet too low or not at same height • insufficient hold	0.1 - 0.3 each 0.1 - 0.3
6. Reach hands to floor, kick to momentary handstand, forward straddle roll (Endo roll) to momentary handstand (A-B)	0.7	• reach to floor without dropping leg • complete extension in handstand • contact floor with hands between legs but legs about 45º above floor • continuous roll to extended handstand position	• lower or dip leg • poor or incomplete handstand position • contact floor too late • roll to handstand not continuous • feet touch or hit floor • bent arms • poor handstand position	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.3 - 0.5 0.3 - 0.5 0.1 - 0.3

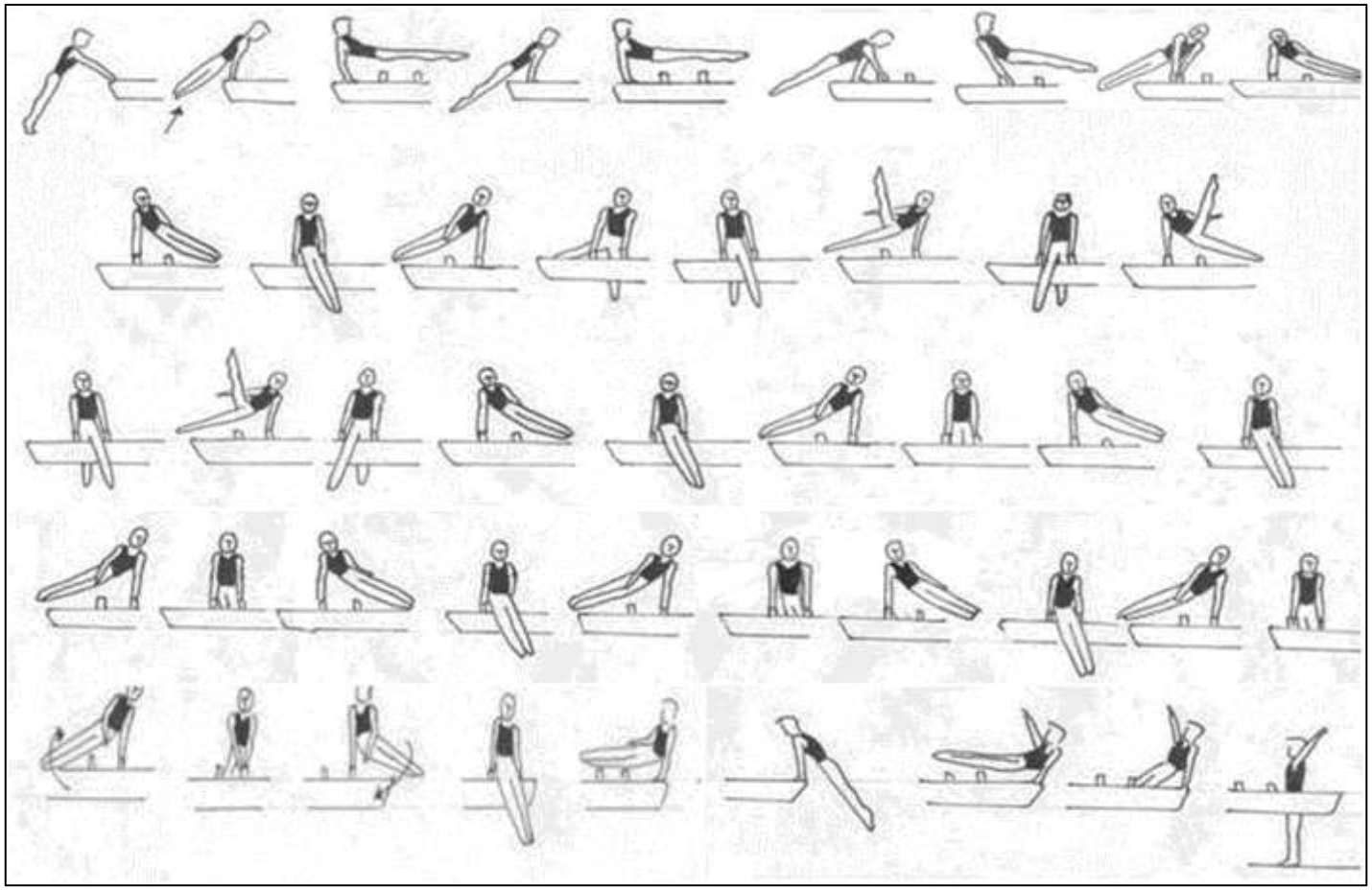
CLASS HP4 – High Performance Stream (14-15)- FLOOR EXERCISE CONT'D



CLASS HP4 – High Performance Stream (14-15)- FLOOR EXERCISE CONT'D

DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
7. Pirouette, lower through straddle L-sit to back extension lower to front support	(0.2) (0.5) 0.9 (0.2)	• pirouette in 2 steps and a complete 180º turn • controlled lower down through high straddle L-sit • straight arm back extension through extended handstand position • controlled lower down to front support-toes extended, body straight	• extra steps • incomplete or excessive turn • lack of control on lower down or straddle L-sit position too low • bent arms or legs • poor handstand position • lack of control in lower down or poor front support position	0.1 each 0.1 - 0.3 0.1 - 0.3 each 0.1 - 0.3 each 0.1 - 0.3 0.1 - 0.3 each
8. Feint to 360º double leg circle to front support	0.5	• double leg circle with complete extension and free of floor	• lack of extension in circle • touching or hitting floor during circle • incomplete circle • poor position in front support	0.1 - 0.3 0.3 - 0.5 0.1 - 0.3 0.1 - 0.3
9. Slide legs forward to side split (2 sec)	0.6	• 180° split position	• usual errors • insufficient hold	0.1 - 0.3 0.1-0.3
10. Press straight arms straddled to handstand (2 sec.), and stoop down	(0.5) 0.7 (0.2)	• press should be continuous and with straight arms	• bent arms during press • bent knees on stoop down	0.3 - 0.5 0.1 - 0.3
11. Kick turn (about 65º) towards corner short run, hurdle, round off, back handspring, salto backward stretched  	(0.2) (0.3) (0.5) 2.0 (1.0) **Total 10.0**	• kick forward with straight leg with toe at least head height, arms overhead • complete extension on hurdle jump • snap down from round off with straight legs and feet landing forward of the body • complete leg extension on the back handspring • straight legs during snap down with feet landing forward of the body on the back handspring • back layout in straight or slightly hollow position throughout	• poor form or amplitude on kick turn • lack of extension in hurdle • inadequate snap down or poor body position during round off • lack of leg extension • inadequate snap down or poor body position during or after • excessive pike or arch during salto • tuck or pike salto ***General Deductions*** 1. lack of amplitude on tumbling skills 2. lack of rhythm during connection	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 each 0.1 - 0.3 each 0.2 0.1 - 0.3 each 0.1 - 0.3 1.0 (no value) 0.1 - 0.3 0.1 - 0.3

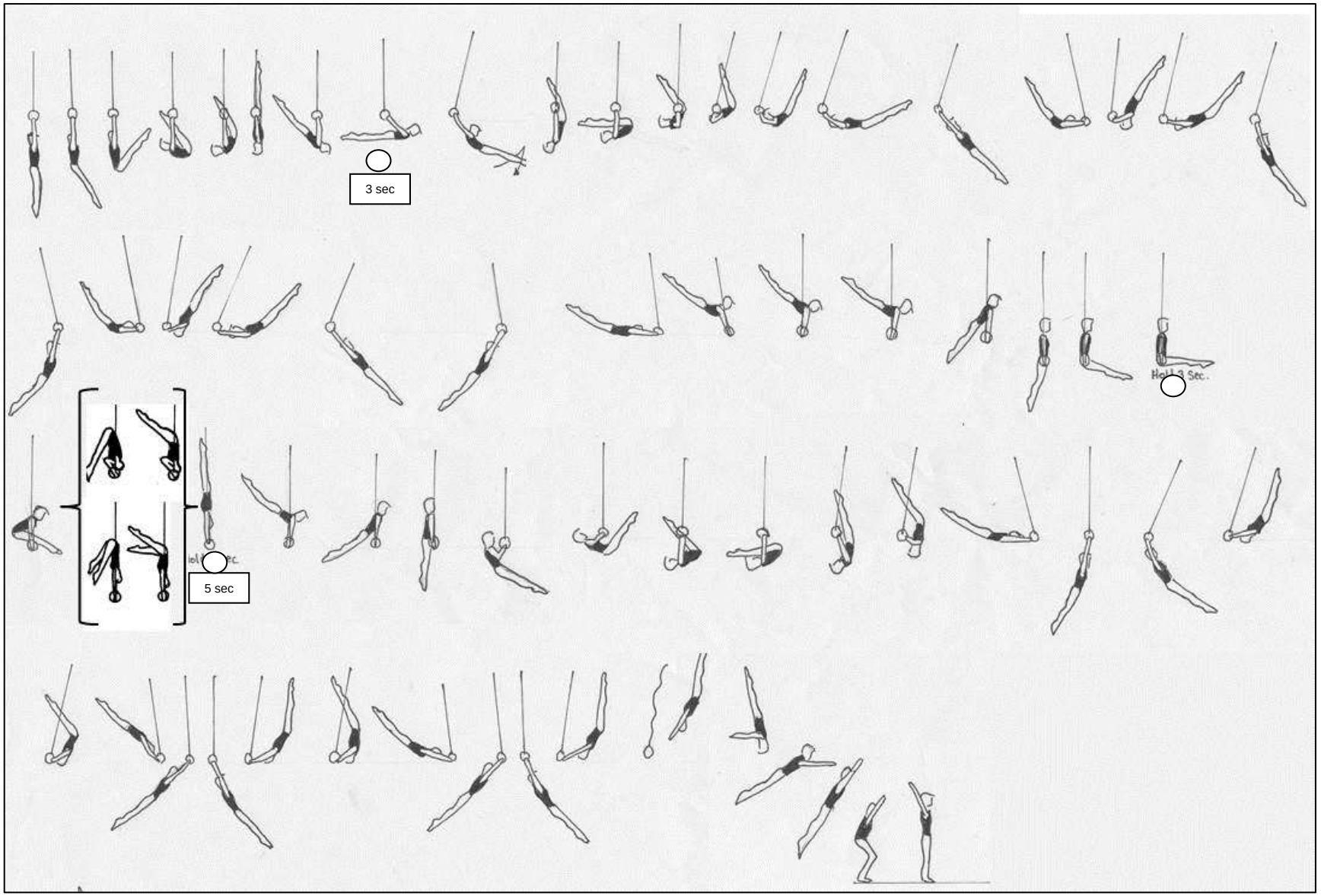
CLASS HP4 – High Performance Stream (14-15) - POMMEL HORSE



CLASS HP4 – High Performance Stream (14-15) - POMMEL HORSE

DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
1. From stand at end of horse, perform 2 circles in cross support (loops)	(0.8) 1.6 (0.8)	• each loop must be performed with complete hip extension • the legs must be straight and together • each loop must be square to the horse	• standing or starting with legs apart • legs bent or apart • incomplete extension during loops • not square to horse	0.1 0.1 - 0.3 each 0.1 - 0.3 each 0.1 - 0.3 each
2. On 3rd loop step with right hand onto pommel and perform a Direct Stcokli B to side support on both pommels, ½ circle to front support	1.6 (1.2) (0.4)		• lack of amplitude • usual errors	0.1 - 0.3 0.1 - 0.3
3. Left leg forward to front scissor right	0.6	• on the leg forward and the scissor the lower hip must be above elbow height of the support arm • the legs should be at least 90º apart • the upper leg should not pike forward	• lower hip not at height of support elbow • legs less than 90º apart • piking forward with upper leg	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
4. Front scissor left	0.6	• same as above	• lower hip not at height of support elbow • legs less than 90º apart • piking forward with upper leg	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
5. Front scissor right, left leg forward	0.6	• same as above	• lower hip not at height of support elbow • legs less than 90º apart • piking forward with upper leg	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
6. Front pick up to 3 double leg circles	(0.8) 2.4 (0.8) (0.8)	• each circle must be performed with complete hip extension • the legs must be straight and together	• incomplete extension • legs bent or apart	0.1 - 0.3 each 0.1 - 0.3 each
7. On 4th circle, travel sidewards	1.2	• the second hand should attain support as soon as the legs pass the end of the horse	• incomplete extension • legs bent or apart	0.1 - 0.3 0.1 - 0.3
8. During flank back, turn 90º to cross support and flank over (loop) dismount	1.4 **Total 10.0**	• the loop dismount may be performed stretched or with a high V-sit style, but in each case the hips must be above elbow height	• hips below elbow height • not landing adjacent to support arm • not landing in side stand beside the horse	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3

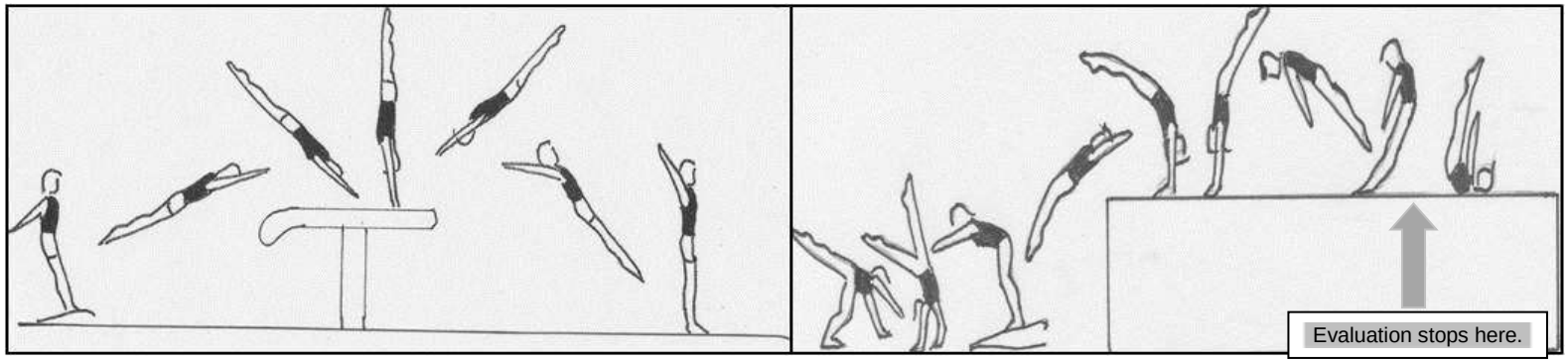
CLASS HP4 – High Performance Stream (14-15) – RINGS



CLASS HP4 – High Performance Stream (14-15) - RINGS

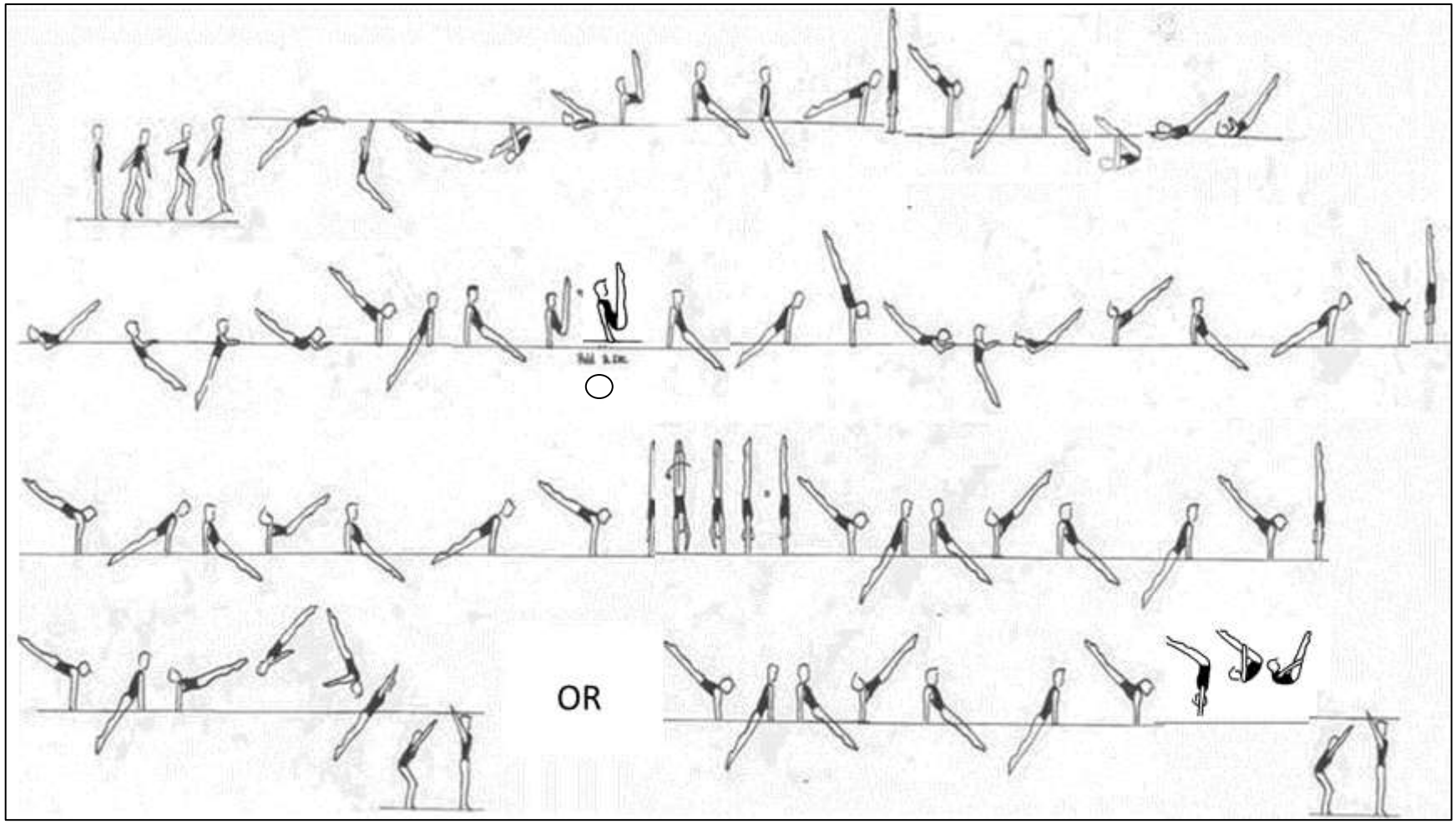
DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
1. From a still hang pull with straight arms + bent body to momentary inverted hang	0.6		• bent arms	0.1 - 0.3
2. Lower straight body to back lever (3 sec.)	1.0	• lever horizontal and head in line with body	• wrong position of lever • excessive pike or arch	0.1 - 0.3 0.1 - 0.3
3. Swing down to stretched skin the cat and swing back in piked position (or stretched) through momentary piked inverted hang	0.5		• lack of amplitude	0.1 - 0.3
4. Cast out forward to swing downward	0.3	• elevation of centre of gravity on cast out	• lack of amplitude	0.1 - 0.3
5. Two (2) inlocates	(0.8) 1.6 (0.8)	• inlocates with straight body • no stop in inverted hang • inlocates above ring height	• bent body on inlocates • stop in inverted hang • below ring height	0.1 - 0.3 each 0.1 - 0.3 0.1 - 0.3 each
6. Back uprise to L-support (3 sec.)	(1.0) 1.2 (0.2)	• the back uprise must end in support above horizontal • arms must be straight • rings turned out in L-sit	• below horizontal • bent arms • hands turned in L-sit	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
7. Press to handstand with bent arms, piked body legs together (5 sec) OR Straight arms with straddled legs (5 sec.)	1.2	• the press must be free of the ring straps • handstand with straight body and rings turned at least parallel	• resting on straps in press • arched handstand • rings turned in	0.3 - 0.5 0.1 - 0.3 0.1 - 0.3
8. Lower through support and rotate backward through piked inverted hang	0.4	• lower to support with straight arms and free of the straps	• resting on straps • bent arms • arched or piked on lower down	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
9. Immediate cast backward to dislocate	0.6	• elevation of centre of gravity	• lack of amplitude	0.1 - 0.3
10. Two (2) dislocates	(0.8) 1.6 (0.8)	• straight body dislocates • shoulders at minimum ring height	• bent body on dislocates • shoulders below ring height	0.1 - 0.3 0.1 - 0.3
11. Salto backward stretched dismount	1.0 **Total 10.0**	• shoulders at least at ring height when upside down • release in front of the cables • straight body throughout	• shoulders below rings • late release (past cables) • excessive pike at any time during dismount	0.1 - 0.3 0.1 - 0.3 0.3 - 0.5

CLASS HP4 – High Performance Stream (14-15) – VAULT *(Both vaults required)*



ERRORS	***DEDUCTION***	***ERRORS***	***DEDUCTION***
The gymnast must perform both vaults. The final vault score is the average of the scores of the two vaults.			
1. Handspring vault Table set at 125 cm		3. Round off to vault board and back handspring onto soft mat and rotate onto back Soft mats 120 cm high or low table covered with soft mats to 120cm.	
• Arms bent • Small pike in body • Large pike in body • Excessive Pike (90° or more) • Body tucked • Legs bent or part	0.1 – 0.3 0.1 - 0.3 0.5 1.0 5.0 0.1 – 0.5 **Total 10.0**	• Usual errors **Judging evaluation stops after contact with feet – the second last diagram. ** The safety collar must be used or score = 0-points	0.1 - 0.3 each **Total 10.0**
A 2nd attempt is permitted, but with 1.0 deduction. The vault score is the average of the two scores.			

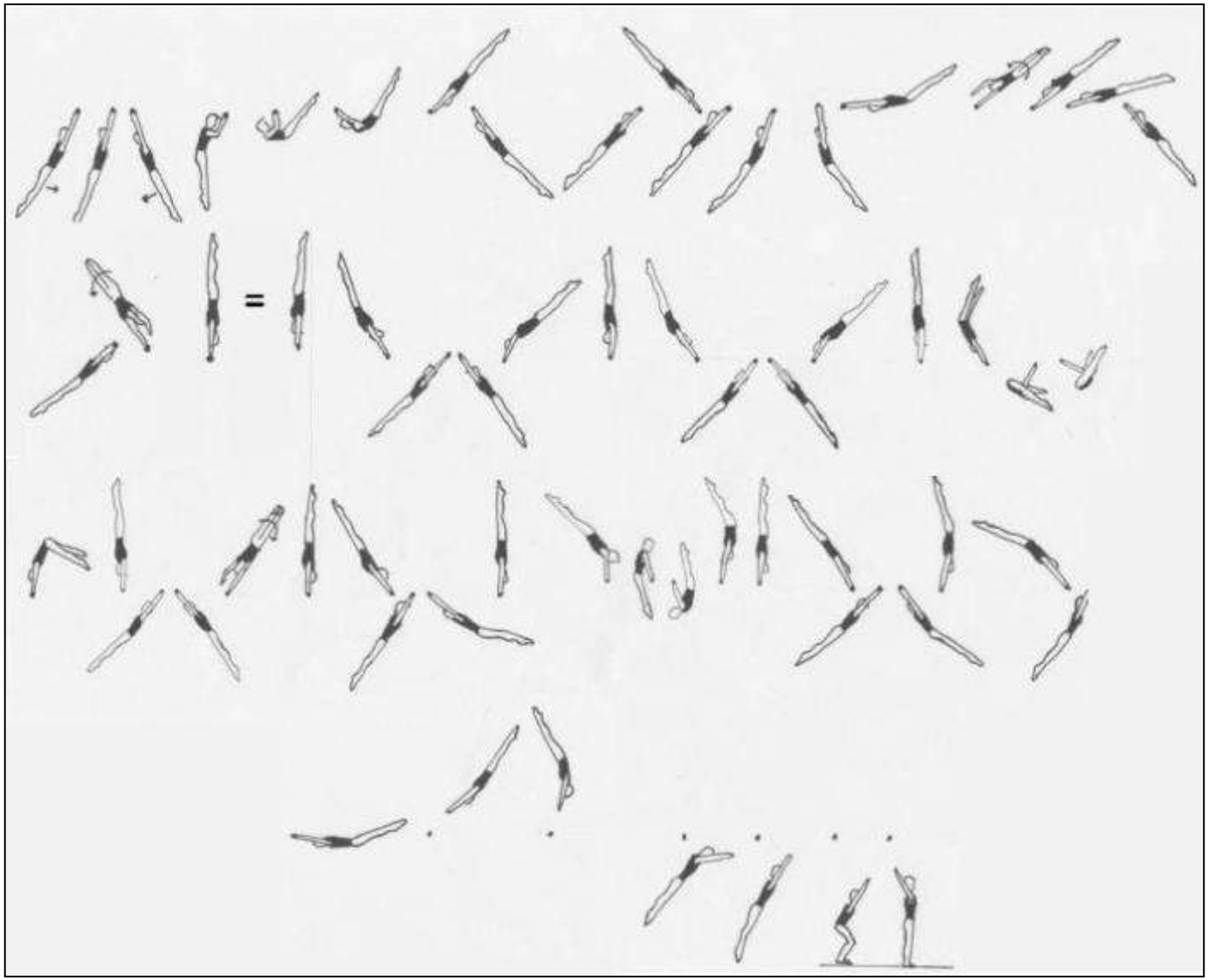
CLASS HP4 – High Performance Stream (14-15) - PARALLEL BARS



CLASS HP4 – High Performance Stream (14-15) - PARALLEL BARS

DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
1. From a short run, jump to glide kip to support	(0.2) 0.8 (0.6)	• the jump must be extended with hips at bar height • arms straight during kip • hips at least at elbow height at conclusion of kip	• lack of stretch or height on jump • bent arms • hips below elbows	0.1 - 0.3 each 0.1 - 0.3 0.1 - 0.3
2. Swing back to momentary handstand and swing down through support to underswing (cast) to upper arm support	(0.6) 1.4 (0.8)	• the back swing must be to handstand • upper arm support with body and legs at least 45º above horizontal	• back swing below handstand • upper arm support below 45º	0.1 - 0.5 0.1 - 0.3
3. Swing backwards to back uprise	1.0	• back uprise above 45º • arms straight at the end of the back swing	• body below 45º • arms bent at end of back swing	0.1 - 0.3 0.1 - 0.3
4. Swing forward to V-sit (2 sec.)	1.2	• V-sit with legs vertical	• legs between vertical and 45° • legs between 45° and L-sit	0.1 - 0.3 0.3 - 1.0
5. Swing backward and layaway to front uprise	(0.2) 1.2 (1.0)	• the back swing must be above 45º • the front uprise must end with hips above elbow height	• back swing below 45º • front uprise with hips below elbow • bent knees on kick	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
6. Swing backward to momentary handstand, swing forward	(0.4) 0.6 (0.2)	• the end of the forward swing should be slightly "dished" with hips above head height • the back swing should maintain a hollow position with the back "leading" the swing • a fully extended handstand position should be reached at the end of each back swing	• incorrect body position on front swings • hips below head height on front swings • arched body or heels "leading" in back swings • lack of amplitude on back swings (below handstand) • poor handstand position	0.1 - 0.3 each 0.1 - 0.3 each 0.1 - 0.3 each 0.1 - 0.3 each 0.1 - 0.3 each
7. Swing backward through momentary handstand and immediate forward pirouette to momentary handstand or swinging pirouette to momentary handstand	(0.4) 1.2 (0.8)	• the back swing must maintain a hollow position with the back "leading" the swing • the pirouette must be performed in fully extended handstand position • it must be fully completed in two steps	• arched body or heels "leading" on back swing • poor handstand position • arched during pirouette • extra hand steps	0.1 - 0.3 0.1 - 0.3 each time 0.1 - 0.3 0.1 each
8. Swing forward, swing backward to momentary handstand	(0.2) 0.6 (0.4)	• the end of the forward swing should be slightly "dished" with hips above head height • the back swing should maintain a hollow position with the back "leading" the swing • a fully extended handstand position should be reached at the end of each back swing	• incorrect body position on front swings • hips below head height on front swings • arched body or heels "leading" in back swings • lack of amplitude on back swings (below handstand) • poor handstand position	0.1 - 0.3 each 0.1 - 0.3 each 0.1 - 0.3 each 0.1 - 0.3 each 0.1 - 0.3 each
9. Salto backward stretched dismount OR Swing forward and backward to salto forward piked dismount	1.2 **Total 10.0**	• the centre of gravity must rise • the body must be in a slightly hollow position during back salto or completely piked during forward salto • no regrasp of bar during landing	• no rise in centre of gravity • incorrect straight or piked position • regrasp bar during or after landing • salto piked or tucked backward of tucked forward	0.1 - 0.3 0.1 - 0.3 0.3 1.2 (no value)

CLASS HP4 – High Performance Stream (14-15) - HORIZONTAL BAR



CLASS HP4 – High Performance Stream (14-15) - HORIZONTAL BAR

DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
1. From a small swing, cast out to a large back swing	(0.3) 0.6 (0.3)	• the cast may be performed with bent arm "chin-up" style or with straight arm "beat swing" style • hips must be above bar on cast out • back swing must end in hollow body position > 45º	• hips below bar on cast out • poor position at end of back swing • back swing below 45º	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
2. Swing forward with ½ turn to mixed grip, change hand to overgrip	0.4	• end position must be hollow body above 45º	• poor body position at end of ½ turn • final position below 45º	0.1 - 0.3 0.1 - 0.3
3. Swing forward, giant swing with direct ½ turn to undergrip	1.2	• usual errors	• excessive pike or arch • bent arms • not achieving extended handstand position	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
4. Two (2) undergrip giants	(0.6) 1.2 (0.6)	• the giants must be achieved with minimal piking of the body • arms straight throughout • each must reach an extended handstand position	• excessive pike or arch • bent arms • not achieving extended handstand position	0.1 - 0.3 each 0.1 - 0.3 0.1 - 0.3
5. Endo from handstand	1.4	• must be initiated from near handstand position • maximum flexion through bottom • continuous swing, straight arms	• Endo initiated before handstand • lack of continuity, rhythm • legs/feet toughing bar	0.1 - 0.3 0.1 - 0.3 0.3 - 0.5
6. Undergrip giant, ½ turn to overgrip	1.2	• the ½ turn must begin before completion of the giant and end in an extended handstand position	• late turn • poor handstand position	0.1 - 0.3 0.1 - 0.3
7. One (1) overgrip giant	0.6	• the giant must be achieved with minimal piking of the body or arm-trunk angle • the final position must pass through a completely extended handstand	• excessive pike or shoulder angle • bent arms • not passing through handstand • poor handstand position	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
8. Free hip circle to handstand	1.4	• end position in completely extended handstand position • straight arms	• not in handstand • poor handstand position • bent arms	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
9. One (1) overgrip giant	0.6	• the giant must be achieved with minimal piking of the body or arm-trunk angle • the final position must pass through a completely extended handstand	• excessive pike or shoulder angle • arch or bent knees • bent arms • not passing through handstand • poor handstand position	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
10. Salto backward stretched	1.4 **Total 10.0**	• the flyaway must be in a slightly hollow body position throughout • the whole body must be above the bar	• excessive pike or arch • below bar height • tuck or pike position	0.1 - 0.3 0.1 - 0.3 1.4 (no value)

Men's Competition Program

CLASS HP5

Compulsory Exercises

High Performance Stream – Age 16-17

Avenue de la Gare 12, 1003 Lausanne, Switzerland
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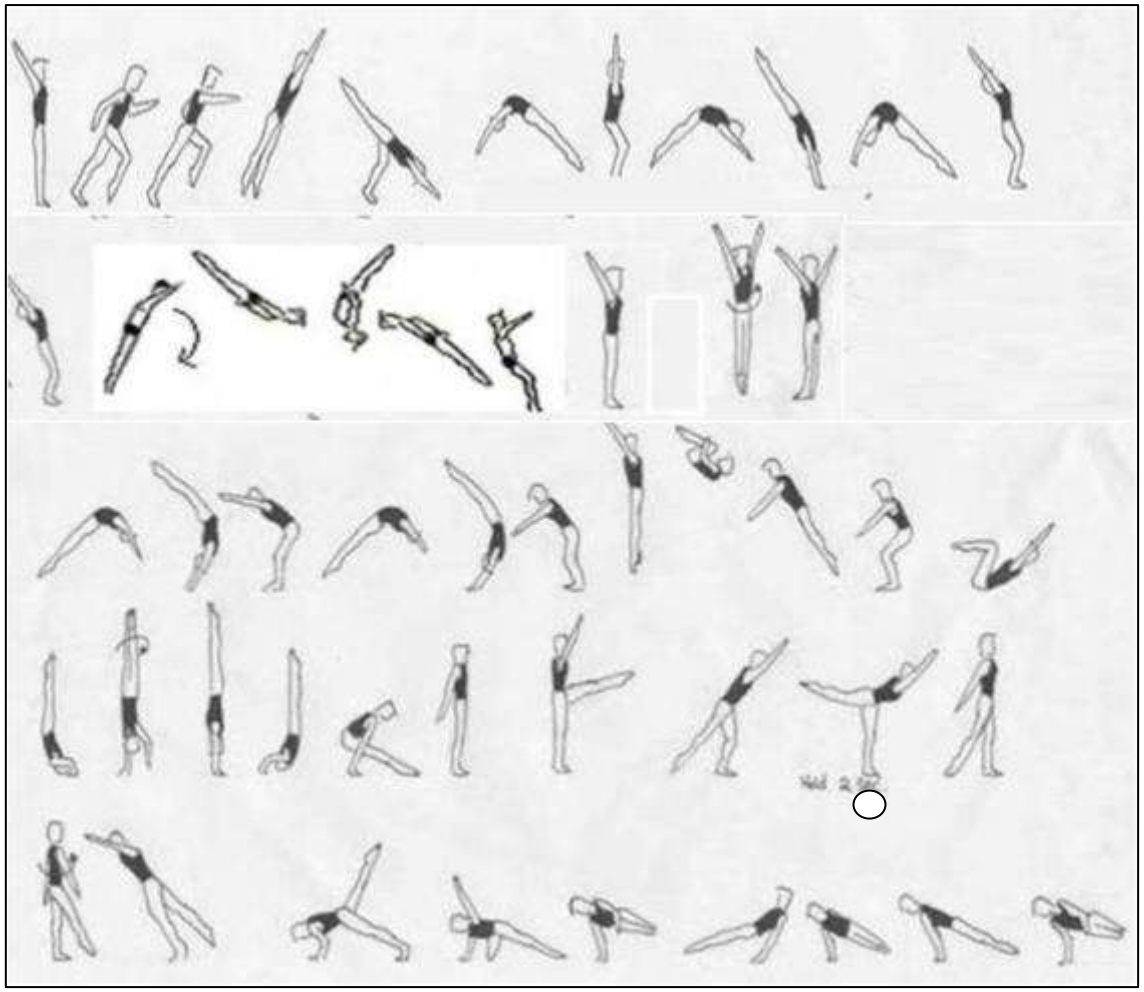
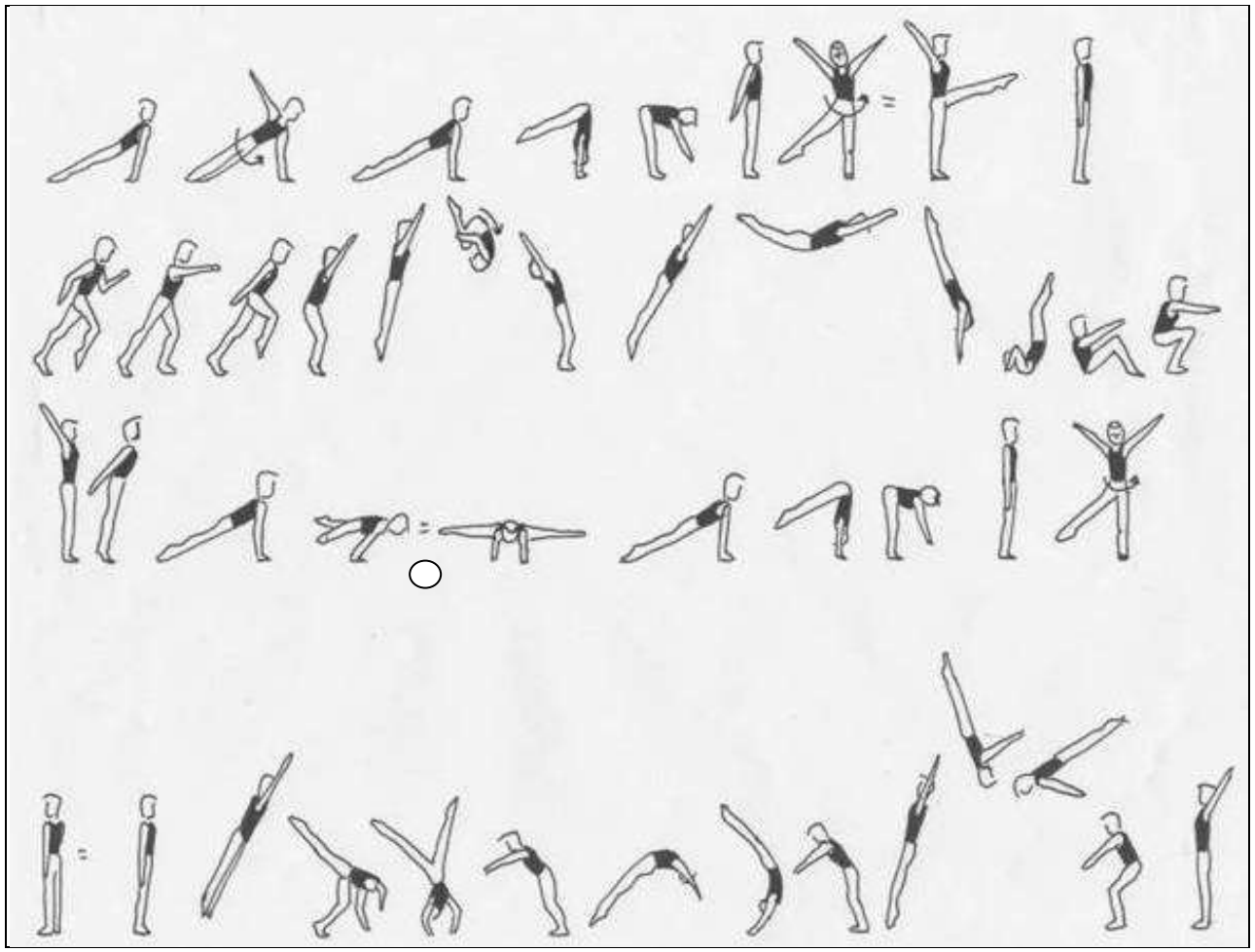
CLASS HP5 – High Performance Stream (16-17) - FLOOR EXERCISE



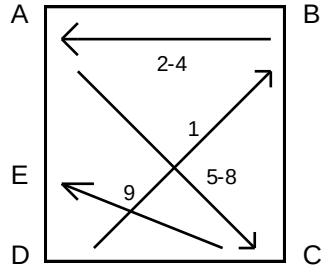
CLASS HP5 – High Performance Stream (16-17) - FLOOR EXERCISE

DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
1. Short run, hurdle and front handspring to 2 feet (D-B)	(0.2) 0.6 (0.4)	• complete extension on hurdle jump • extended arm trunk angle as hands touch floor • straight knees, extended body during handspring • land 2 legs together, body arched backward, head and arms back	• lack of extension hurdle • arm-trunk angle as hands touch floor • bent knees or body position errors during handspring • poor position on landing	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 each 0.1 - 0.3
2. One flyspring (D-B)	0.6	• dive onto 2 hands with slight pike until hand contact, then feet accelerate to arch and shoulders extend completely • straight knees, extended body during handspring • land 2 legs together, body arched backward, head and arms back	• bend or pike down to floor • bent arms • bent knees or body position errors during handspring • poor position on landing	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 each 0.1 - 0.3
3. Salto forward straight followed immediately by stretched jump with 45º turn (D-B)	(1.1) 1.2 (0.1)	• slightly arched in air • head height • maximum extension and amplitude on jump	• piked or tucked in air • poor extension or amplitude on jump	0.3 - 0.5 0.1 - 0.3
4. Immediate 2 back handsprings (B-A)	(0.4) 0.8 (0.4)	• complete leg extension on each back handspring • straight legs during snap down with feet landing forward of the body on each back handspring • the sequence must show good rhythm and acceleration	• lack of leg extension • inadequate snap down or poor body position during or after • lack of rhythm or acceleration	0.1 - 0.3 each 0.1 - 0.3 each 0.1 - 0.3
5. Salto backward tucked (B-A)	0.6	• show complete extension in air prior to tuck • tight tuck with legs together • kick out above horizontal at conclusion of salto	• incomplete extension prior to tuck • incomplete tuck, or legs apart • inadequate kick out	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
6. Back extension ½ turn, straight leg forward roll (B-A)	(0.5) 0.8 (0.3)	• straight arms on extension • ½ turn in one step • ½ turn ends in handstand • forward roll with straight legs	• bent arms during extension • extra steps during pirouette • not ending in handstand • bent legs in forward roll	0.1 - 0.3 0.1 each 0.1 - 0.3 0.3 (no value)
7. Step forward to front scale (2 sec.)	0.3	• kick forward with straight legs with toe at least head height, arms overhead • shoulders and feet at same height and significantly above hips	• poor form or amplitude on kick forward • shoulders and feet too low or not at same height	0.1 - 0.3 0.1 - 0.3 each
8. Kick forward free leg, 180º turn to Swedish fall, feint to 540º double leg circle to rear support, turn over to front support	(0.2) (0.5) 0.8 (0.1)	• kick forward with straight leg with toe at least head height, arms overhead • ½ turn is part of conclusion of kick forward • Swedish fall with chest close to floor and free leg above 45º • 1½ double leg circle with extension & free of floor • rear support with extended arms & body, head up	• poor form or amplitude on kick forward • poor rhythm during turn • poor position or low leg during Swedish fall • lack of extension on 1½ circle • touching or hitting floor during 1½ circle • poor position in rear support	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 each 0.1 - 0.3 0.3 - 0.5 0.1 - 0.3

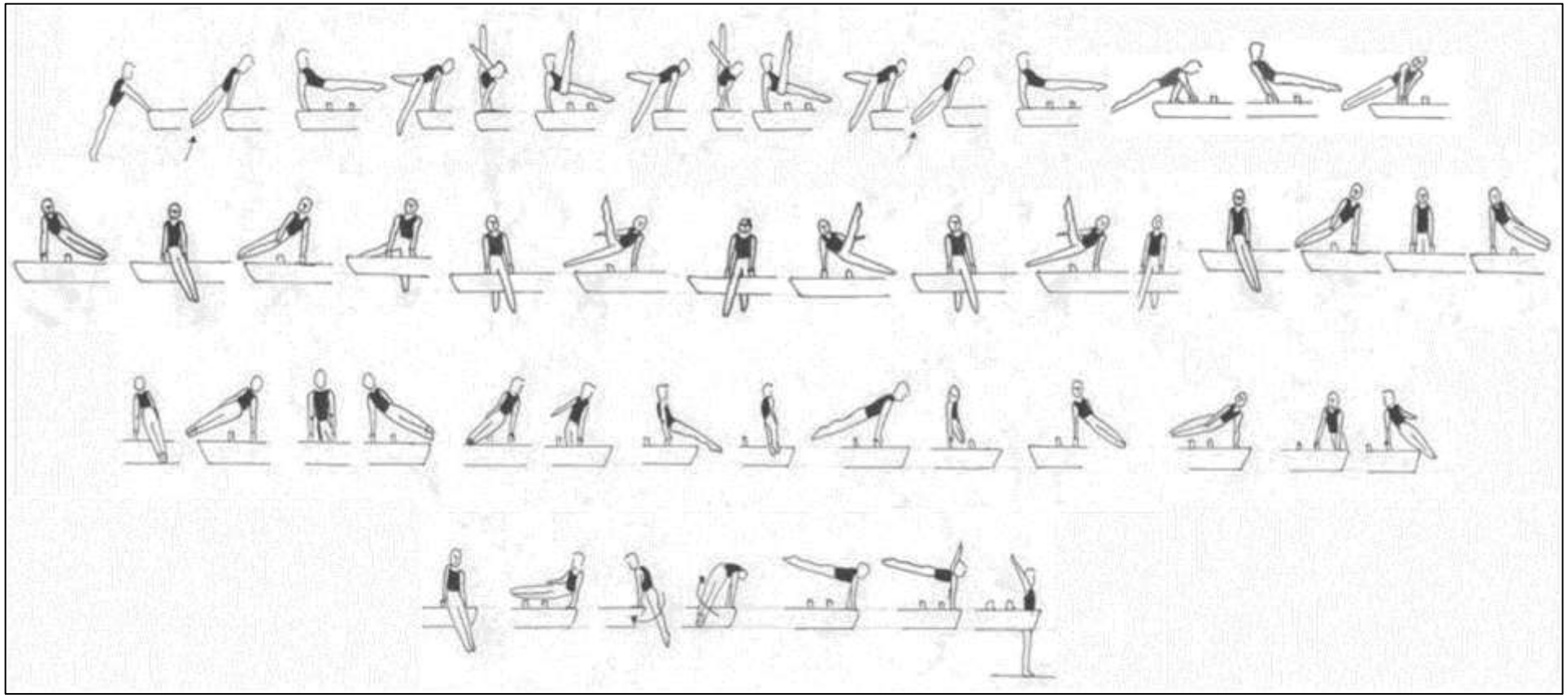
CLASS HP5 – High Performance Stream (16-17) - FLOOR EXERCISE CONT'D



CLASS HP5 – High Performance Stream (16-17) - FLOOR EXERCISE CONT'D

DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
9. Stoop to stand, step with 45º turn and short run to tuck front salto (A-C)	(0.2) 0.6 (0.4)	• front salto above head height • complete tuck with legs together • kick out to straight body before landing	• kick turn with leg too low • low salto • poor tuck position or legs apart • no extension before landing	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
10. Dive roll, fall to front support (A-C)	(0.5) 0.6 (0.1)	• slightly arched in air • head height • contact with arms and controlled roll	• piked or tucked in air • low dive • lack of control during roll	0.3 - 0.5 0.1 - 0.3 0.1 - 0.3
11. Lift to straddle planche (2 sec.)	1.0	• straight arms • body exactly horizontal and straight • degree of straddle is optional	• bent arms • body too high or low • body position piked or arched	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
12. Lower to front support in control, stoop to stand	0.2		• lack of control	0.1 - 0.3
13. Kick turn with 30º, power hurdle, round off back handspring salto backward stretched (C-E)  ***The routine may be changed in direction only in its entirely***	(0.1) (0.2) (0.4) 1.9 (1.2) **Total 10.0**	• kick forward with straight leg with toe at least head height, arms overhead • complete extension on hurdle jump • snap down from round off with straight legs and feet landing forward of the body • complete leg extension on the back handspring • straight legs during snap down with feet landing forward of the body on the back handspring • back layout in straight or slightly hollow position throughout	• poor form or amplitude on kick turn • lack of extension in hurdle • inadequate snap down or poor body position during round off • lack of leg extension • inadequate snap down or poor body position during or after • excessive pike or arch during salto • tuck or pike salto ***General Deductions*** 1. lack of amplitude on tumbling skills 2. lack of rhythm during connections	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 each 0.1 - 0.3 each 0.1 - 0.3 each 0.1 - 0.3 1.0 (no value) 0.1 - 0.3 0.1 - 0.3

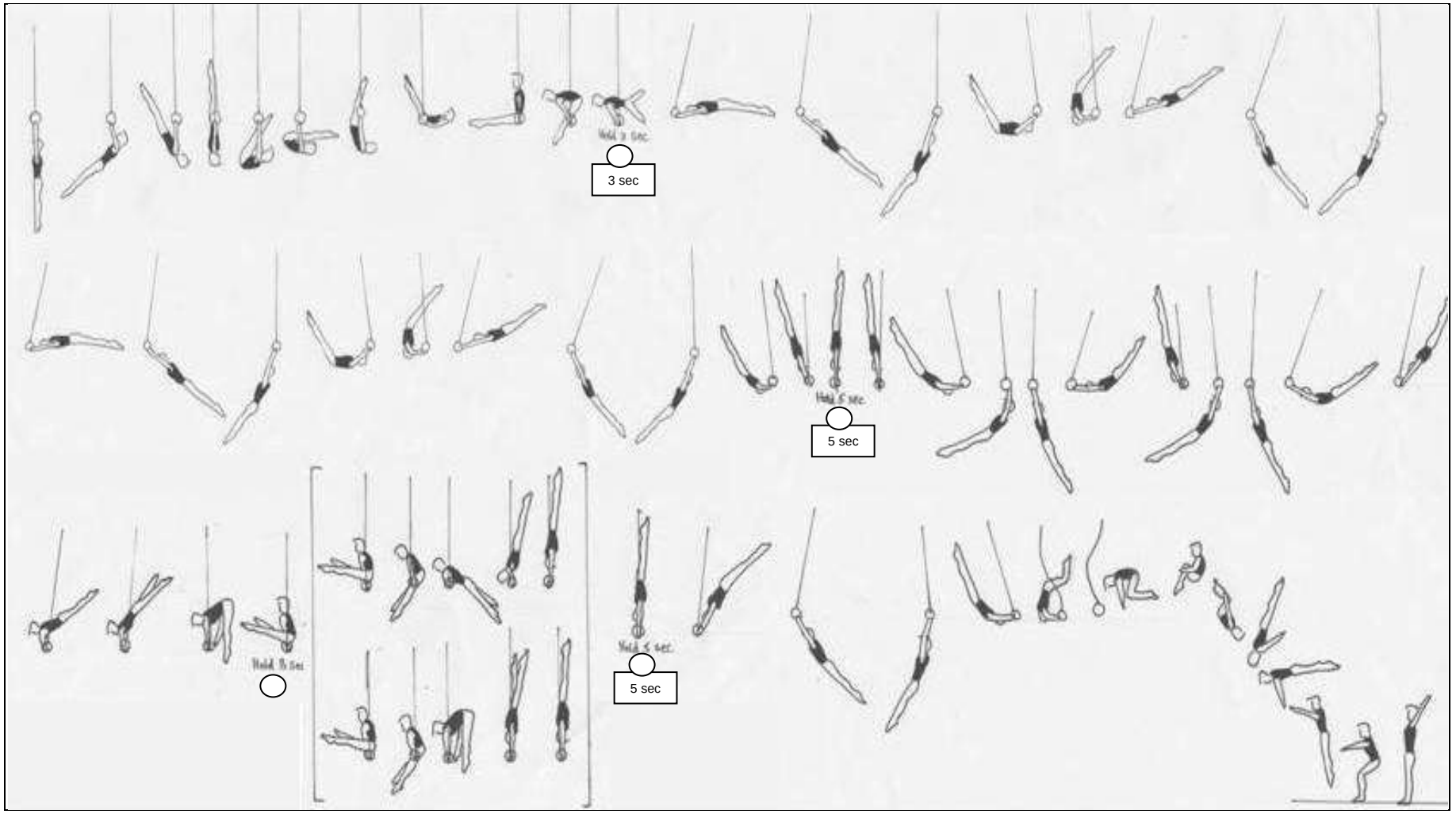
CLASS HP5 – High Performance Stream (16-17) - POMMEL HORSE



CLASS HP5 – High Performance Stream (16-17) - POMMEL HORSE

DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
1. From stand at end of horse, jump into 1 loop circle (to front support)	0.5	• the loop must be performed with complete hip extension • square to the horse • legs straight and together	• standing or starting with legs apart • legs bent or apart • incomplete extension • not square to horse	0.1 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
2. Two(2) loop circles in flare position (Delesalle)	2.0 (1.0) (1.0)	• the legs must be maximally spread in front and rear support • the hips must be at least at elbow height in front support	• lack of leg separation • hips low in front support • not square to horse	0.1 - 0.3 each 0.1 - 0.3 each 0.1 - 0.3
3. One loop circle and step with right hand onto pommel and perform a Direct Stcokli B to side support on both pommels, ½ circle to front support	2.1 (0.5) (1.6)	• the DSB must be performed free of the support arms • complete hip extension	• lack of amplitude • usual errors	0.2 - 0.3 0.1 - 0.3
4. Left leg forward to front scissor right	0.6	• on the leg forward and the scissor the lower hip must be above elbow height of the support arm • the legs should be at least 90º apart • the upper leg should not pike forward	• lower hip not at height of support elbow • legs less than 90º apart • piking forward with upper leg	0.2 - 0.3 0.1 - 0.3 0.1 - 0.3
5. Scissor left; scissor right	(0.6) 1.2 (0.6)	• same as above	• same as above	0.1 - 0.3
6. Left leg forward to pick up in rear support *[front pick up]* and 1 circle *[rear support to rear support]*	(0.2) 0.7 (0.5)	• circle must be performed with complete hip extension • legs must be straight and together	• incomplete extension • legs apart or bent	0.1 - 0.3 0.1 - 0.3
7. On 2nd circle perform Direct Stockli B to rear support on end	1.6	• the DSB must be performed free of the support arms • complete hip extension	• body resting on arm • excessive pike • touching or sitting on pommel	0.1 - 0.3 0.1 - 0.3 0.3 - 0.5
8. ½ circle and immediate loop off with ½ turn (Schwaben flank)	1.3 **Total 10.0**	• the body angle must be 45º above horizontal	• body below 45º • not landing adjacent to support hand	0.1 - 0.3 0.1 - 0.3

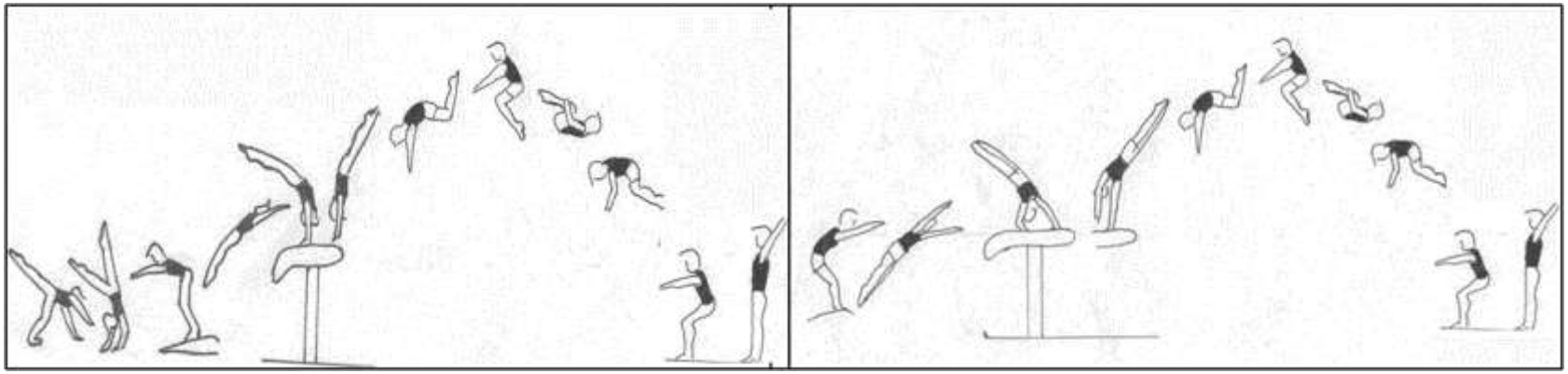
CLASS HP5 – High Performance Stream (16-17) – RINGS



CLASS HP5 – High Performance Stream (16-17) - RINGS

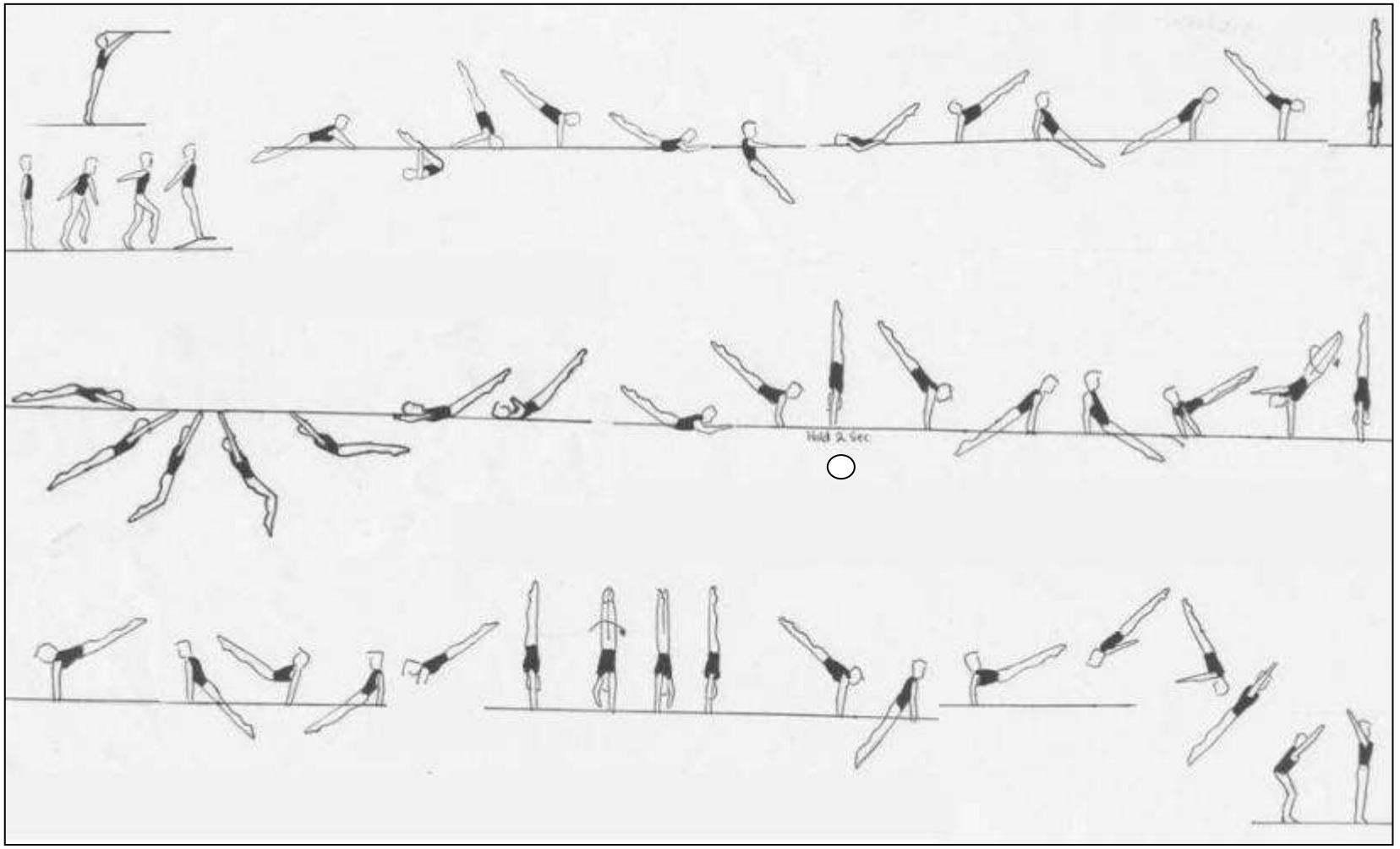
DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
1. From a still hang pull with straight arms and straight body to straight inverted hang	0.3		• bent arms or body	0.1 - 0.3 each
2. Kip to momentary L-sit	0.8	• dynamic kip action with the legs stopping at 90º • arms straight • show momentary L-sit	• bent arms • not passing through momentary L-sit (i.e. kicking down)	0.1 - 0.3 0.1 - 0.3
3. Continue to straddle planche (3 sec.)	1.2	• straight arms • body exactly horizontal and straight • degree of straddle is optional	• bent arms • body too high or low • body position piked or arched • arms resting against straps	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.3 - 0.5
4. Put legs together and bail out to backward swing	0.3	• the hands must move quickly forward and parallel	• not placing legs together before bail • bail with wide arms	0.1 - 0.3 0.1 - 0.3
5. Two (2) dislocates	1.2 (0.6) (0.6)	• straight arms through momentary handstand	• below handstand • bent arms	0.1 - 0.3 0.1 - 0.3
6. Shoot to handstand (5 sec.)	1.2	• straight arms • handstand with straight body and rings turned out at least parallel	• bent arms • arched handstand • rings turned in • arms resting against straps	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.3 - 0.5
7. Bail out to swing to inlocate	1.0	• bail out with straight and parallel arms • inlocate over momentary handstand	• arms not parallel on bail • below handstand • poor body position in inlocate	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
8. Back uprise to straddle L-support (2 sec.)	(1.0) 1.4 (0.4)	• back uprise with straight arms above 45º above horizontal	• bent arms • below 45º • legs below horizontal on straddle L-sit	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
9. ***Choice of B-press:*** a) press to handstand with straight body and bent arms (5 sec.) OR b) press to handstand with bent body and straight arms (5 sec.)	1.2	• continuous action in press • handstand with completely extended body and rings turned out at least parallel	• lack of rhythm on press • incorrect arm or body position • arched handstand • rings turned in • arms resting against straps	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.3 - 0.5
10. Bail out to double salto backward tucked	1.4 **Total 10.0**	• bail out with straight and parallel arms • double salto above ring height • complete extension prior to landing	• poor bail out technique • lack of amplitude on double salto • no extension before landing	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3

CLASS HP5 – High Performance Stream (16-17) – VAULT (2 choices)



ERRORS	*DEDUCTION*	*ERRORS*	*DEDUCTION*
The gymnast has the option of performing one of these two vaults.			
1. Yurchenko tucked Table set at 135cm		2. Tsukahara tucked Table set at 135cm	
• Legs bent or apart • Tuck too early – while still in contact with table • No rise of centre of gravity • Inadequate extension before landing • Extension later than horizontal ** The safety collar must be used or score = 0-points	0.1 – 0.5 each phase 0.1 – 0.5 0.1 – 0.5 0.1 – 0.5 0.1 – 0.5 **Total 10.0**	• Legs bent or apart • Tuck too early – while still in contact with table • No rise of centre of gravity • Inadequate extension before landing • Extension later than horizontal	0.1 – 0.5 each phase 0.1 – 0.5 0.1 – 0.5 0.1 – 0.5 0.1 – 0.5 **Total 10.0**
A 2nd attempt of the same vault is permitted, but with 1.0 deduction.			

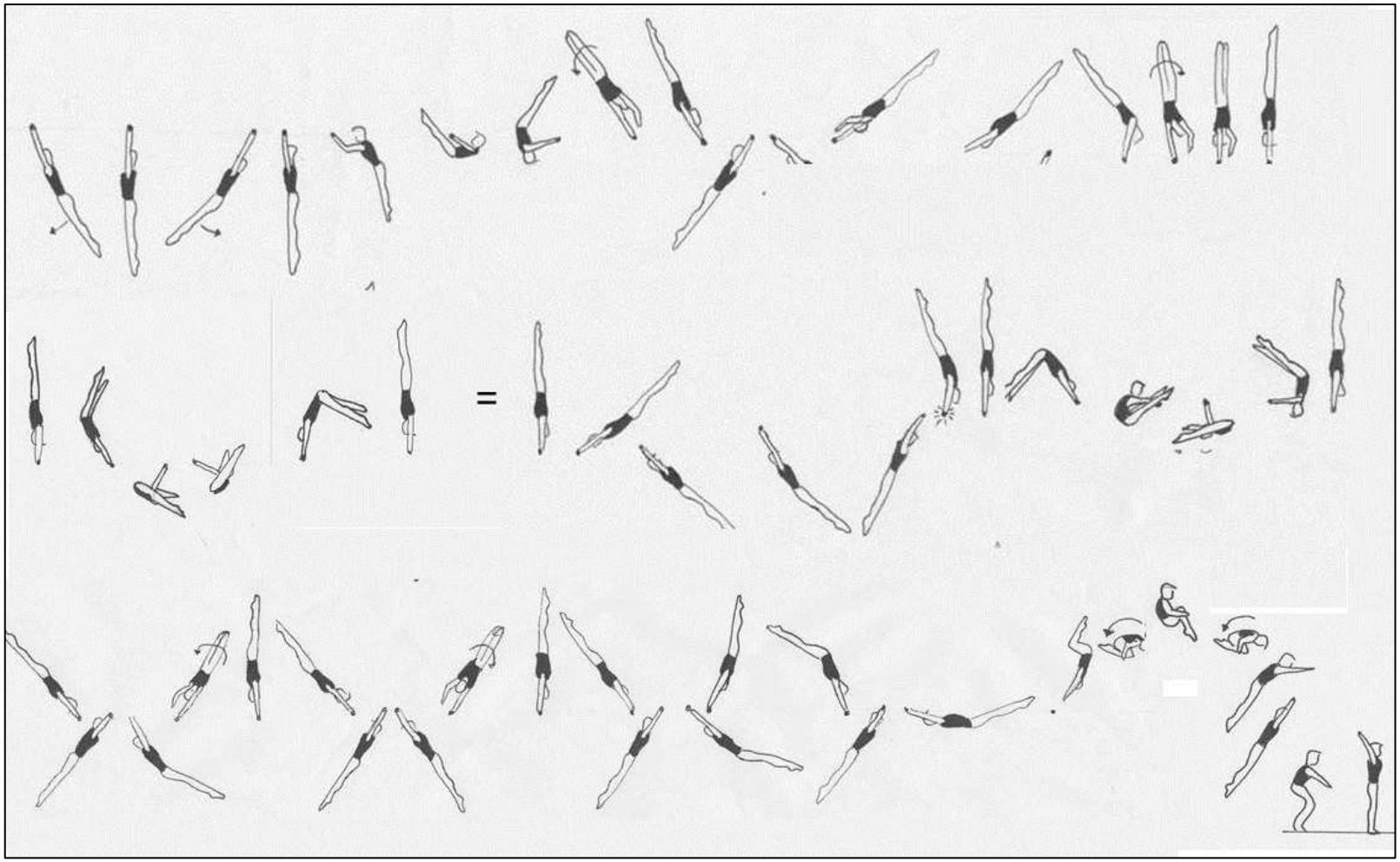
CLASS HP5 – High Performance Stream (16-17) - PARALLEL BARS



CLASS HP5 – High Performance Stream (16-17) - PARALLEL BARS

DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
1. From a stand or short run, jump to support to felge to support	2.0	• if from jump to support, the basket must be with early drop • straight arm to regrasp above 45º	• late drop • bent arms • below 45º • not reaching support	0.3 0.1 - 0.3 0.1 - 0.3 0.3 - 0 .5
2. Layaway to forward uprise and swing to momentary handstand	1.0 (0.5) (0.5)		• usual errors	0.1 - 0.3
3. Layaway to Moy to upper arm support	1.0		• usual errors	0.1 - 0.3
4. Back uprise to handstand (2 sec.)	1.2	• continuous extension of arms from slight flexion to straight • straight body and complete extension in handstand	• excessive or prolonged bent arms • excessive arch on swing • poor position in handstand	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
5. Stützkehre to momentary handstand	1.8	• must end in momentary handstand position • must show a distinct flight phase • regrasp in handstand with straight arms • straight body position throughout	• lack of amplitude - no flight phase • below handstand • bent arm regrasp • arched body • poor handstand position	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
6. Swing forward, swing backward to momentary handstand and immediate forward pirouette	(0.2) (0.2) 1.4 (1.0)	• the back swing must maintain a hollow position with the back “leading” the swing • the pirouette must be performed in fully extended handstand position • it must be fully completed in two steps	• arched body or heels “leading” on back swing • poor handstand position • arched during pirouette • extra hand steps	0.1 - 0.3 0.1 - 0.3 each time 0.1 - 0.3 0.1 each
7. Salto backward stretched dismount	1.6 **Total 10.0**	• the head should stay forward and the shoulders above the hands at release • the centre of gravity must rise • the body must be in a slightly hollow position throughout • no regrasp of bar after landing	• head back or lean back for salto • no rise in centre of gravity • excessive arch or pike • regrasp bar during or after landing • salto piked or tucked	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.3 1.2 (no value)

CLASS HP5 – High Performance Stream (16-17) - HORIZONTAL BAR



CLASS HP5 – High Performance Stream (16-17) - HORIZONTAL BAR

DESCRIPTION	VALUE	PERFORMANCE EXPECTATIONS	ERRORS	DEDUCTIONS
1. From a small swing cast out forward with ½ turn to mixed grip	0.5	• it must be a cast action not free hip style. The heels stay below the bar on the back swing • end position above 45º with hollow body position	• heels above bar on pre-swing • ½ turn below 45º	0.1 - 0.3 0.1 - 0.3
2. Swing forward and change hand to undergrip	0.5	• swing near handstand	• swing more than 15º from handstand	0.1 - 0.3
3. One (1) giant undergrip to overturn just short of handstand to grasp in undergrip, shift other hand to undergrip	1.0	• swing near handstand and finish near handstand • shoulder should be extended in turn • completely extended handstand position	• final position more than 15º from handstand • lack of extension in shoulder • poor handstand position	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
4. One (1) undergrip giant	0.5	• but only 1 giant must be achieved with minimal piking of the body • arms straight throughout • must reach an extended handstand position	• excessive pike or arch • bent arms • not achieving extended handstand position	0.1 - 0.3 each 0.1 - 0.3 0.1 - 0.3
5. Endo to handstand	1.5	• the straddle in should be somewhat delayed • maximum flexion at bottom • the opening proceeds with a continuous extension to hollow body and extended handstand • straight arms throughout	• early straddle in • lack of flexion • not in handstand • poor handstand position • bent arms	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
6. Back uprise hop to overgrip support	0.5	• hop should be with flight and catch near handstand • hollow body position	• no flight on hop or one hand at a time • arched body position • more than 15º from handstand	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
7. Stalder to handstand	1.5	• the straddle in should be somewhat delayed • maximum flexion at bottom • the opening proceeds with a continuous extension to hollow body and extended handstand • straight arms throughout	• early straddle in • lack of flexion • not in handstand • poor handstand position • bent arms	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3 0.1 - 0.3
8. Blind turn on 1st giant	1.0	• ½ turn completed in extended handstand position	• turn not finished in handstand • poor handstand position	0.1 - 0.3 0.1 - 0.3
9. Overturn on 1st giant	1.0	• the ½ turn must begin before completion of the giant and end in an extended handstand position	• late turn • poor handstand position	0.1 - 0.3 0.1 - 0.3
10. One (1) overgrip giant	0.5	• an “accelerator” giant may be used		
11. Double salto backward tucked on second giant	1.5 **Total 10.0**	• the body must be completely above the bar • the gymnast must achieve a completely tucked position with legs together • kick out to stretched position before horizontal	• low dismount • incomplete tuck position or legs apart • no kick out, or below horizontal	0.1 - 0.3 0.1 - 0.3 0.1 - 0.3

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE

Fondée en 1881

PHYSICAL AND TECHNICAL ABILITY TESTING PROGRAM for Men's Artistic Gymnastics

Prepared by Dieter Hofmann and Hardy Fink
Illustrations by Dr. Rolf Wünsche and Cynthia Bonesky

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Purpose of the Physical Ability Development and Testing Program (PAT) – *(Physical ability testing)*

- The PAT shows what the demands are for the development of the flexibility and power skills.
- The selection of test exercises is based on experiences over many years and is an extract from training programs for the development of the physical ability prerequisites for performance.
- The test exercises for flexibility are focused of the level of development of the passive and active flexibility of the hips and shoulders.
- The test exercise of the power skills are based on the determination of the level of development of the explosive power, the special power endurance, and the level at static and dynamic components of exercises.
- Current knowledge about the level of education in many countries shows that the development of the performance prerequisites of flexibility and power should have more attention.
- Based on their capability, gymnasts have the possibility to obtain a score of 1.0 to 10.0 points per test exercise. Such control procedures offer the possibility to compare one's personal score with the best score for each test component.

Effective Physical Ability Training

Coaches are reminded to review the basic principles of tissue adaptation for strength, flexibility, power and endurance training as presented in the FIG Academy Programs. All tissues (muscle, tendon, ligament, bone, cartilage, skin) and body systems adapt to an imposed stress during the rest or recovery period. Gymnasts must be prepared gradually over several years to be able to safely sustain and generate the forces required in gymnastics.

Strength Training Guidelines & Order of Training	**Strength Training Principles** (for all tissues)	**Sequencing Strength & Power Training**
Train for safety – landings, core, proprioception	Specificity	Muscular Endurance
Large muscle groups first	Progressive Overload	Speed with low force
Muscle Balance	Recovery	Muscle hypertrophy
Skill specific patterns	Reversibility	Specific strength
Maximum force and speed (power)	Individualization	Power – strength with low speed
	Variation	Power – maximum force and speed
	Diminishing Returns	

Physical Ability

Test Results

Name: .....

City: .....

Date: ..... Bd.: ..... Club: .....

Flexibility

	Exercise	Achieved	Points
1	Fwd splits		
2	Side splits		
3	Leg lift fwd		
4	Leg lift swd		
5	Bridge		
6	Trunk bend		
7	Trunk bend sit		
8	Shoulder		
	Total Flexibility		

Strength

	Exercise	Achieved	Points
1	Long jump		
2	Rope climb		
3	Sprint		
4	Circles		
5	Ring hdst		
6	Leg lifts		
7	V-sit		
8	Planche		
9	Press hdst		
10	Ring pull up		
11	Hdst press		
	Total Strength		

Total Flexibility	
Total Strength	
Total	
Rank	

Signature: .....

Physical Ability Testing Program (men)

Flexibility

1. Forward-backward splits

2 Mats 6 cm for square hips, Mats/Blocks to 14 cm

1 point	2	3	4	5	6	7	8	9	10
+ 10 cm	+ 5 cm	0 (flat)	- 2 cm	- 4 cm	- 6 cm	- 8 cm	- 10 cm	- 12 cm	- 14 cm

Testing Protocol:

- Heights above flat splits are estimated.
- Over-splits are measeured with gymnast flat on floor and then the height of the mats/blocks is measured. Do not measure under the gymnast.
- The final positon without hand support must be held 2 sec. The measurments are in centimeters.
- The result is the average of the left and right leg. Slight hip turn is acceptable for men.

2. Side splits

Mats/Blocks to 12 cm

1 point	2	3	4	5	6	7	8	9	10
+ 15 cm	+ 10 cm	+ 5 cm	0 (flat)	- 2 cm	- 4 cm	- 6 cm	- 8 cm	- 10 cm	- 12 cm

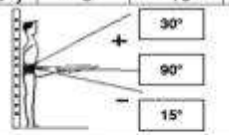
Testing Protocol:

- Heights above flat splits are estimated.
- Over-splits are measeured with gymnast flat on floor and then the height of the mats/blocks is measured. Do not measure under the gymnast.
- The final positon without hand support must be held 2 sec. The measurments are in centimeters.
- The result is the average of the left and right leg. Legs should be in a straight line.

3. Leg raise forward – left and right

Wallbar, instrument or chart for measuring angles

1 point	2	3	4	5	6	7	8	9	10
- 15°	- 10°	- 5°	0 (90°)	+ 5°	+ 10°	+ 15°	+ 20°	+ 25°	+ 30°



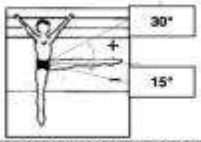
Testing Protocol:

- Stand with straight back and leg against a wall or wallbar or beam, etc.
- The angle above or below horizontal is measured in degrees, 90° = 4 points. Must hold 2 seconds.
- The result is the average of the left and right leg.

4. Leg raise sideways – left and right

Wallbar, instrument or chart for measuring angles

1 point	2	3	4	5	6	7	8	9	10
- 15°	- 10°	- 5°	0 (90°)	+ 5°	+ 10°	+ 15°	+ 20°	+ 25°	+ 30°



Testing Protocol:

- The gymnast hangs from a wallbar with the body kept vertical
- The angle above or below horizontal is measured in degrees, 90° = 4 points. Must hold 2 seconds.
- The result is the average of the left and right leg.

5. Bridge

1 point	2	3	4	5	6	7	8	9	10
poor			satisfactory			good			perfect

Testing Protocol: **Quality evaluation** – straight arms, straight legs,flexibility in shoulder rather than lumbar spine. Must hold for 5 seconds. The score is reduced for: bent arms, bent legs, legs apart, deep lumbar flexibility, head up, bent shoulder angle.

6. Trunk bend forwards

Bench, staff, tape-measure

1 point	2	3	4	5	6	7	8	9	10
0 cm	- 2 cm	- 3 cm	- 4 cm	- 5 cm	- 6 cm	- 8 cm	- 10 cm	- 12 cm	- 14 cm

Testing Protocol:

- Hold staff with firm grip (hands closed) and shoulder width apart. Legs straight.
- Result is the distance from the top of the bench to the top of the staff.
- The measurments are in centimeters. Must hold for 2 seconds.

7. Trunk bend forwars in straddle sit

2 benches, staff, tape-measure

1 point	2	3	4	5	6	7	8	9	10
+ 8 cm	+ 6 cm	+ 4 cm	+ 2 cm	0	- 2 cm	- 4 cm	- 6 cm	- 8 cm	- 10 cm

Testing Protocol:

- Hold staff with firm grip (hands closed) and shoulder width apart. Legs straight. The trunk-arm line must be straight (no shoulder angle.
- Benches are set at 90° angle to each other. Gymnast sits as in diagram.
- The measurments are in centimeters and are made from the breastbone (sternum) to the floor. The height of the bench is subracted. Example: with a 30cm bench and a measurment of 24cm; the performance score is (24-30=) -6cm = 6 points

8. Arm-trunk angle backwards

Bench, staff, tape-measure

1 point	2	3	4	5	6	7	8	9	10
+ 23 cm	+ 21 cm	+ 19 cm	+ 17 cm	+ 15 cm	+ 13 cm	+ 11 cm	+ 9 cm	+ 7 cm	+ 5 cm

Testing Protocol:

- The gymnast sits on a bench as illustrated
- Staff is held firmly in overgrip; shoulder width plus one-hand width apart
- The final position must be held 5 sec.
- The distance from the top of the bench to the armpit is measured in centimeters

Strength, power & endurance

1. Standing long jump

Tape measure

1 point	2	3	4	5	6	7	8	9	10
Reach Height	RH +5 cm	RH +10 cm	RH +15 cm	RH +20 cm	RH +25 cm	RH + 30 cm	RH + 35 cm	RH + 40 cm	RH + 45 cm

Testing Protocol:

- Measure the standing reach height (RH) of the gymnast with arms and hands fully extended overhead. This can be best measured with the gymnast lying on the floor (ankles flexed) and measure from heel to finger tips.
- Measure the length of the jump to the body part nearest to the take-off line (including fall or step backward).

2. Rope climb

Rope with a 1-metre mark and 5-metre mark, stop-watch

1 point	2	3	4	5	6	7	8	9	10
	22 sec	20 sec	18 sec	16 sec	14 sec	12 sec	10 sec	8 sec	6 sec

Testing Protocol:

- For 1 point, climb from stand,with hands at head height. Can use feet. Climb to touch the 5-metre mark.
- For 2 points or higher, the gymnast sits in straddle position on a mat and with hads at the 1-metre mark.
- The climb is performed with feet in straddle L-position throughout. The gymnast climbs as fast as possilbe to touch the 5-metre mark with one hand. If the feet lower more than 30 degrees below horizontal, the climb does not count.
- The time from the moment the gymnast begins until the touch of the 5-meter mark is measured.

3. Sprint 20 metres

1 P.	2	3	4	5	6	7	8	9	10
4.3 sec	4.2 sec	4.1 sec	4.0 sec	3.9 sec	3.8 sec	3.7 sec	3.6 sec	3.5 sec	3.4 sec
4.0 sec	3.9 sec	3.7 sec	3.6 sec	3.5 sec	3.4 sec	3.3 sec	3.2 sec	3.1 sec	3.0 sec

Testing Protocol:

- 20-metre sprint, the measurmennt is made in seconds. Ideally two timers are used and averaged.
- 1st line is for gymnasts up to age 13 years
- 2nd line is for gymnasts aged 14 to 17 years

4. Double leg circles

Mushroom, floor level horse without pommels

1 point	2	3	4	5	6	7	8	9	10
n = 5	10	20	30	n = 5	10	15	20	25	30

Testing Protocol:

- Number of circles are counted. Execution must have minimum quality value of 3.0 to count. As soon as a circle is performed below quality value 3.0, the counting is stopped and that last circle is not counted.

5. Handstand on Rings

Two parallettes at 90° or angled bars 90°, rings, stop watch

1 point	2	3	4	5	6	7	8	9	10
5 sec	10 sec	20 sec	30 sec	5 sec	10 sec	15 sec	20 sec	25 sec'	30 sec

Testing Protocol:

- For scores from 1 point to 4 points, floor or low level bars are used placed at a 90° angle to each other.
- For scores 5-points and higher, rings are used. The rings must be held parallel.
- In each case the quality value must ramain at 3.0 or higher. Timing stops when the quality is lower.

6. Hanging leg lifts

1 point	2	3	4	5	6	7	8	9	10
n = 5x	6x	7x	8x	9x	10x	11x	12x	13x	14x

Testing Protocol:

- Hang on wall bar and begin in L-hang position (legs horizontal)
- Lift with straight legs and toes to touch the bar and lower back to L-hang position
- The number of repetitions is measured – no time limit
- In each case the quality value must ramain at 3.0 or higher. Counting stops when the quality is lower.

7. V-sit or Manna on Parallel Bars

1 point	2	3	4	5	6	7	8	9	10
2 sec	4 sec	6 sec	8 sec	10 sec	1x 2 sec	2x 2 sec	3x 2 sec	4x 2 sec	5x 2 sec

Testing Protocol:

- For the V-sit the gymnast must lift his legs to a minimum vertical postion
- For the Manna, the gymnast can lift quickly or swing to the position. A perfect position for the Manna is with legs horizontal, but for this test, the back at minimum horizontal is sufficient.
- In each case the quality value must ramain at 3.0 or higher. Timing stops when the quality is lower.

8. Support lever (planche) on Parallel Bars

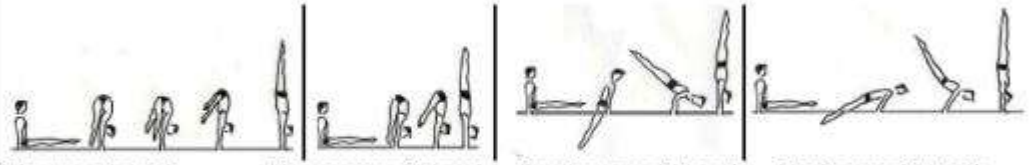
1 point	2	3	4	5	6	7	8	9	10
2 sec	4 sec	6 sec	8 sec	4 sec	6 sec	8 sec	2 sec	4 sec	6 sec

Testing Protocol:

- For each of the planche positions, the back must be perfectly horizontal and the arms straight.
- In each case the quality value must ramain at 3.0 or higher. Timing stops when the quality is lower.

9. Press to handstand on Parallel Bars

1 point	2	3	4	5	6	7	8	9	10



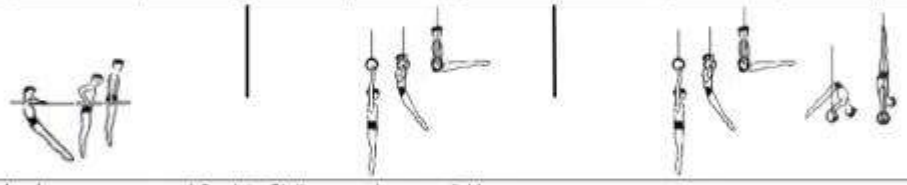
Swiss press = 1 pt each | Viennese press = 2 pts each | Press bent arms = 3 pts each | Planche press = 5 pts each

Testing Protocol:

- The goal is for the gymnast to do a sequence of press handstands to maximize his score. For example 10 Swiss handstands = 10 points; 2 planche press = 10 points; 1 planche press and 5 Swiss handstands = 10 points.
- Each L-sit and each handstand must be held for 2 seconds.
- In each case the quality value must ramain at 3.0 or higher. Counting stops when the quality is lower.

10. Pull to support (Muscle-up) on Rings and press handstand

1 point	2	3	4	5	6	7	8	9	10
1x	3x	5x	1x	3x	5x	1x +1x Hdst A	2x +2x Hdst A	1x +1x Hdst B	2x +2x Hdst B



Testing Protocol:

- 1-3 points: Stationary uprise – parallel bars
- 4-6 - points: Muscle-up to L-sti (2 sec) on rings
- 7-10 points: Muscle-up through momentary but perfect L-sit positon and press to handstand. For example: 7-points is for 1 muscle-up and A-part press to handstand; 8 points is for 2 muscle-ups and 2 A-part press to handstands; 9 and 10 points are for muscle ups and B-part press to handstands.
- Each handstand must be held for a minimum of 2 seconds.
- In each case the quality value must ramain at 3.0 or higher. Counting stops when the quality is lower.

11. Dips and Handstand push-ups on Parallel Bars

1 point	2	3	4	5	6	7	8	9	10
5x	10x	15x	20x	1x	2x	3x	4x	5x	6x

Testing Protocol:

- For dips and for handstand push-ups, the coach puts his closed fist on the bar below the gymnast's shoulder. Each dip and handstand push-up must lower sufficiently to touch the hand. The body stays straight.
- In each case the quality value must ramain at 3.0 or higher. Timing stops when the quality is lower.

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE

Fondée en 1881

TECHNICAL ABILITY DEVELOPMENT AND TESTING PROGRAM

for

Men's Artistic Gymnastics

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Purpose of the Technical Ability Development and Testing Program (TAT) – *(Technical Ability Testing)*

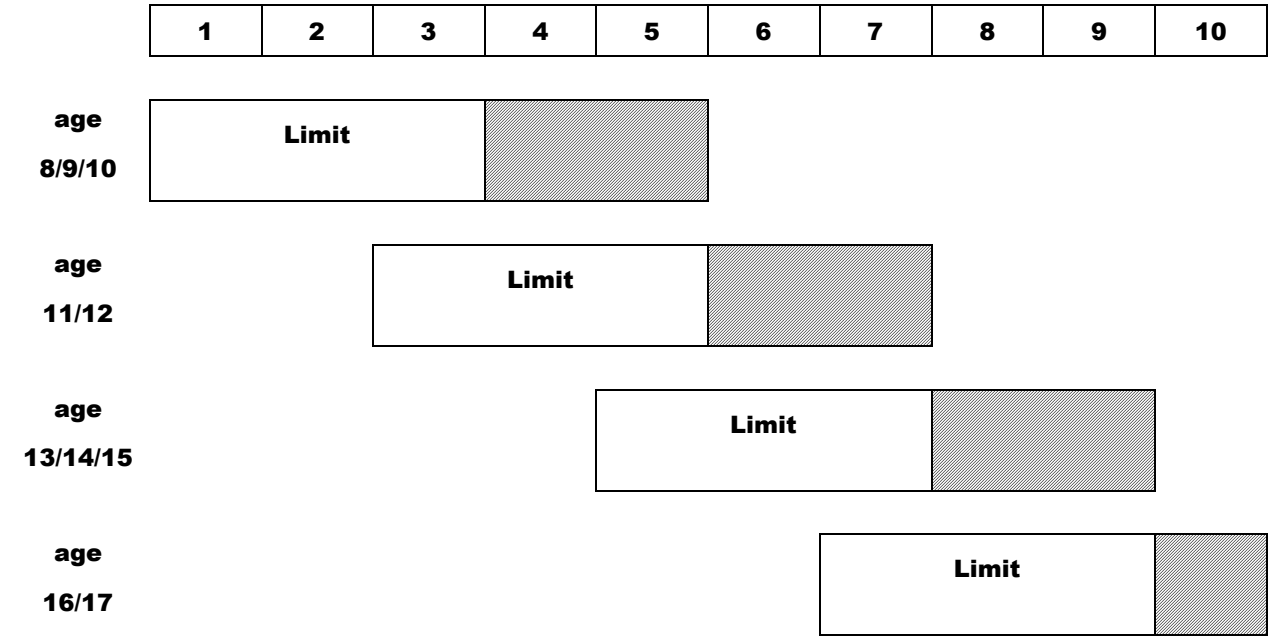
- The education lines / education structures shown in the TAT and the visible systematic increase of the level of difficulty, should contribute to help gymnasts systematically build up technical performance prerequisites in order to successfully master exercises with a higher difficulty in more advanced learning ages.
- It is a program that creates technical prerequisites and should be a control instrument at the same time.
- The sequence of education / structures illustrates a road from «simple» to «difficult» and is essentially «open-ended».
- A gymnast should advance to the next element only if the preceding Difficulty Level has been learned with a minimum Quality Value of 3.0.
- The information below is a result of many years of experience in educating top-level gymnasts, but also gymnasts from nations with little experience at the time, and it should serve as a guideline.
- Regarding vault: the authors are of the opinion that the variations of Kasamatsu/Tsukahara vaults should not be recognised as basic structures. The basis for this vault group is the handspring forward and salto forward stretched. A high level of control of this forward oriented structure has an exceptional positive effect on the learning of future vault structures.

Evaluation and Control System for Technical Ability Testing (TAT)

- At **TAT** control competitions or testing sessions, the gymnast has the possibility to choose a value or Difficulty Level from the listed skill sequences based on his existing performance level.
- For lower ages, this element may be executed two times, the best attempt is counted. For higher level gymnasts, the execution should be limited to one attempt.
- The result is calculated by selecting the Value Level of the skill sequence (for example: Difficulty Level = DL 5) and this is multiplied with the Quality Value given by the coach or judge or evaluator (for example: Quality Value = QV 3). **EXAMPLE: DL=5 x QV=3 = 15 Points**

Information for the Selection of Difficulty Levels (DL)

Difficulty Level



= **Limit**

= **Possibility for attempting a higher Difficulty Level.**

(When all preceding elements have been accomplished with a minimum Quality Value of 3.0)

Assessment of the Quality Value (QV)

The evaluation of the technical performance quality = Quality Value is given in increments from 0 – 4 points. For a finer discrimination of quality with this evaluation system, half-point increments can be given (for example 1.5; 2.5; etc.)

0 = Not accomplished. Intended element not recognisable.

1 = Intended element barely recognisable. Bad technical performance, incorrect body position (posture) or fall.

2 = The essential technical characteristics have been accomplished. Poor technique and execution, step or hop.

3 = The element is shown with good technique and execution; it is controlled. It could be integrated in a competition exercise.

4 = The element is shown with very good technique and execution. No landing errors.

- Elements of Quality Value = 3 can be included in domestic competitions and demonstrate that the gymnast is ready to compete with the compulsory or optional exercises that contain that element.

- Only elements of Quality Value = 4 should be included in international competitions.

- This philosophy and concept applies also to elements not in the Technical Testing Charts – for example all elements in the Skill Acquisition Profile Charts presented at the end of this book and any elements not within the scope of this book.

Requirements for Methodical Apparatus (Auxiliary Equipment)

- For a successful execution of the education programs, a high degree of discipline, cleanliness and safety in the training halls is necessary.
- The availability of quality equipment, mats, landing pits etc. have a high influence on a goal orientated and systematic education.
- The availability of methodical equipment is of significant importance.
- The requirements for methodical apparatus (auxiliary equipment) are listed and detailed with the test exercises.
- They promote a goal-oriented methodical progress of training and are partially also measuring instruments.
- Most apparatus manufacturers offer such equipment.
- In some cases, such apparatus can be or will have to be the produced by the coach.
- The practical use of such methodical pedagogical equipment is clearly and extensively shown in a FIG distributed DVD by Dieter Hofmann.

Technical Test Results - Men

Date: .....

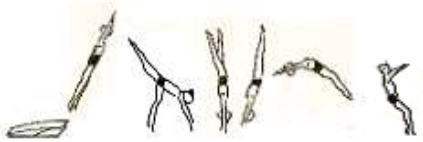
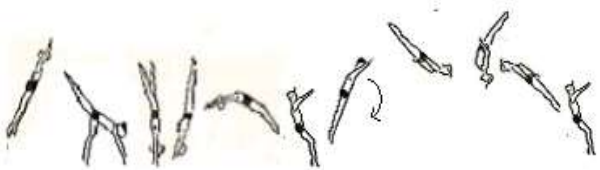
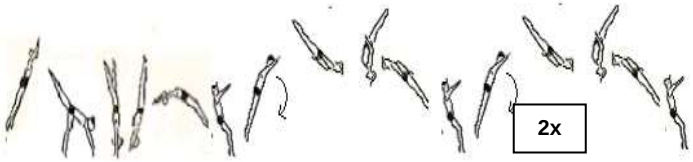
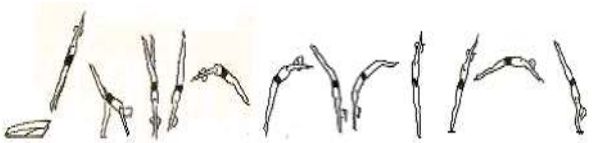
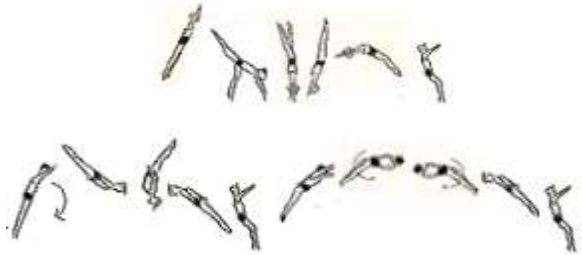
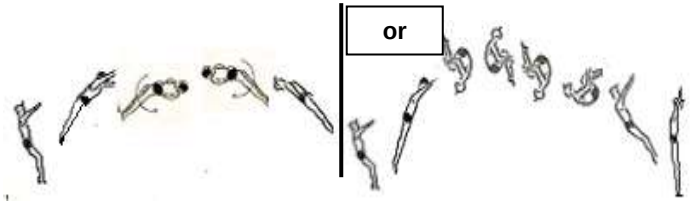
Name: ..... Birthdate: .....

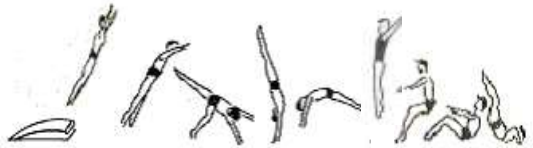
Club: ..... Age: .....

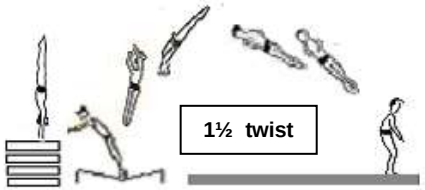
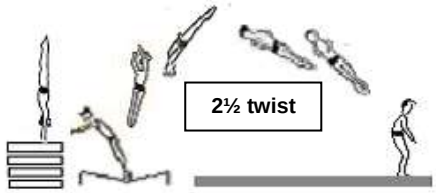
Apparatus	Declared Difficulty Value (DL)	Quality Value (QV)	Result	Total
Floor	1 - 10	1 - 5	DL x QV	
1. Acrobatics forwards				
2. Acrobatics backwards				
3. Take-offs backward				
4. Rolls and circles				
Pommel Horse			Σ FX:	
1. Straddle swings				
2. Travels in cross support				
3. Circles/turns 1 pommel				
4. Spindles				
Rings			Σ PH:	
1. Forward swings				
2. Backward swings				
3. Kips and Felges				
4. Dismounts				
Vault			Σ R:	
1. Handspring forward				
2. Round off entry				
Parallel Bars			Σ V:	
1. Support swings				
2. Long hang swings				
3. Felges				
4. Dismounts				
Horizontal Bar			Σ PB:	
1. Long hang swings				
2. In-bar elements				
3. Dismounts				
Trampoline			Σ HB:	
1.				
2.				
			Σ Tr:	

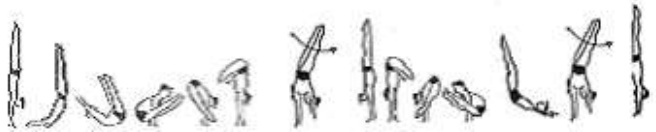
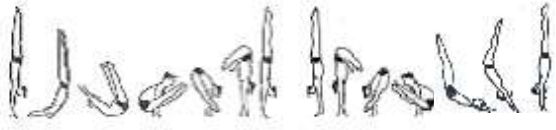
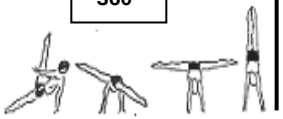
Total Technical	
Rank Technical	
Total Physical	
Rank Physical	
TOTAL SCORE	
FINAL RANK	

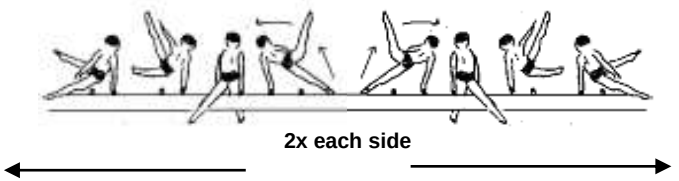
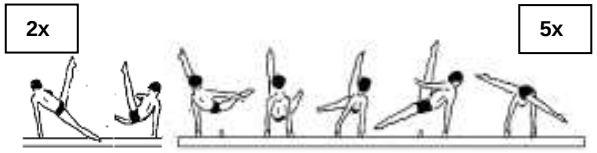
Signature: .....

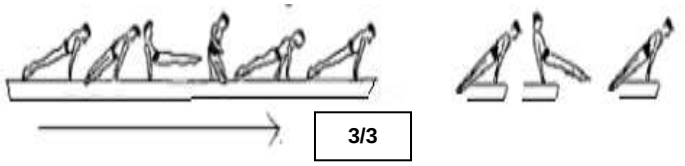
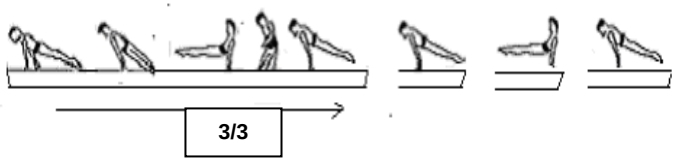
FLOOR EXERCISE – Structure 1: Acrobatics forward					
1	From board: hurdle step – handspring fwd		**6**	3 steps Handspring fwd – salto fwd straight	
2	From board: hurdle step – handspring fwd – piked dive roll		**7**	3 steps handspring fwd – salto str – salto str	
3	From board: hurdle step – handspring fwd – flyspring fwd – piked dive roll		**8**	3 steps Handspring fwd – salto str – salto str 1/1turn	
4	From stand: Handspring fwd – 2X flyspring - piked dive roll		**9**	Run and: salto straight 1/1 turn – salto str – salto str 1/1turn	
5	From board: hurdle step – handspring fwd – salto fwd tucked – piked dive roll		**10**	Run and: salto straight 2/1 – **or** double salto forward	

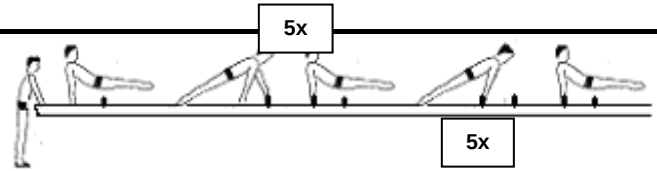
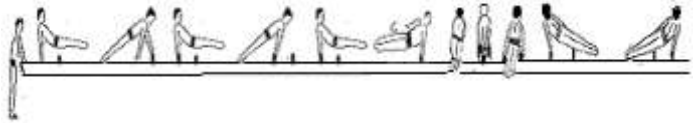
FLOOR EXERCISE – Structure 2 - Acrobatics backward					
1	From board: take off – round off – vertical jump and roll bwd		**6**	From stand: Round off – 2x back handspring – salto str	
2	From board: take off – round off –back handspring – vertical jump and roll bwd		**7**	From stand: round off – flick flack – tempo salto – back handspring – salto str	
3	From board: take off – round off – 2x back handspring – vertical jump and roll bwd		**8**	From stand: round off – 2x tempo salto – back handspring – salto str	
4	From board: take off – round off –back handspring – tempo salto		**9**	From stand: round off – 2x tempo salto – salto str	
5	From board: take off – round off – back handspring – tempo alto – flick flack		**10**	Run: 3 steps round off – back handspring – double salto backward tucked	

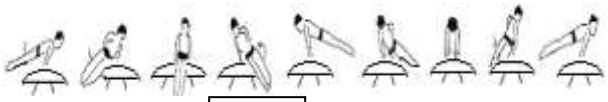
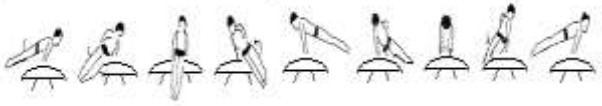
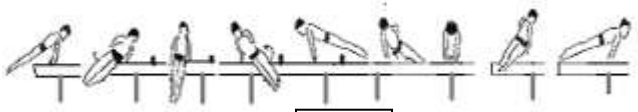
FLOOR EXERCISE –Structure 3: Take-offs backwards for twisting (Mini-tramp) (All onto 40cm mat) (These tests can also be performed on a Trampoline)					
1	**Not required**		**6**	Snap down (Korbut) onto mini-tramp and ½ turn to salto fwd straight	
2	Snap down (Korbut) onto mini-tramp and salto backward tucked		**7**	Snap down (Korbut) onto mini-tramp and salto backward straight with 1/1 turn	
3	Snap down (Korbut) onto mini-tramp and salto backward straight		**8**	Snap down (Korbut) onto mini-tramp and salto backward straight with 1 ½ turn	
4	Snap down (Korbut) onto mini-tramp and salto backward straight with ½ turn		**9**	Snap down (Korbut) onto mini-tramp and salto backward straight with 2/1 turn	**2/1 twist**
5	Snap down (Korbut) onto mini-tramp and ½ turn to salto fwd piked		**10**	Snap down (Korbut) onto mini-tramp and salto bwd with 2 ½ turn	

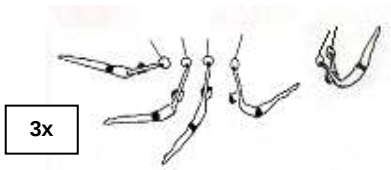
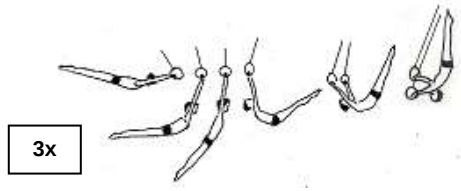
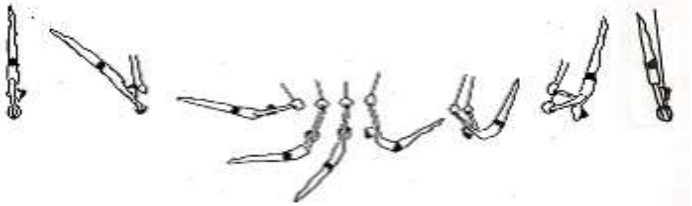
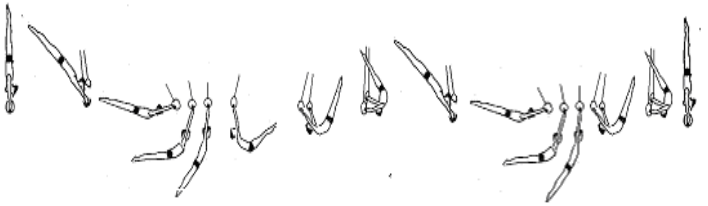
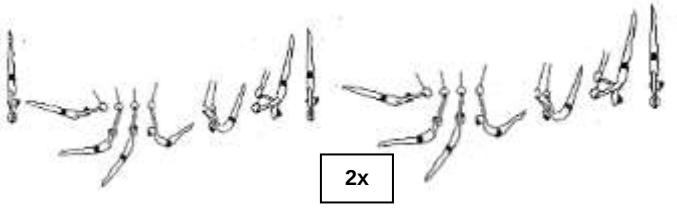
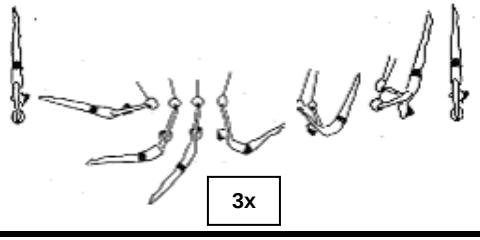
FLOOR EXERCISE – Structure 4 - Rolls and circles					
1	1x roll bwd to handstand (Strueli) with straight arms		**6**	Endo roll 1/2 turn into handstand 1/2 turn lower into straddled L-sit and roll backward to handstand with 1/2 turn	
2	2x roll bwd to handstand with straight arms	**2 x**	**7**	From handstand Endo roll to handstand – 1/2 turn and roll backward to handstand with 1/1 turn	
3	Straddle roll fwd (Endo) to handstand		**8**	3x flair in side support **or** Russian 360^{O}	**360°**
4	Straddle roll fwd (Endo) to handstand. 1/2 turn		**9**	Flair to handstand. **or** Russian720^{O}	**720°**
5	From handstand. Endo roll to handstand. 1/2 turn and lower through straddled L-sit to roll backward to hdst.		**10**	Flair with counter turn 360^{O} (spindle) into handstand **or** Russian1080^{O}	**360°**  **1080°**

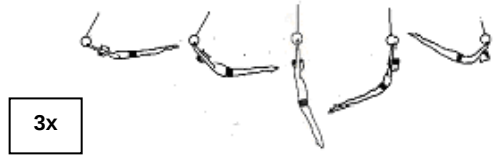
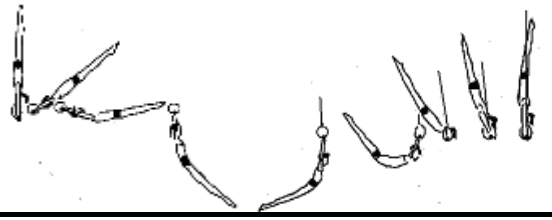
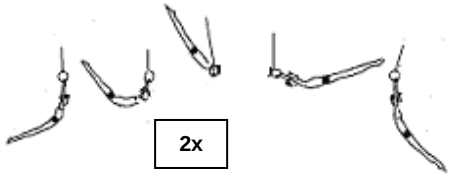
Pommel Horse – Structure 1 – Straddle swings, scissors, and straddle circles (flairs)					
1	2x straddled circles on mushroom (Flairs) *(Always count Flairs form front support to front support)*		**6**	2 scissors forward left and right	
2	4x Flairs on mushroom		**7**	Leg cut forward and single leg to circle	
3	8x Flairs on mushroom		**8**	2 scissors forward into circle **OR** Leg cut backward into circle	
4	Front support, 3 leg cuts in and out		**9**	3x straddled circles (Flairs)	
5	Single leg circle to the left - and to the right		**10**	2 scissors forward followed by 5x Flairs	

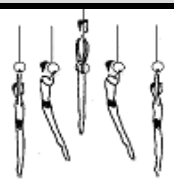
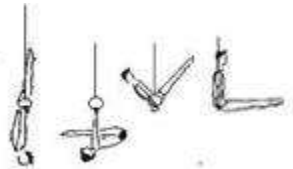
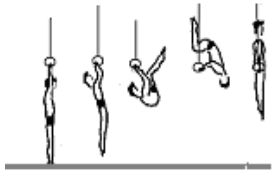
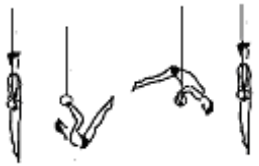
POMMEL HORSE – Structure 2 – Travels in cross support					
1	**Not required**		**6**	4 cross support circle in the centre - on low horse, no pommels	**4 centre loops**
2	2 cross support circles (loops) – on low horse, no pommels	**2 loops**	**7**	Cross support travel fwd 3/3 – 2 loops facing outward - on low horse, no pommels	
3	8 cross support circles (loops) – on low horse, no pommels	**8 loops**	**8**	Cross support travel bwd 3/3 – 2 loops facing outward - on low horse, no pommels	
4	2 cross support circles facing outward (loops) – on low horse, no pommels	**2 outward loops**	**9**	Cross support travel fwd 3/3 **OR** Cross support travel bwd, (on competition horse with pommels)	
5	8 cross support circles facing outward (loops) – on low horse, no pommels	**8 outward loops**	**10**	Cross support travel fwd 3/3 **AND** Cross support travel bwd, (on competition horse with pommels)	

POMMEL HORSE – Structure 3 – Circles and turns on 1 pommel					
1	**Not required**		**6**	5 circles (loops) on one pommel – pommel horse	
2	2 circles with hands beside the pommel – mushroom	2 circles	**7**	Cross support travel 1/3 to 5 circles on 1 pommel	
3	2 circles on 1 pommel - mushroom	2 circles	**8**	Cross support travel 1/3 to Stöckli B to 2 circles on both pommels	
4	2 circles with hands beside the pommel - , Kehr fwd 90° to the pommel, 2 circles on the pommel (mushroom)	2 circles	**9**	2 circles, Czech to 2 circles on 1 pommel, kehr to 2 circles on both pommels	
5	2 circles with hands beside the pommel - , Kehr fwd 90° to the pommel, 2 circles on the pommel – stockli fwd 90° – 2 circles with hands beside the pommel (mushroom)		**10**	2 circles, 2 x Stockli B, 2 circles	

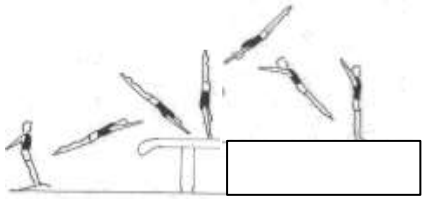
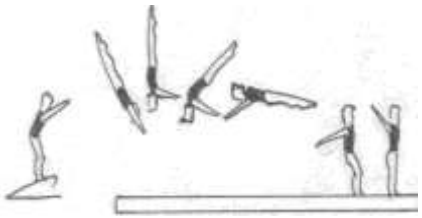
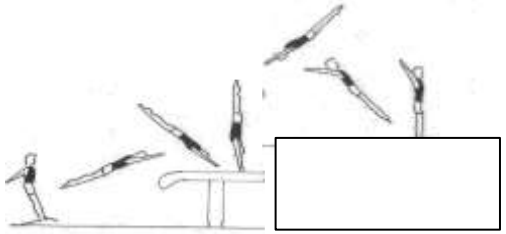
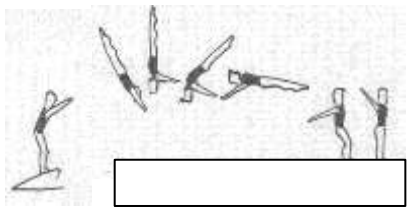
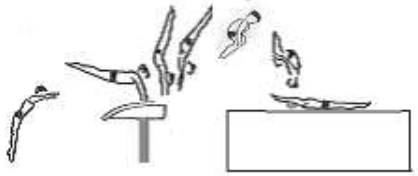
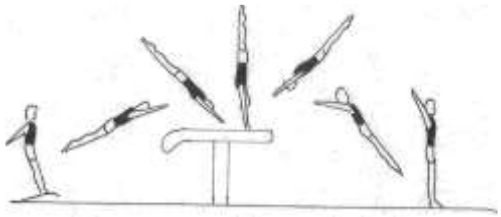
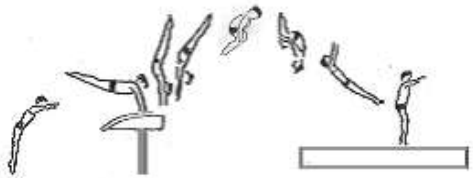
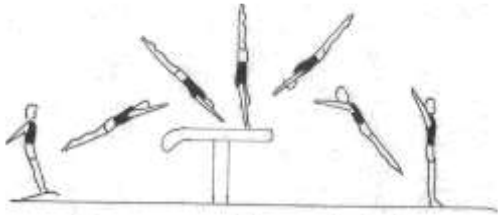
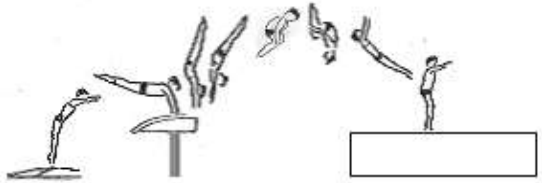
POMMEL HORSE – Structure 4 – Spindles (counter turns) (Apparatus: mushroom with and without 1 pommel; low horse, pommel horse)					
1	**Not required**		**6**	2 circles –spindle 360^{O} in 2 circles – 2 circles - mushroom	 **360°**
2	2 circles - spindle 180^{O} in 2 circles – 2 circles – mushroom (each spindle is 90^{O})	 **180°**	**7**	2 circles – spindle 540^{O} in 3 circles – 2 circles – floor level mushroom	 **540°**
3	2 circles - spindle 360^{O} in 4 circles - 2 circles mushroom (each spindle is 90^{O})	 **360°**	**8**	2 circles facing outward, – spindle 180^{O} in one circle – 2 loops – floor level horse	 **180°**
4	2 circles - spindle 180^{O} in one circle– 2 circles - mushroom	 **180°**	**9**	2 loops, – spindle 180^{O} in one circle – 2 loops facing outward on pommel horse	 **180°**
5	2 circles - spindle 180^{O} – 2 circles - spindle 180^{O} – 2 circles – mushroom (each spindle in 1 circle)	 **180° + 180°**	**10**	2 loops, – spindle 360^{O} – 2 loops – pommel horse	 **360°**

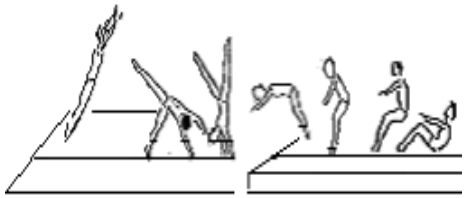
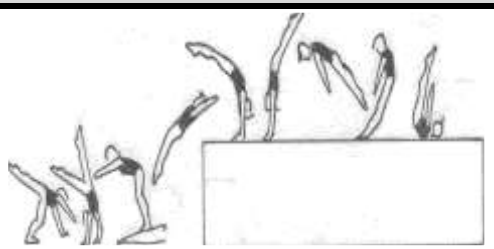
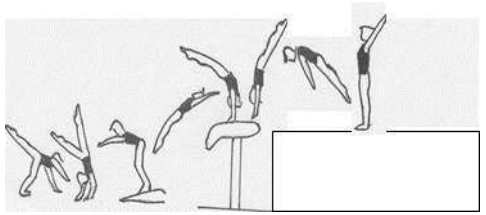
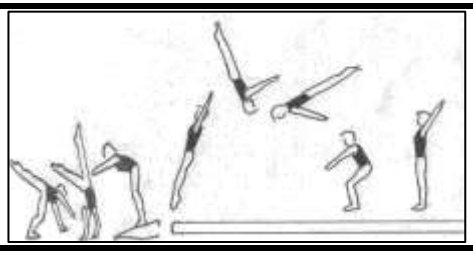
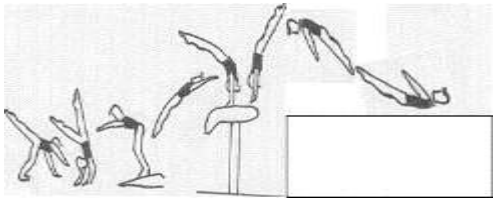
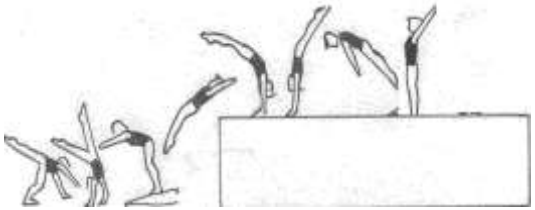
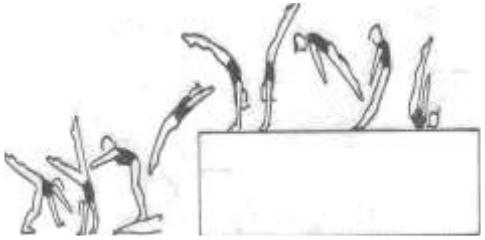
RINGS - Structure 1 - Forward swings					
1	3x forward swing (end position: feet near cable, (hands in undergrip)		**6**	Handstand – swing into hang – dislocate to stand -- shoulders higher than the top of the rings	
2	3x forward swing as in Value Level 1 (shoulders: level with rings)		**7**	Handstand – giant through handstand	
3	3x forward swing as in Value Level 2 (shoulders: level with top of the rings)		**8**	Handstand – swing down – dislocate through - handstand – giant to handstand - 2sec	
4	Inverted hang – backward swing – forward swing and dislocate to hang		**9**	Handstand – 2x giant into handstand – 2 sec	
5	Backward swing – forward swing and 1x dislocate to hang and dislocate to stand		**10**	Handstand – 3x giant into handstand (each handstand 2 seconds)	

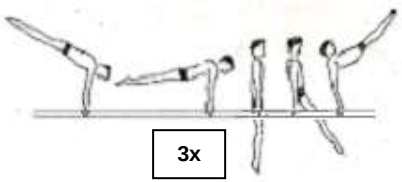
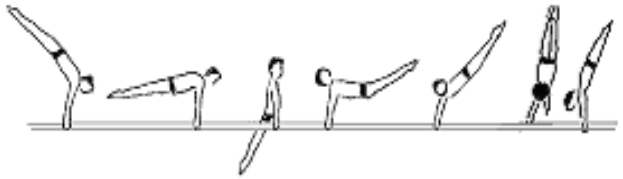
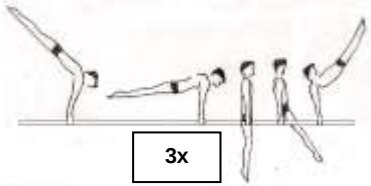
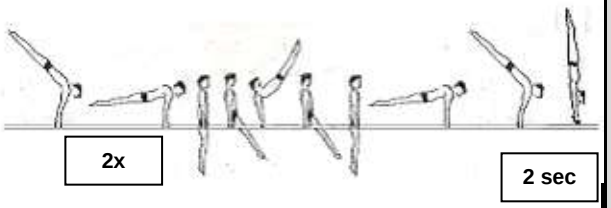
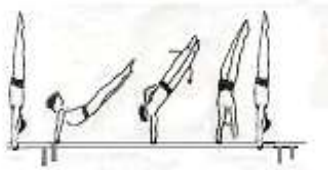
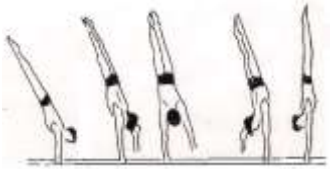
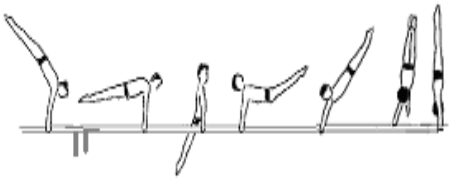
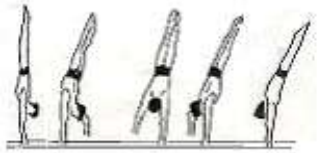
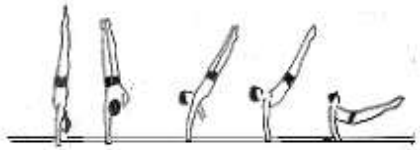
RINGS– Structure 2 - Backward swings					
1	3x backward swing (end position: feet near cables, hands in el grip)		**6**	Handstand – swing fwd into hang – inlocate(shoulders above ring height)	
2	3x backward swing as in Value Level 1 (shoulders at ring level)		**7**	Handstand – giant forward through handstand	
3	3x backward swing as in Value Level 2 (shoulders: level with top of the rings)		**8**	Handstand – inlocate and uprise bwd to handstand (2 sec)	
4	Inverted hang – backward swing and inlocate into hang		**9**	Handstand – 2x giant fwd to handstand(2 sec)	
5	Backward swing – 2x inlocate (shoulders at ring height)		**10**	Handstand – 3x giant fwd to handstand (2 sec)	

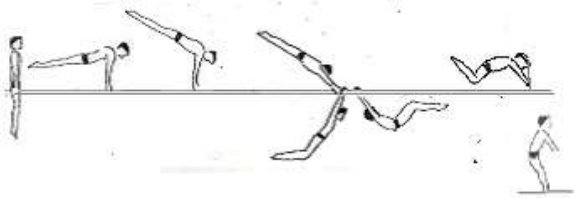
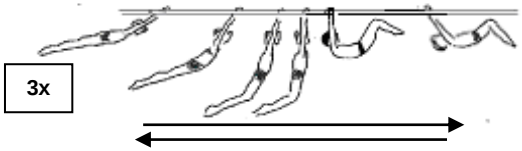
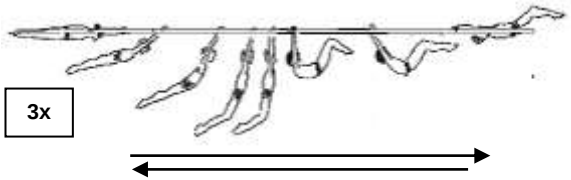
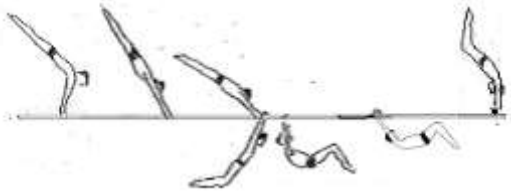
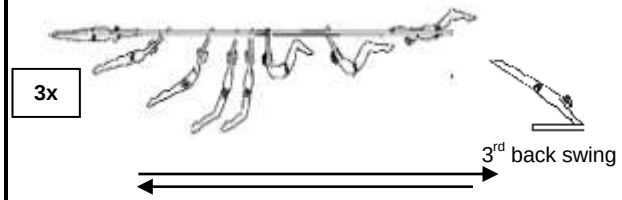
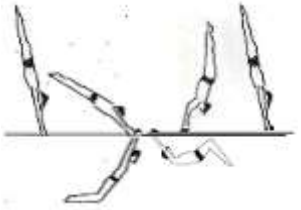
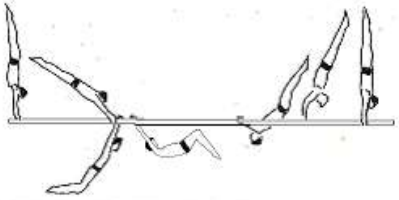
RINGS - Structure 3 – Kips and Felges					
1	Hang 1x pull to support	1x 	**6**	Inverted hang and kip to L-sit (2 sec)	
2	Hang and 3x pull to support	3x	**7**	Inverted hang and kip to L-sit (2 sec) – press handstand (bent arms / hips) (2 sec)	
3	Stand – felge bwd to support		**8**	Kip to L-sit (2 sec) – press handstand with straight arms and straddled legs (2 sec)	
4	Support – felge bwd piked into support		**9**	Handstand – lower – felge bwd 30^{O} to L-sit (2 sec) – press handstand with straight arms and straddled legs (2 sec)	
5	Hang –pull to L-sit – felge fwd piked to support - press to handstand(bent arms / hips) – 2 sec.		**10**	Kip to L-sit (2 sec) Swiss handstand (2 sec) – felge bwd to L-sit (2 sec) -Swiss handstand (2 sec)	

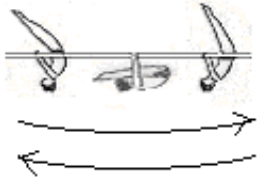
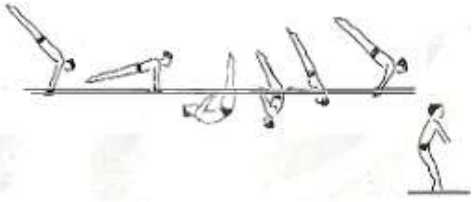
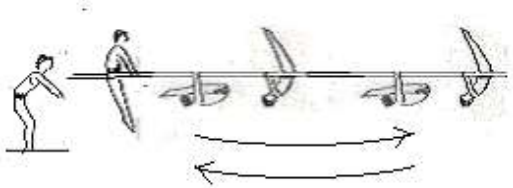
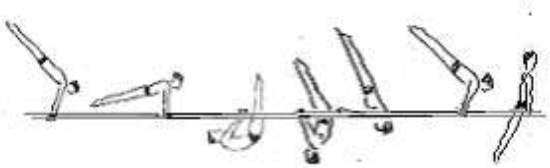
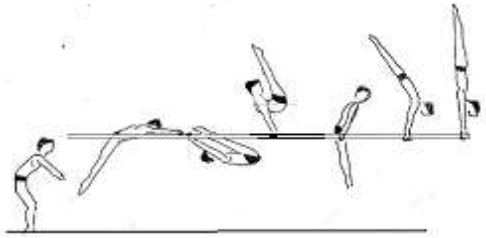
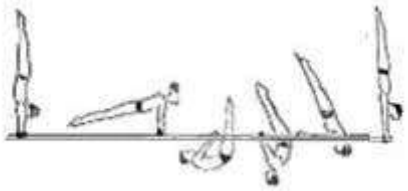
RINGS - Structure 4 - Dismounts					
1	**Not required**		**6**	Felge through support position and salto bwd tucked	
2	**Not required**		**7**	Felge through support position and salto bwd stretched	
2	**Not required**		**8**	Dislocate and double salto bwd tucked	
4	Backward swing – forward swing – dislocate stretched and salto bwd stretched to stand		**9**		
5	Forward swing – backward swing – inlocate stretched and salto fwd stretched to stand	Salto fwd. stretched	**10**	Handstand – dislocate and double salto bwd stretched **or** Handstand – inlocate and double salto fwd tucked	

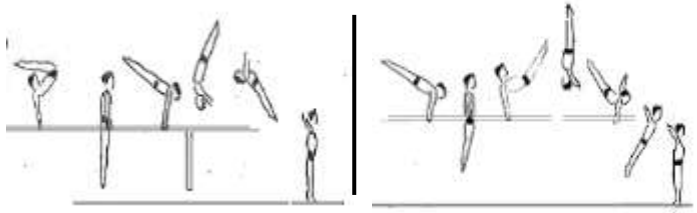
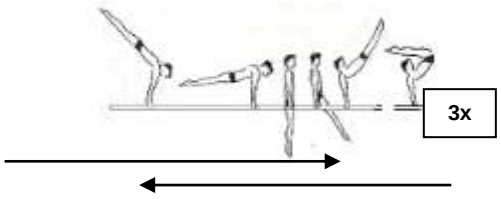
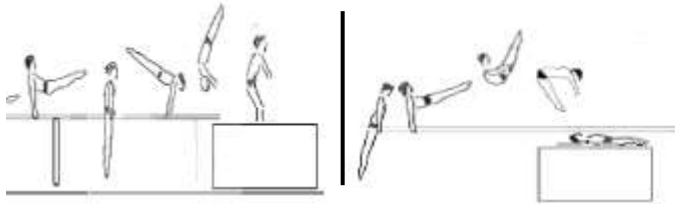
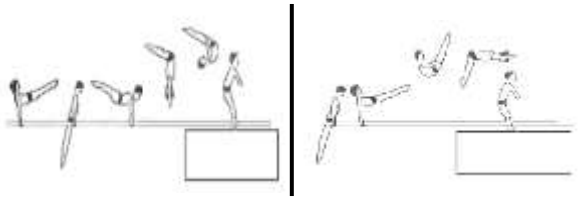
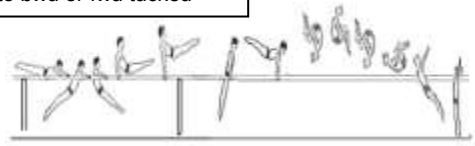
VAULT – Structure 1 – Handspring forward					
1	Short run and salto fwd tucked from board		**6**	Handspring onto mats at table height (135cm)	
2	Short run and salto fwd straight		**7**	Handspring onto mats 60cm above table height (195 cm)	
3	Short run and salto fwd straight (onto 60cm mat)		**8**	Handspring and salto fwd to land on back – mats at table height (135cm)	
4	Handspring over table (100-110cm) – normal mats		**9**	Handspring and salto fwd to land on normal mats	
5	Handspring over table (125cm) – normal mats		**10**	Handspring and salto fwd to land on mats 80cm	

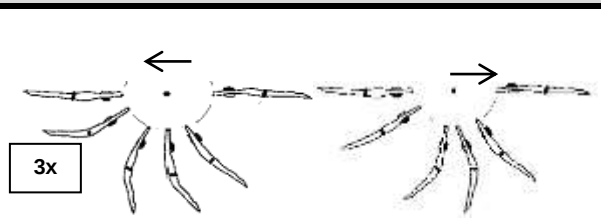
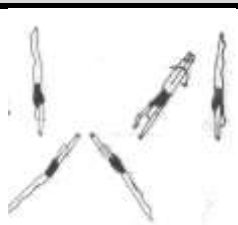
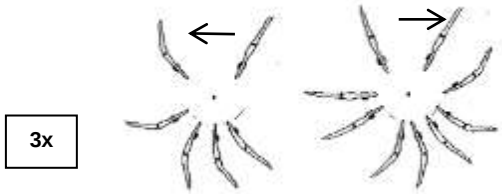
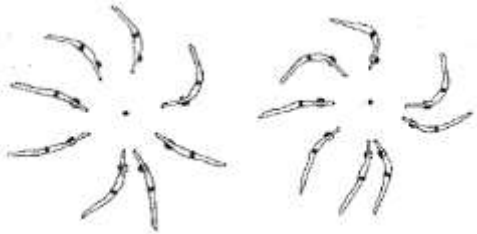
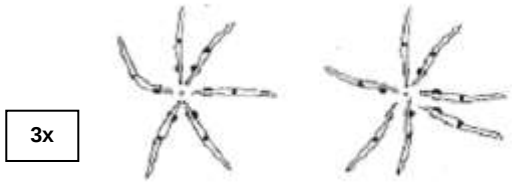
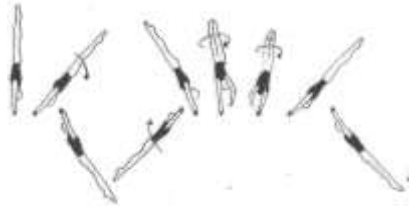
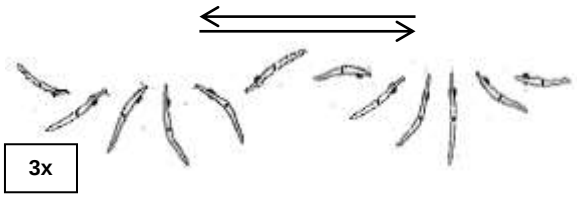
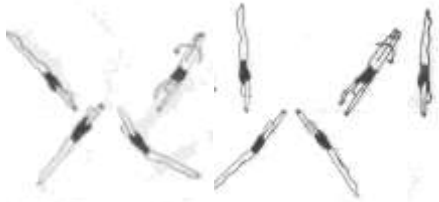
VAULT – Structure 2 – Round off entry (Yurchenko) (Yurchenko safety mat required)					
1	From stand, hurdle and round off onto 20cm mat – no deviation from centre line		**6**	Round off back handspring over rotate onto back with feet just touching (Mats 120 cm)	
2	Round off to board and jump backward to land on back (Mats 100 cm)		**7**	Round off handspring backward over horse to land on high mats (Mats at table height = 125-135cm)	
3	Round off to board and salto backward straight		**8**	Round off handspring backward over horse to land on back (Mats at table height = 125-135cm)	
4	Round off to board and handspring backward onto high mat (Mats 80 cm)		**9**	Yurchenko tucked	
5	Round off back handspring over rotate onto back with feet just touching (Mats 80 cm)		**10**	Yurchenko straight	

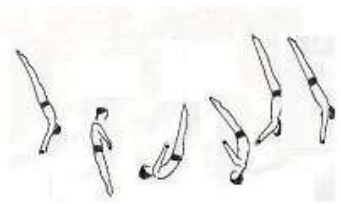
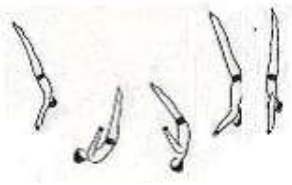
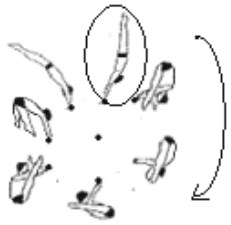
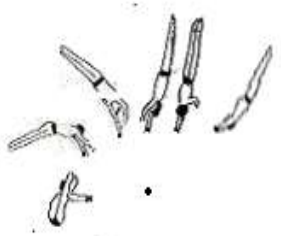
PARALLEL BARS – Structure 1 – Swing through support					
1	3x swings forward and backward - 30^{O}		**6**	Swing forward and backward - on forward swing Stützkehre 60^{O}	
2	3x swings forward and backward - 45^{O}		**7**	3/4 Diamidov to 1 bar	
3	2x swings forward and backward to handstand (2 sec)		**8**	From handstand, Diamidov	
4	Swing to handstand and ½ turn forward to handstand		**9**	From handstand, Stützkehre to handstand	
5	Swing to handstand and ½ turn backward to handstand		**10**	Swing through handstand and Healy to support	

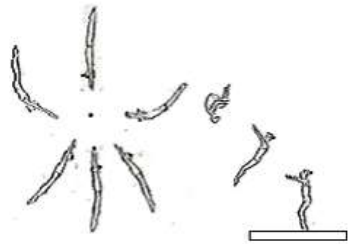
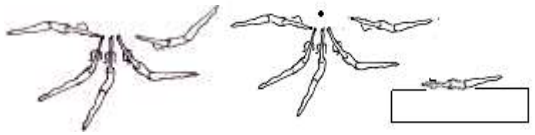
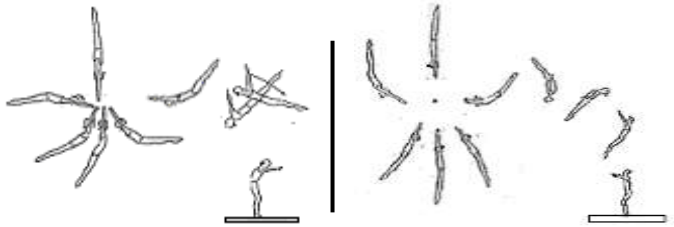
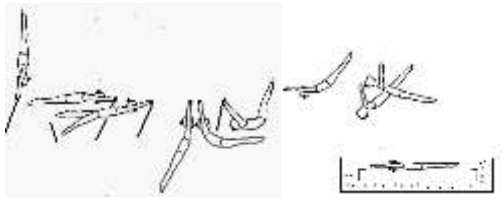
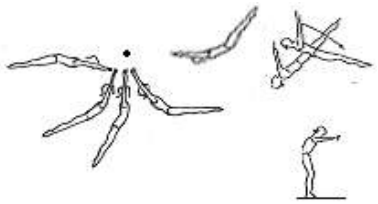
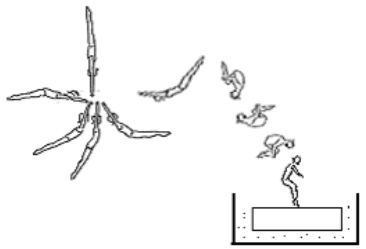
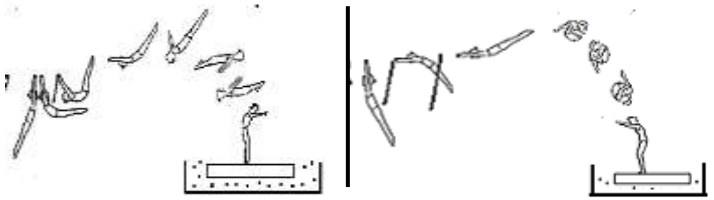
PARALLEL BARS – Structure 2 – Long hang swing					
1	**Not required**		**6**	Backswing to 45^{O} - Layaway to giant swing tucked 45^{O} to stand (spotted by coach)	
2	3x swing forward and backward in hang		**7**	**Not required**	
3	3x swing forward and backward in hang (body at bar height)		**8**	Backswing near handstand, - Layaway to giant swing tucked to stand (el-grip; spotted by coach)	
4	3x swing forward and backward in hang (third back swing above bars)		**9**	Backswing near handstand, - Layaway to giant swing to handstand in elgrip – jump down to stand (spotted by coach)	
5	**Not required**		**10**	From handstand, giant swing to handstand (Kenmotsu)	

PARALLEL BARS – Structure 3 – Felges					
1	**Not required**		**6**	Stand – jump to Felge backwards to el-grip support, jump down	
2	**Not required**		**7**	From back swing 30^{O}, Felge backwards to el-grip support 30^{0}, jump down	
3	3x swing in piked inverted hang		**8**	From back swing 45^{O}, Felge backwards to el-grip support 45^{0}, jump down	
4	Stand –jump to 3x swing in piked inverted hang		**9**	From back swing, Felge backwards to support 60^{0}	
5	Stand – jump to glide kip to near handstand		**10**	From handstand, Felge backwards to handstand	

PARALLEL BARS – Structure 4 - Dismounts					
1	**Not required**		**6**	Salto forward stretched to stand **OR** Salto backward stretched	
2	**Not required**		**7**	**Not required**	
3	3x forward and backward swing; through high V-sit (Manna)		**8**	Salto forward stretched **OR** Salto backward piked to land on the back (mat at bar height)	
4	**Not required**		**9**	**Not required**	
5	Salto forward piked **OR** Salto backward piked to stand on mats at bar height (low bars)		**10**	Double salto forward tucked **OR** From handstand, double salto backward tucked	Double salto bwd or fwd tucked 

HORIZONTAL BAR – Structure 1 – Long hang swings					
1	3x forward and backward swings (body horizontal) (straps)		**6**	Under grip giant swing with ½ turn to overgrip	
2	3x forward and backward swings (body height 30^{O}) (straps)		**7**	Overgrip giant swing with ½ turn to undergrip	
3	3x forward and backward swings (body height 60^{O}) (straps)		**8**	2x accelerator giants backward (straps)	
4	3x giant swings forward and backward (straps)		**9**	Under grip giant swing with1/1 turn to mixed grip (under grip and el-grip)	
5	3x forward and backward swings with pronounced wave movements through the bottom vertical (straps)		**10**	Overgrip giant swing with ½ turn to undergrip and Under grip giant swing with ½ turn to overgrip	

HORIZONTAL BAR – Structure 2 – In-bar elements (elements near the bar)					
1	1x free hip circle 60^{0} (straps)		**6**	From giant swing, Stalder to handstand	
2	1x free hip circle to handstand (straps)	**1x** 	**7**	From giant swing, Endo to handstand	
3	From handstand 3x free hip circle to handstand (straps)	**3x**	**8**	Endo with ½ turn to handstand	
4	3x straddled circle 45^{O} **(Stalder**) (straps)		**9**	Stalder with ½ turn to handstand	
5	3x straddled circle **(Endo circle)** (straps) 45°		**10**	Endo 1/1 turn to mixed grip (undergrip and el-grip)	

HORIZONTAL BAR – Structure 3 - Dismounts					
1	**Not required**		**6**	From handstand, and salto forward tucked	
2	2X forward and backward swing – on 2nd forward swing land on back on 40cm mat (Recommended to use a wedge mat or a sloped mat)		**7**	Giant swing bwd and salto bwd straight **OR** Giant swing fwd and salto fwd stretched	
3	2X forward and backward swing – on 2nd forward swing salto backward tucked		**8**	Giant swing bwd and 1 ½ salto bwd straight to land on back on mat in pit	
4	2X forward and backward swing – on 2nd forward swing salto backward stretched		**9**	Giant swing backward and double salto backward tucked into foam pit (no mat)	
5	**Not required**		**10**	Giant swing bwd and double salto bwd straight onto mat in pit **OR** Giant swing fwd and double salto fwd tucked onto mat in pit	

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE

Fondée en 1881

SKILL ACQUISITION PROFILES

for

Men's Artistic Gymnastics

This is a recommended profile of skill acquisition by gymnasts for all apparatus. 1/4 designates initiation of the learning of the element. 4/4 designates perfection. No element should be included in a competition exercise that has not reached the level of 3/4.

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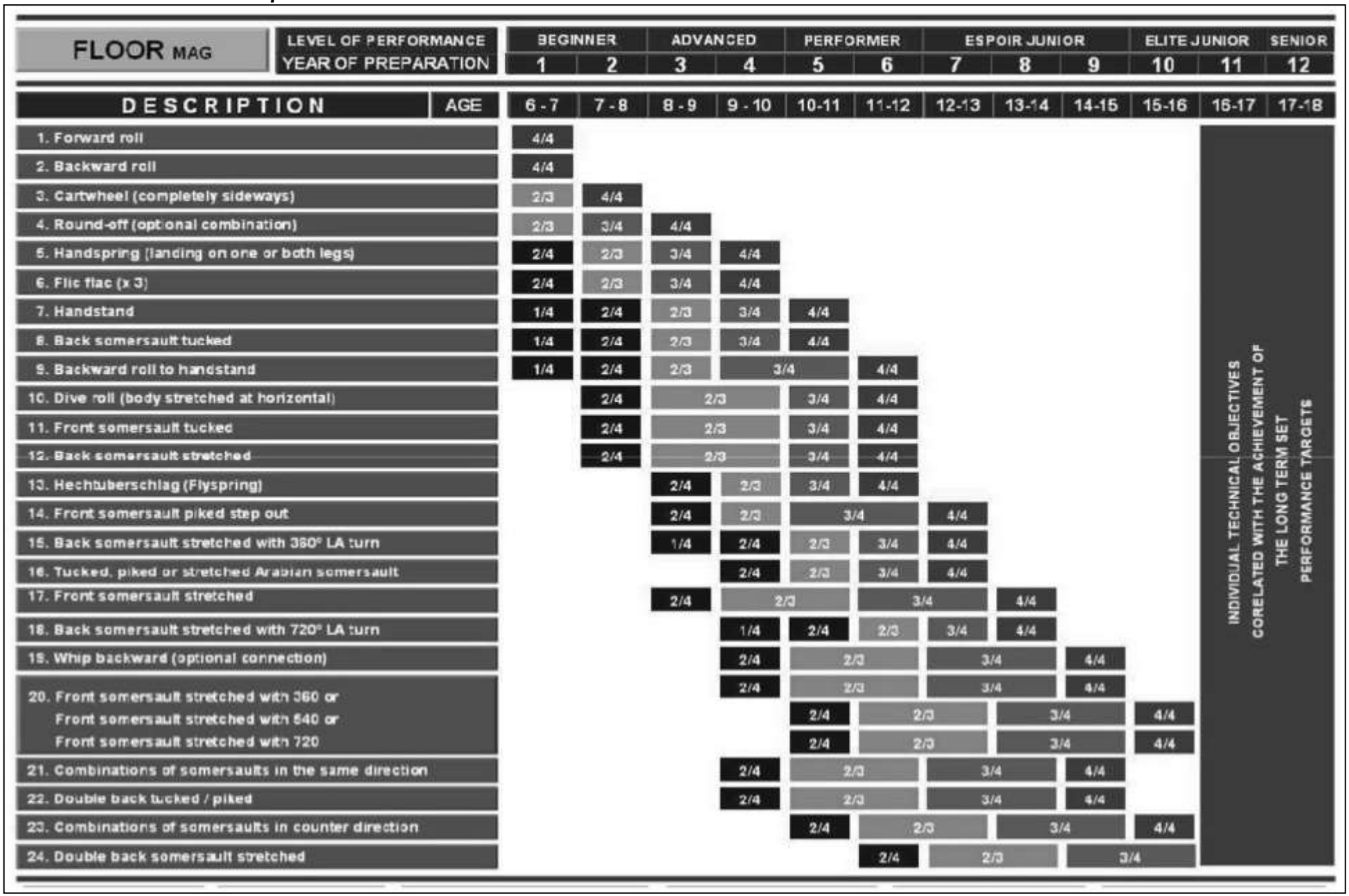
Skill Acquisition Charts and Competition recommendation

The charts that follow present a variety of recommendations from an analysis of the world's best knowledge and best practice.

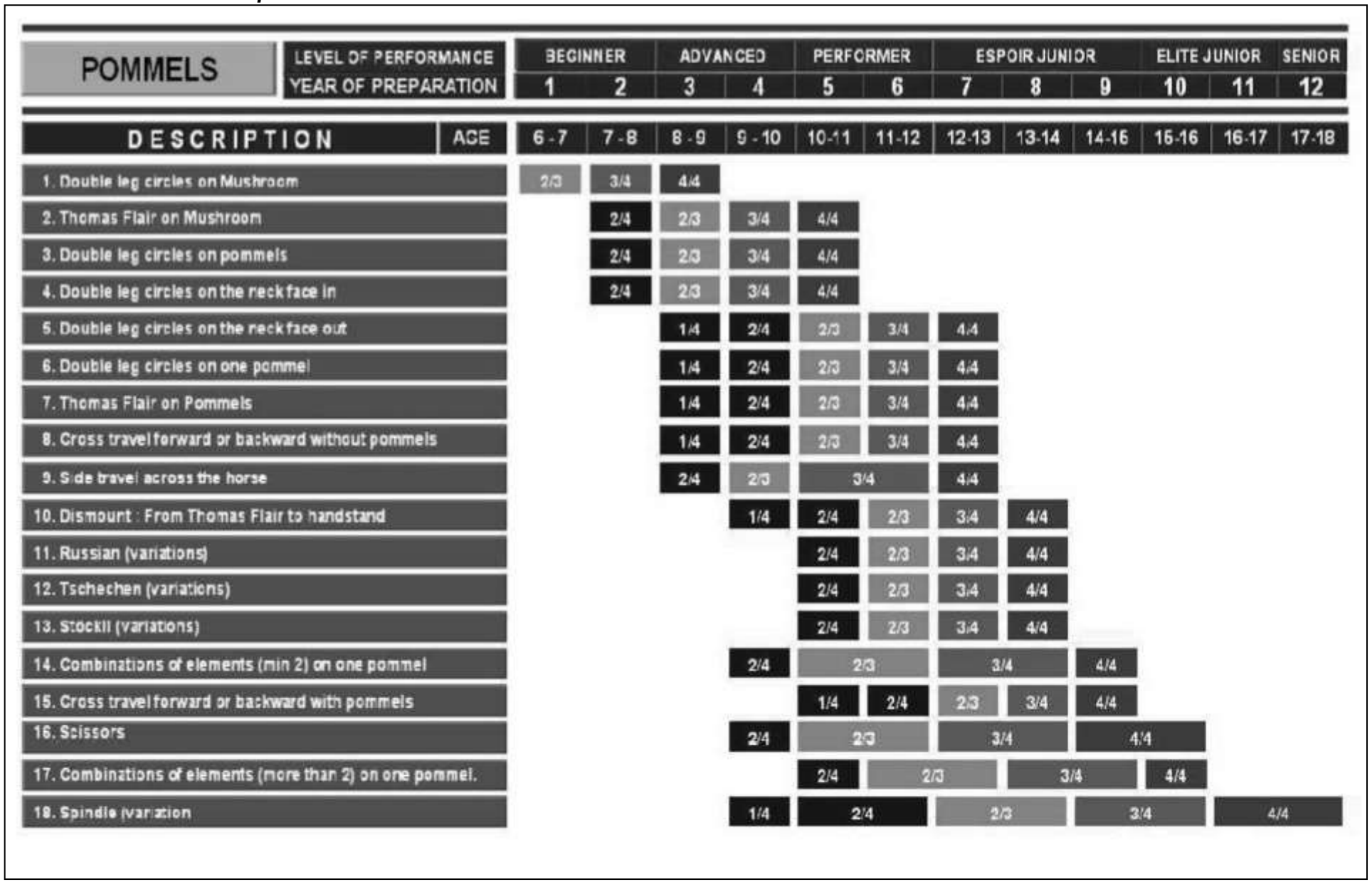
1. The SKILL ACQUISITON PROFILE CHARTS for each MAG and WAG apparatus show the normal progression of the main gymnastics skills. 1/4 designates the age when a skill should be initiated; 4/4 when it is perfected (see chart below). No skill should be used in competition until it is at the advanced 3/4 level for domestic competition and the 4/4 level for international competition. There may be individual differences in the rate of skill acquisition, but these examples are the world norm and have been verified also by the FIG men's and women's technical committees.
2. The SAMPLE AGE GROUP COMPETITION STRUCTURE on the last page shows clearly that international competitions are not appropriate for boys under age 12 and girls under age 11. Additional information is presented that can serve as guidelines for federations.

LEVEL of LEARNING	STAGE	CONDITIONS	DESCRIPTION	APPLICABILITY
0	UNKNOWN	SUFFICIENT KNOWLEDGE AND SKILLS	The coach has to assess and evaluate the **physical, technical and methodological resources** crucial for approaching the element / connection / combination	STRATEGICAL TACTICAL DECISIONS
1/8	INITIATING		The gymnast has to realize the **mental and kinesthetic representation** of the main moments, phases and actions typical for the element.	TRAINING ONLY
1/4	LEARNING	IN PHASES	The gymnast has to prove the correctness of the **positions, shapes**, typical **motor actions** or gathered into **motor mechanisms**.	
2/4		WITH TRAINING ASSISTANCE	**(Coach support, foam pit, loops, elastic surfaces, other devices)** The gymnast has to prove the correctness of the typical biomechanical mechanisms using **not more than 2** of the specified support procedures	
2/3		ALONE (WITHOUT SUPPORT)	The gymnast has to prove the correctness of the typical biomechanical mechanisms without using any of the specified support procedures. **SECURE but INCONSISTENT**	ROUTINE READINESS LOW
3/4	COMPETENT	WITHOUT CONNECTIONS OR COMBINATIONS	The gymnast can perform the element without major penalties, **SECURE and CONSISTENT**, but without any connections or combinations, before or after	ROUTINE READINESS AVERAGE
4/4	PERFECTED	COMPETITIVE	The gymnast can perform the element without major penalties, **SECURE IN ANY CONNECTION or COMBINATION**	ROUTINE READINESS HIGH

FLOOR EXERCISE – Skill Acquisition Profile

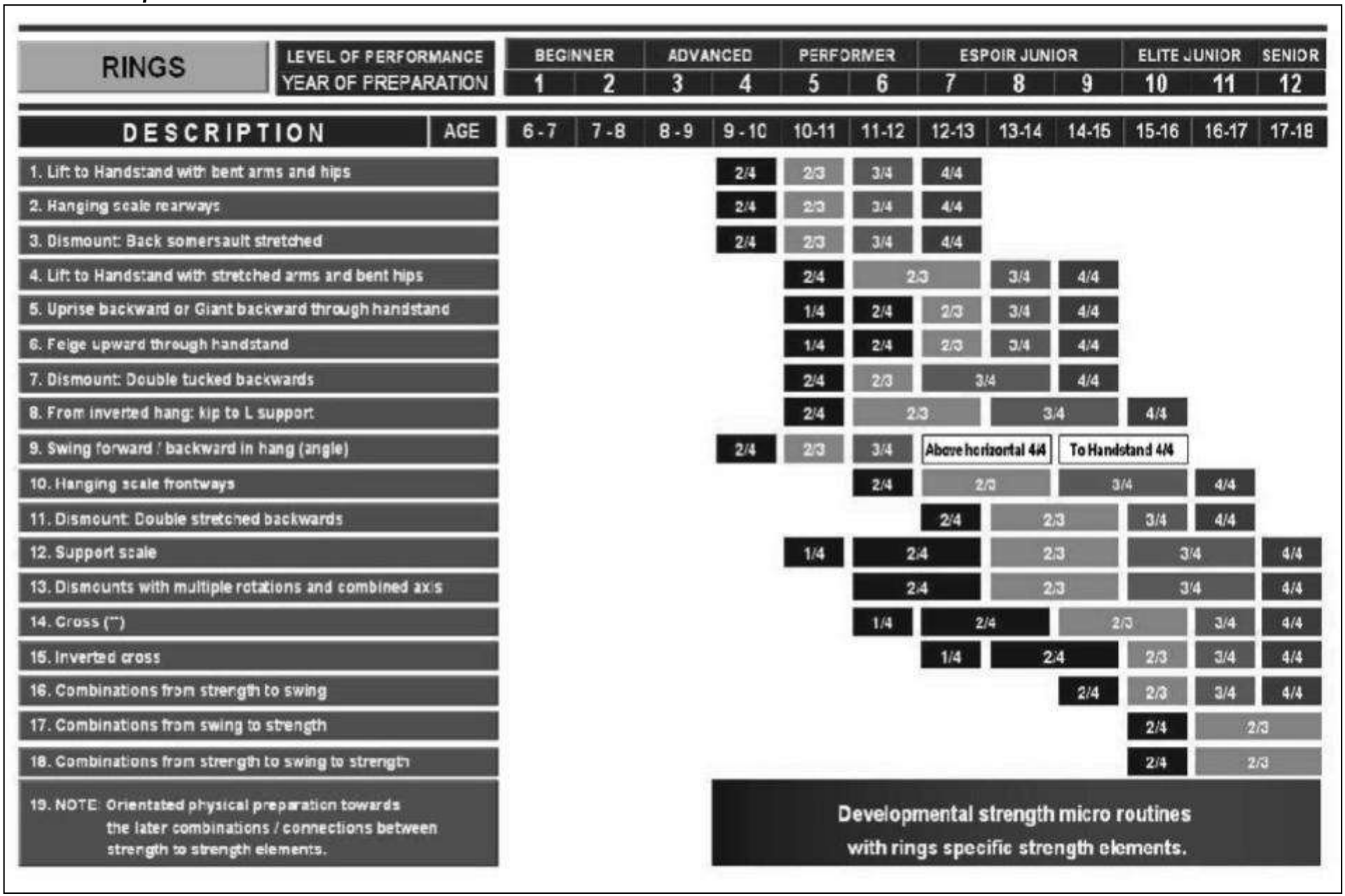


POMMEL HORSE – Skill Acquisition Profile

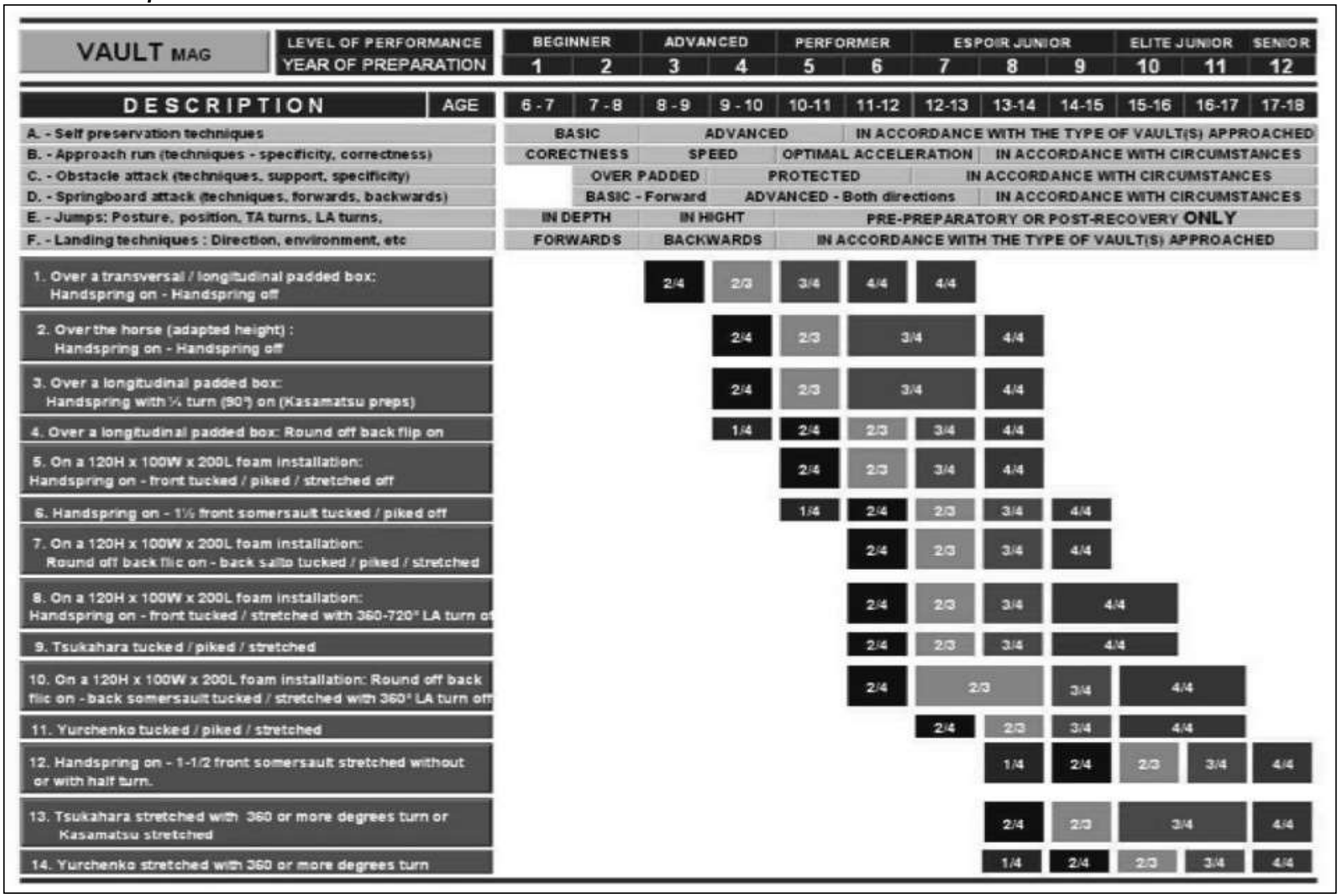


POMMELS	LEVEL OF PERFORMANCE	BEGINNER		ADVANCED		PERFORMER		ESPOIR JUNIOR			ELITE JUNIOR		SENIOR
	YEAR OF PREPARATION	1	2	3	4	5	6	7	8	9	10	11	12
DESCRIPTION	AGE	6 - 7	7 - 8	8 - 9	9 - 10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17-18
1. Double leg circles on Mushroom		2/3	3/4	4/4									
2. Thomas Flair on Mushroom			2/4	2/3	3/4	4/4							
3. Double leg circles on pommels			2/4	2/3	3/4	4/4							
4. Double leg circles on the neck face in			2/4	2/3	3/4	4/4							
5. Double leg circles on the neck face out				1/4	2/4	2/3	3/4	4/4					
6. Double leg circles on one pommel				1/4	2/4	2/3	3/4	4/4					
7. Thomas Flair on Pommels				1/4	2/4	2/3	3/4	4/4					
8. Cross travel forward or backward without pommels				1/4	2/4	2/3	3/4	4/4					
9. Side travel across the horse				2/4	2/3	3/4		4/4					
10. Dismount : From Thomas Flair to handstand					1/4	2/4	2/3	3/4	4/4				
11. Russian (variations)						2/4	2/3	3/4	4/4				
12. Tschechen (variations)						2/4	2/3	3/4	4/4				
13. Stockli (variations)						2/4	2/3	3/4	4/4				
14. Combinations of elements (min 2) on one pommel					2/4	2/3		3/4		4/4			
15. Cross travel forward or backward with pommels						1/4	2/4	2/3	3/4	4/4			
16. Scissors					2/4	2/3		3/4		4/4			
17. Combinations of elements (more than 2) on one pommel.						2/4	2/3		3/4		4/4		
18. Spindle (variation					1/4	2/4		2/3		3/4		4/4	

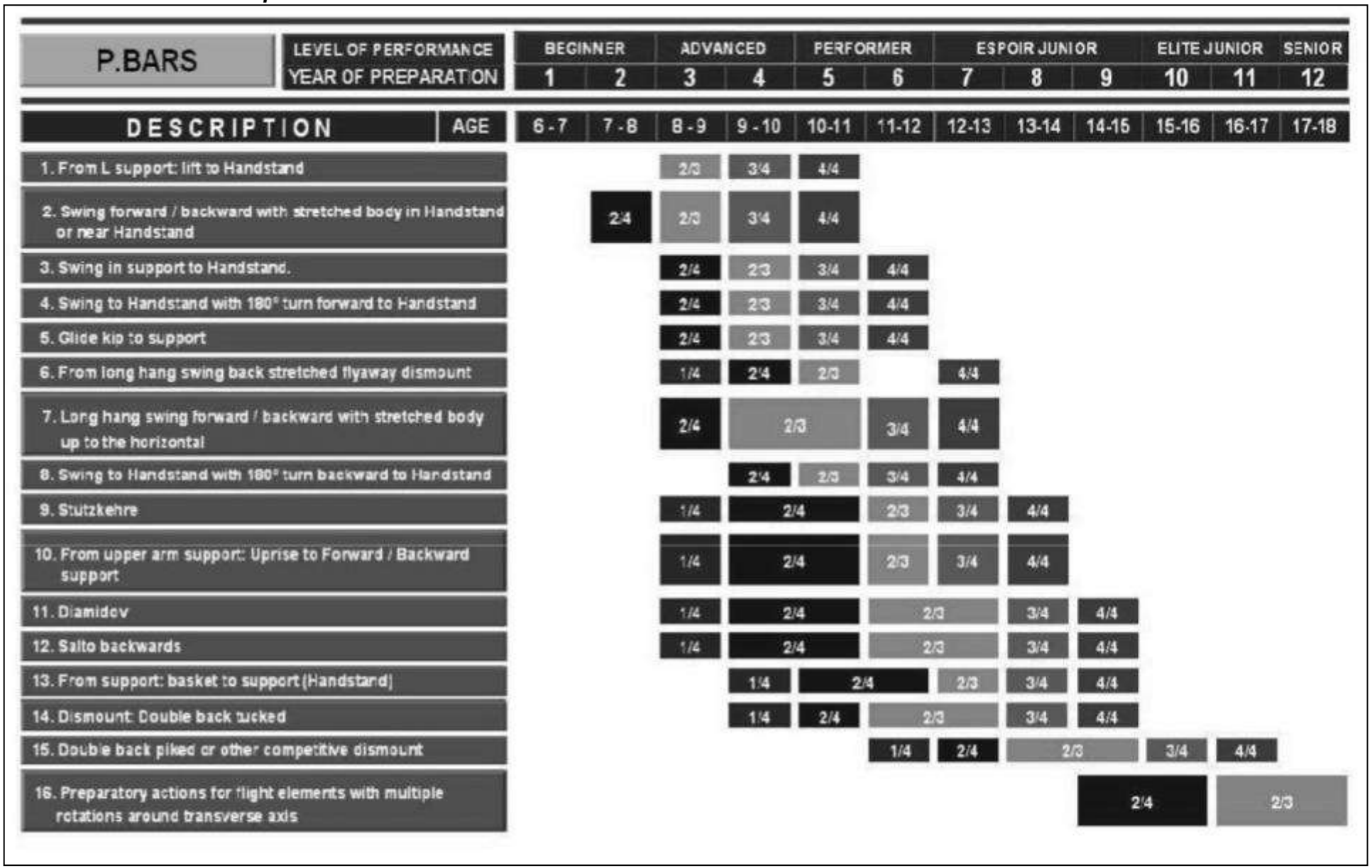
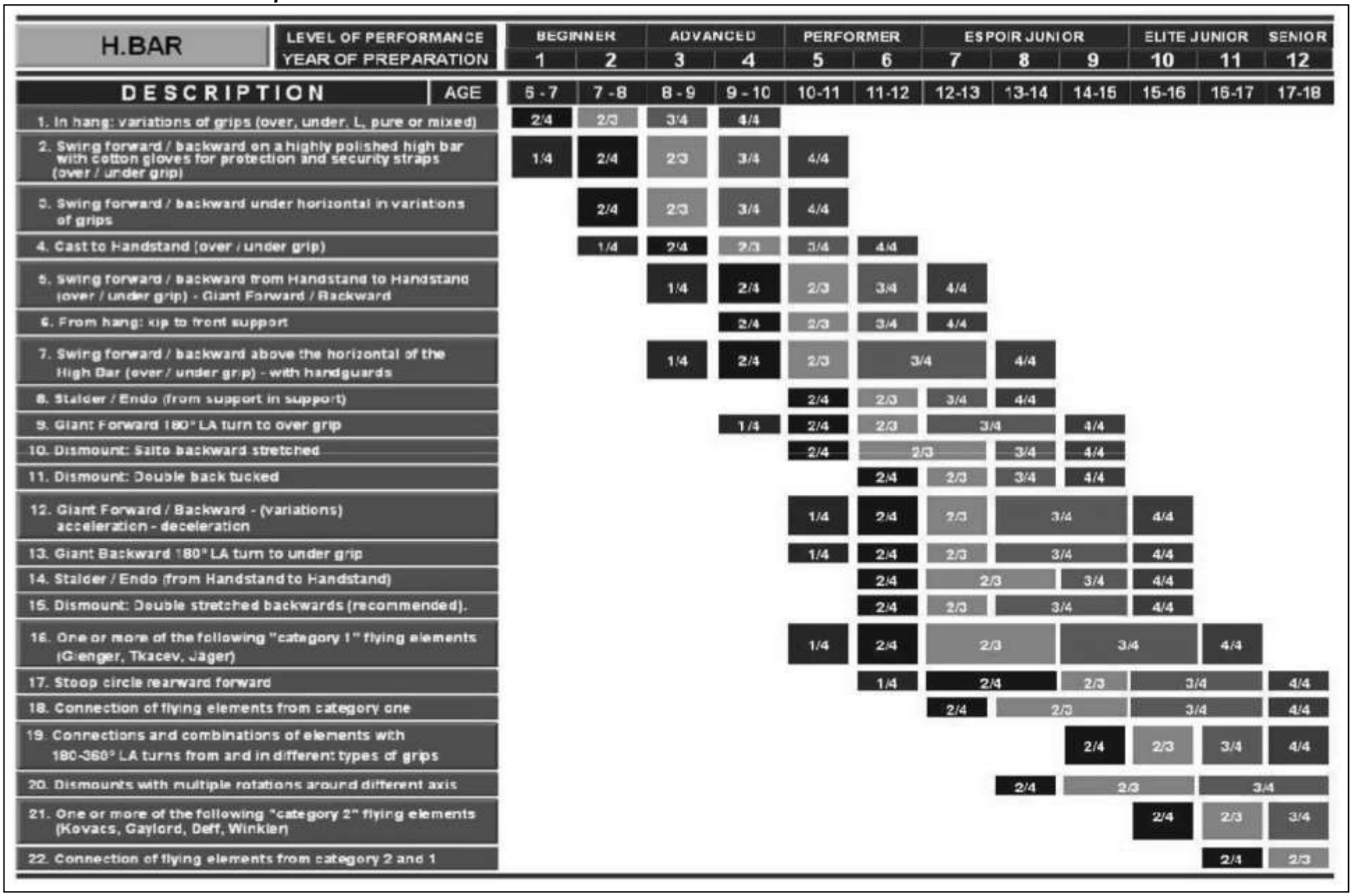
RINGS – Skill Acquisition Profile



VAULT – Skill Acquisition Profile



PARALLEL BARS – Skill Acquisition Profile



HORIZONTAL BAR – Skill Acquisition Profile