



Equipment List						
Levels	Floor	Pommel	Rings	Vault	Parallel Bars	High Bar
Level 10	12x2m	Pommel Noted On Criteria	FIG Ring Height (minus 20cm due to roof height) +Up to 10cm matting	Vault Noted On Criteria	Optional P-Bars Height + Up to 10cm matting in landing area	FIG High Bar Height + Up to 10cm matting in landing area
Level 9						
Level 8	Diagonal across 12x12m floor					
Level 7						
Level 6						
Level 5						
Level 4						
Level 3						
Level 2						
Level 1						



FLOOR	Level 10	Level 9	Level 8	Level 7	Level 6	Level 5	Level 4	Level 3	Level 2	Level 1
A moves = 0.10 B moves = 0.20 C moves = 0.30 D moves = 0.40 E moves = 0.50 F moves = 0.60	All routines must consist of a minimum of 6 moves and no more than 9.									
	A & B Moves	A & B Moves	A,B & C Moves	A,B & C Moves	A,B & C Moves	A,B,C & D Moves	A,B,C & D Moves	A,B,C & D & E Moves	A,B,C & D, E & F Moves	A,B,C,D,E & F Moves
	Max 2 B Moves		Max 2 C Moves	Max 4 C Moves		Max 2 D Moves		Max 4 E Moves	Max 2 F moves	
CR's (0.5 + element value)	Any A Jump	Any B Jump	Dive forwards roll	Any flighted forwards or backwards element	Any skill connected to a flighted forwards or backwards element	Any tumble pass consisting of 3 skills	Any twisting somersault	Any 2/1 twisting element	Any 2.5/1+ twisting element	Any press to japanese handstand
	Press up	Arabeque	Straight Headstand	Forwards roll to straddle stand	Handspring or Front Somersault	Handstand 1/1 pirouette	Any lift to handstand	Any straight somersault connected to a skill from the same category	Any twisting somersault connected to a skill from the same category	Any double somersault
	Any A backwards roll	Round off	Any backwards roll with straight arms	Flic to stand or front support	Any C Strength + Flexibility + Balances Elements	Any Press To Handstand	Any straight somersault	Any D lift to handstand	Any D or E sideways element	Any twisting somersault connected to another twisting somersault
	Any A held skill	Handstand forwards roll	Any Handstand (handstand forwards roll included)	Any handstand held	Backwards roll to handstand or front support with Straight arms	Any B or C Pommel elements	Any D pommel elements	Manna or russian	Any flared pommel elements	Any E or F russian or flared pommel elements
Notes	Any skill that is noted as “held” must be held for 2s or the skill will not count.									
	Splits prior to any lift to handstand can count towards D score if shown.									
	Pommel work must start at front support but can rotate up to 0.5 over skill description with control.									
	Skills connected receive no extra score to D score.									
	Backwards roll with straight arms must have locked elbows to count as the skill stated.									



FLOOR					
A (0.1)	B (0.2)	C (0.3)	D (0.4)	E (0.5)	F (0.6)
Strength + Flexibility + Balances Elements					
Dish to arch (both shapes held) (opposite movement is an option)	Tucked planche (held)	Handstand 1/2 pirouette (2 hand movements)	Splits press to handstand (held)	Russian press to handstand (held)	Japanese Lift to handstand from splits
Back support turn to front support (both shapes held) (opposite movement is an option)	Straight head stand (held)	Headstand push to handstand (held)	Pike or straddle lever press to handstand (held)	Manna (held)	Swallow (held)
Press up	Handstand	Straddle or Pike stand press to handstand (held)	Straddled endo roll to handstand (held) from forwards roll or handstand	Japanese Lift to handstand from straddle stand	Manna press to handstand (held)
Frog balance (held)	Arabesque (held)	Straddle planche (held)	Russian lever (held)	Straddle or straight planche lift to handstand (held)	
Tucked headstand (held)		Handstand (held)	Handstand 1/1 pirouette (4 hand movements)	Piked endo roll to handstand (held)	
Dead man drop		Y-Balance (held)	Straddle or pike press to handstand (held) into 1/2 pirouette		
Shoulder stand with arm supported (held)					
Bridge (held)					
Any splits (held)					
Japana (held)					
Pike fold (held)					
Pike lever (held)					
Straddle lever (held)					
Forwards Elements					
Forwards toll to stand	Forwards roll to straddle stand	Handstand forwards roll with straight arms (held)	Front somersault in straight position	Front somersault 2/1 shape optional	Double front somersault (shape optional
	Handstand forwards roll	Front somersault tucked or piked	Front somersault 0.5/1 shape optional	Front somersault 1.5/1 shape optional	Front somersault 2.5/1 shape optional
	Dive forwards roll		Front somersault 1/1 shape optional		Front somersault 3/1 shape optional
	Handspring to 1 feet				
	Handspring to 2 feet				
Backwards Elements					
Backwards roll to squat	Any A backwards roll with straight arm	Back somersault tucked or piked	Back somersault in straight position	Back somersault 2/1 shape optional	Double back somersault (shape optional)
Backwards roll to pike stand	Flic to front support	Backwards roll to handstand with straight arms	Backwards somersault 1/1 shape optional	Back somersault 1.5/1 shape optional	Back somersault 2.5/1 shape optional
Backwards roll to straddle stand	Flic to feet		Back somersault 0.5/1 shape optional	Whip with full twist (mid tumble use only)	Back somersault 3/1 shape optional
Backwards roll to front support	Backwards roll to handstand with bent arms		Backwards roll to handstand 0.5/1 turn	Backwards roll to handstand 1/1 turn	
			Whip (mid tumble use only)		
Sideways Elements					
Side to side cartwheel	One handed cartwheel (hand optional)	Side somersault shape optional	Arabian somersault shape optional	Arabian somersault 0.5	
Cartwheel with 1/4 turn in or out	Round off		Side somersault with 1/1 shape optional	Arabian somersault 1/1	
Jumps + Pommel Elements					
Straight Jump	Straight jump 1/1	2/1 double leg circles	1/1 flared circles	2/1 russian circles	3/1 russian circles
Tuck jump	Tuck jump 0.5/1		1/1 russian circle	2/1 flared circles	3/1 flared circles
Star jump	Tuck jump 1/1		3/1 double leg circles		
Straight jump 0.5/1	1/1 double leg circle				



Judging Points - Floor					
D Score					
D Scoring	Difficulty score is 0 + the value of each listed skill performed + CR's				
	If a skill is not competed that is stated on the intention sheet or the judge believes the skill is not the performed as it should be the skill value is not rewarded.				
E Scoring		0.1	0.3	0.5	1.0
General Deductions	Prompting by coaches.		0.3		
	Further prompting by coaches.	0.1			
	Missing elements.				1.0 per element
Skill focused	Bent arms or bent knees.	0.1	0.3	0.5	
	Leg or knee separation.	0.1	0.3	0.5	
	Feet not pointed.	0.1			
	Insufficient height.	0.1	0.3		
	Insufficient tuck, pike or straight.	0.1	0.3		
	Brush against apparatus where not stated.		0.3	0.5	
	Instability/adjustment in skill.	0.1	0.3		
	Held elements not held for stated time.			0.5	
	Held elements with no pause.	The gymnast does not receive the D score stated in the skill value + deductions of execution			
	2nd attempt at a held element.			0.5	
	Lack of rotation in turns.	0.1	0.3		
Landings	Steps on landing (deduction per step - up to 0.8 per landing).	0.1	0.3		
	Landing stability.	0.1	0.3		
	Arm circle on landing to regain balance.	0.1			
	Stepping one foot out of marked floor area (all levels).	0.1			
	Stepping both feet out of marked floor area (all levels).		0.3		
	Falls.				1.0



POMMEL	Level 10	Level 9	Level 8	Level 7	Level 6	Level 5	Level 4	Level 3	Level 2	Level 1
X5 Circles Walking round floor mushroom (no stop in shapes)	1									
X5 0.5 circles floor mushroom landing in back support, continue circle walking (shape in walk still marked)	1.5	1.5								
X5 double leg circles 40cm mushroom (no deduction for stopping)		2.0								
X5 double leg circles 40cm mushroom connected (0.3 deduction for stop)		2.5	2.5							
X10 double leg circles 40cm mushroom (0.3 deduction for stop)			3.0	3.0						
X5 double leg circles on floor mushroom (0.5 deduction for stop)				3.0	3.0					
X10 double leg circles on floor mushroom (0.5 deduction for stop)					3.5					
X5 double leg circles over 1 handle (1.0 deduction for stop)					3.5	3.5				
X5 inwards or outwards loops floor horse without handles (1.0 deduction for stop)					3.5	3.5				
X10 inwards or outwards loops floor horse without handles (1.0 deduction for stop)						4.0	4.0			
X5 centre loops floor horse without handles (1.0 deduction for stop)						4.0	4.0			
X10 centre loops floor horse without handles (1.0 deduction for stop)							4.5	4.5		
X10 double leg circles on double handle 40cm mushroom (1.0 deduction for stop)							4.5	4.5		
X10 circles on 1 handle on 64cm mushroom (1.0 deduction for stop)								5.0		
X5 double leg circles, Czech or stockli, x3 double leg circles on double handle 60cm mushroom (1.0 deduction for stopping)								5.0		
X10 double leg circles on handles on horse (1.0 deduction for stop)								5.0	5.0	
X5 double leg circles, Czech or stockli, x3 double leg circles on horse (1.0 deduction for stopping)									5.5	5.5
X5 double leg circles, step down to x3 inwards, loops flank dismount, (1.0 deduction for stopping)										6.0
Scoring	For children that cannot complete the pommel in their respected levels they can complete a lower valued routine however, they will receive a 1.0 reduction from the D score stated above.									



Judging Points - Pommel					
D Score					
D Scoring	Difficulty score is 0 + the value of each listed skill performed + CR's				
	If a skill is not competed that is stated on the intention sheet or the judge believes the skill is not the performed as it should be the skill value is not rewarded.				
	If the circle does not reach 3/4 then the value of that circle is not rewarded.				
	Judging finishes at the end of the stated amount of circles or when the gymnasts presents their arm to conclude their performance.				
E Scoring		0.1	0.3	0.5	1.0
General Deductions	Prompting by coaches.		0.3		
	Further prompting by coaches.	0.1			
	Missing elements.	Value of skill circle/skill from D Score			
Skill focused	Bent arms or bent knees.	0.1	0.3	0.5	
	Leg or knee separation.	0.1	0.3	0.5	
	Feet not pointed.	0.1			
	Insufficient amplitude of circle.	0.1	0.3		
	Lack of hip extension.	0.1	0.3		
	Brush against apparatus or floor.		0.3	0.5	
	Skewing of hands.	0.1	0.3		
	2nd attempt at a circle.			0.5	
	Lack of rotation in circle.	0.1	0.3		
Landings	Steps on landing (deduction per step - up to 0.8 per landing).	0.1	0.3		
	Landing stability	0.1	0.3		
	Arm circle on landing to regain balance	0.1			
	Falls				1.0

RINGS	Level 10	Level 9	Level 8	Level 7	Level 6	Level 5	Level 4	Level 3	Level 2	Level 1
A moves = 0.10 B moves = 0.20 C moves = 0.30 D moves = 0.40 E moves = 0.50 F moves = 0.60	All routines must consist of a minimum of 6 moves and no more than 9.									
	A & B Moves Max 2 B Moves	A & B Moves	A,B & C Moves Max 2 C Moves	A,B & C Moves Max 4 C Moves	A,B & C Moves	A,B,C & D Moves Max 2 D Moves	A,B,C & D Moves	A,B,C & D & E Moves Max 4 E Moves	A,B,C & D, E & F Moves Max 2 F moves	A,B,C,D,E & F Moves
CR's (0.5 + element value)	Tuck 2s	German hang 2s	German hang 2s	Any C Held Strength Element	Any Straddle Scale	Any Muscle Up 2s support	Any straight scale hold	Any straight scale hold	Any D or E Swinging, Kipping to strength + Swings through or to handstand elements	Any lift to handstand
	Pike hold 2s	Pull up (A or B)	Pull up hold 2s	Kip dislocation	Kip dislocation	Any dislocation or inlocation	Any dislocation or inlocation	Kip to support 2s	Any lift to handstand	Any Homna or yamwaki
	Swing to tucked/straight inverted hang	Swing to straight inverted hang	Swing backwards and forwards	Swing backwards and forwards	Any inlocation	Any uprise to support 2s	Any uprise to half lever 2s	Any uprise to half lever	Any uprise to Tucked planche	Any uprise to Straddle planche
	Drop to land on 10cm block	Any A or B Dismount	B or C dismount	Any somersault dismount	Any somersault dismount	Any Straight dismount	Any Straight dismount	Any D or E dismount	Any D or E dismount	Tucked double somersault
Notes	If a swing to strength is demonstrated they will get the value of the swing to strength and the held element separate.									
	If a strengths skill is demonstrated that finishes in another strength skill they will get the value of the highest valued skill.									
	All held elements must be held for 2s to gain the value of the skill									
	Gymnasts dismount matting can be matting up to 30cm.									



RINGS					
A (0.1)	B (0.2)	C (0.3)	D (0.4)	E (0.5)	F (0.6)
Held & Strength Elements					
Straight hang 2s	Pull up hold 2s	Straight support 2s	Tucked planche 2s	Straddle planche 2s	Straight planche 2s
Tuck 2s	German Hang 2s	Tucked half lever 2s	Straight back scale 2s	Lift to handstand from either half or straddled half lever 3s	Crucifix 2s
Star 2s		Half lever 2s	Straight front scale 2s	Bent arm press to handstand 3s	
Straddle 2s		Straddle back scale 2s	Muscle up to half lever 2s		
Pike 2s		Straddle front scale 2s	Felge roll to and from support		
Pull up		Muscle up to support 2s			
		Lower through straight back scale (no hold)			
		Slow inlocation			
Swinging, Kipping to strength + Swings through or to handstand					
Swing forwards to tucked Inverted hang 2s - added onto the end of a swing	Swings to straight inverted hang 2s	Back uprise to support 2s	Back uprise to Half lever 2s	Back uprise to tucked planche 2s	Back uprise to straddle planche 2s
Swing backwards and forwards	Kip dislocation	Front uprise to support 2s	Front uprise to Half lever 2s	Front uprise to tucked planche 2s	Front uprise to straddle planche 2s
		Roll forwards into swing backwards and forwards	Back uprise to Straddle Half lever 2s	Kip to support 2s	Swing to handstand forwards or backwards 2s hold
		Inlocation	Front uprise to Straddle Half lever 2s	Kip to pike lever 2s	Swing through handstand forwards or backwards
		Dislocation		Homna to support or pike lever 2s	Yamawaki tucked or pike
Dismounts					
Drop to land on 30cm	Tuck back somersault	Straight back somersault	Straight back with full twist	Tucked double back somersault	
		Straight front somersault	Straight front with full twist		



Judging Points - Rings					
D Score					
D Scoring	Difficulty score is 0 + the value of each listed skill performed + CR's				
	If a skill is not competed that is stated on the intention sheet or the judge believes the skill is not the performed as it should be the skill value is not rewarded.				
E Scoring		0.1	0.3	0.5	1.0
General Deductions	Prompting by coaches.		0.3		
	Further prompting by coaches.	0.1			
	Missing elements.	Value of skill taken from D Score			
Skill focused	Bent arms or bent knees.	0.1	0.3	0.5	
	Leg or knee separation.	0.1	0.3	0.5	
	Feet not pointed.	0.1			
	Insufficient dismount height.	0.1	0.3		
	Insufficient tuck, pike or straight.	0.1	0.3		
	Brush against apparatus (or floor during pommel).		0.3	0.5	
	Instability/adjustment in skill.	0.1	0.3		
	Held elements not held for stated time.			0.5	
	Held elements with no pause.	The gymnast does not receive the D score stated in the skill value + deductions of execution			
	2nd attempt at a held element.			0.5	
	Lack of rotation in turns.	0.1	0.3		
	Insufficient swing height.	0.1	0.3	0.5	
	Use of swing instead of strength during swinging strength	0.1	0.3		
	Steps on landing (deduction per step - up to 0.8 per landing).	0.1	0.3		
Landings	Landing stability.	0.1	0.3		
	Arm circle on landing to regain balance.	0.1			
	Falls.				1.0



VAULT	Level 10	Level 9	Level 8	Level 7	Level 6	Level 5	Level 4	Level 3	Level 2	Level 1
Squat on kick to handstand flat back 60cm	1.00									
Handstand flat back on 60cm	1.50	1.50								
Squat on, straight jump off to 100cm table		1.50								
Squat through 100cm table		2.00								
Handspring flatback over 100cm table onto level mats +5cm			2.00							
Handspring over 100cm table			2.50							
Handspring over 110cm table			3.00	3.00						
Tuck front on 30cm mats into dive roll			3.00	3.00						
Handspring to feet over 110cm table onto level mats +5cm				3.50	3.50					
Tsukahara straight prep to feet over 110cm table onto level mats +5cm				3.50	3.50					
Yurchenko straight prep to feet over 110cm table onto level mats +5cm				3.50	3.50					
Half on half off over 110cm table				3.50	3.50					
Tsukahara straight scoop to back over 110cm table onto level mats +5cm					4.00	4.00				
Yurchenko straight scoop to back over 110cm table onto level mats +5cm					4.00	4.00				
Tsukahara straight scoop to back over 120cm table onto level mats +5cm						4.50	4.50			
Yurchenko straight scoop to back over 120cm table onto level mats +5cm						4.50	4.50			
Tsukahara tucked over 120cm table							5.00	5.00		
Yurkchenko tucked over 120cm table							5.00	5.00		
Handspring tucked front somersault over 120cm table							5.00	5.00		
Tsukahara piked over 120cm table								5.50	5.50	
Yurkchenko piked over 120cm table								5.50	5.50	
Handspring piked front somersault over 120cm table								5.50	5.50	
Tsukahara Straight over 120cm table									6.00	6.00
Yurkchenko Straight over 120cm table									6.00	6.00
Kazamatsu tucked over 120cm table										6.50
Yurchenko full twist in tucked shape 120cm table										6.50
Notes	Vault height may be increased but cannot be lowered from the stated amount.									
	Flat back landing shape is to the coaches discretion but will be deducted for lack of tension.									
	Tsukahara scoop to back landing shape must be dishd and land shoulders first.									
	Squat on jump off table can incur 1 step to the end of the vault to jump off with no deduction.									
Scoring	For children that cannot complete the vaults in their respected levels they can complete skills valued lower however, they will receive a 1.0 reduction from the D score.									



Judging Points - Vault					
D Score					
D Scoring	Difficulty score is 0 + the value of each listed skill performed + CR's				
	If a skill is not competed that is stated on the intention sheet or the judge believes the skill is not the performed as it should be the skill value is not rewarded.				
E Scoring		0.1	0.3	0.5	1.0
General Deductions	Prompting by coaches.		0.3		
	Further prompting by coaches.	0.1			
	Missing elements.	Value of skill taken from D Score			
	Physical support from the coach				1.0
Skill focused	Bent arms or bent knees.	0.1	0.3	0.5	
	Leg or knee separation.	0.1	0.3	0.5	
	Feet not pointed.	0.1			
	Insufficient flight (deduct for both 1st & 2nd flight)	0.1	0.3	0.5	
	Insufficient tuck, pike or straight.	0.1	0.3		
	Brush against apparatus where not stated.		0.3	0.5	
	2nd attempt at an element.			0.5	
	Lack of rotation in turns.	0.1	0.3		
	Double bounce on springboard.			0.5	
Landings	Steps on landing (deduction per step - up to 0.8 per landing).	0.1	0.3		
	Landing stability.	0.1	0.3		
	Arm circle on landing to regain balance.	0.1			
	Stepping one foot out of marked landing area (all levels).	0.1			
	Stepping both feet out of marked landing area (all levels).		0.3		
	Falls.				1.0
	Deviation from centre line on landing	0.1	0.3		



PARALLEL BARS	Level 10	Level 9	Level 8	Level 7	Level 6	Level 5	Level 4	Level 3	Level 2	Level 1
A moves = 0.10 B moves = 0.20 C moves = 0.30 D moves = 0.40 E moves = 0.50 F moves = 0.60	All routines must consist of a minimum of 6 moves and no more than 9.									
	A & B Moves Max 2 B Moves	A & B Moves	A,B & C Moves Max 2 C Moves	A,B & C Moves Max 4 C Moves	A,B & C Moves	A,B,C & D Moves Max 2 D Moves	A,B,C & D Moves	A,B,C & D & E Moves Max 4 E Moves	A,B,C & D, E & F Moves Max 2 F moves	A,B,C,D,E & F Moves
CR's (0.5 + element value)	Dip	Dip	0.5/1 turn in support	Any Upstart	Any upstart	Upstart to pike lever	Any swing to handstand	Swing to handstand held	Upstart to handstand	Any pirouette in handstand
	Any held element	Tuck (3s)	Pike lever (3s)	Swing above horizontal	Swing above 45 degree	Any drop upstart	Any lift to handstand	Any uprise	Any back uprise	Back uprise to handstand
	Any A or B Swinging Element	Swing above horizontal	Swing above horizontal	Any B or higher Strength element	Any B or higher held element	Any Skill That goes through or in Upper Arm	Drop shoot to upper arm	Any lift to handstand	Any E swinging element	Any F swinging element
	Any A or B dismount	Any A or B dismount	Any A or B flank dismount	Any B or C flank dismount	Any C or D flank dismount	Any D dismount	Any D dismount	Any somersault dismount	Any straight somersault dismount	Any double somersault dismount
Notes	If a pike lever is completed prior to a lift to handstand the value of the both the pike lever and lift to handstand counts towards to D score.									
	Up to 3 swings can be used in levels 10,9,8,7,6,5,or 4.									
	Level 3,2 or 1 must have no empty swings.									
	Gymnasts can have matting up to 60cm for level 10 & 9 and up to 30cm for level 3,2 & 1 for dismount area.									



PARALLEL BARS					
A (0.1)	B (0.2)	C (0.3)	D (0.4)	E (0.5)	F (0.6)
Strength Elements					
Walk 4 steps forwards or backwards (e.g Left,Right,Left,Right - or vice versa)	0.5/1 turn in support	Pike lever lift to straddle lever or reverse (held)	Straddle lever lift to handstand through straddle (held)	Straddle lever lift to handstand through pike (held)	
Support (held)	Pike lever (held)	1/1 turn in support	Pike lever lift to handstand through straddle (held)	Pike lever lift to handstand through pike (held)	
Tuck (held)	Straddle lever (held)		Russian lever (held)	Russian lever lift to handstand through straddle (held)	
Dip to 90 degree					
Under Bar Elements					
	Upstart to support	Upstart to pike lever (held)	Under somersault to under bar	Under somersault to support	Backwards long swing to handstand
	Upstart to straddle sit	Upstart to straddle lever (held)	Upstart to handstand		Under somersault to handstand
		Drop upstart to pike lever (held)	Dropshoot to upper arm		
		Drop upstart to support			
Swinging Elements					
Swing forwards and backwards	Swing forwards and backwards above horizontal	Swing forwards and backwards above 45 degree	Swing forwards and backwards to handstand	Stutz to above 45 degree	Stutz to handstand
			Swing forwards and backwards to handstand (held)	1/2 pirouette in handstand	Diamadov
			Upper arm swing backwards and forwards	Straddle cut backwards to support	Healy
			Back uprise	Straddle cut forwards to support or pike lever	1/1 pirouette in handstand
			Front Uprise	Back uprise to handstand	
Dismounts					
Swing forwards into straddle sit	Flank dismount (front or back)	Front flank dismount above horizontal	Front flank dismount above 45 degree	Front flank dismount through handstand	Double tucked back dismount
			Tuck or pike back somersault at the end of bar	Straight back somersault over bar	Double tucked front dismount
			Tuck or pike back somersault over bar		
			Tuck or pike front somersault over bar		



Judging Points - Parallel Bars					
D Score					
D Scoring	Difficulty score is 0 + the value of each listed skill performed + CR's				
	If a skill is not competed that is stated on the intention sheet or the judge believes the skill is not the performed as it should be the skill value is not rewarded.				
E Scoring		0.1	0.3	0.5	1.0
General Deductions	Prompting by coaches.		0.3		
	Further prompting by coaches.	0.1			
	Missing elements.	Value of skill taken from D Score			
Skill focused	Bent arms or bent knees.	0.1	0.3	0.5	
	Leg or knee separation.	0.1	0.3	0.5	
	Feet not pointed.	0.1			
	Insufficient swing height.	0.1	0.3	0.5	
	Lack of extension in swings.	0.1	0.3		
	Dip height not 90 degree.		0.3		
	Insufficient dismount height.	0.1	0.3	0.5	
	Insufficient tuck, pike or straight.	0.1	0.3		
	Brush against apparatus.		0.3	0.5	
	Instability/adjustment in skill.	0.1	0.3		
	Held elements not held for stated time.			0.5	
	Held elements with no pause.	The gymnast does not receive the D score stated in the skill value + deductions of execution			
	2nd attempt at a held element.			0.5	
Landings	Steps on landing (deduction per step - up to 0.8 per landing).	0.1	0.3		
	Landing stability.	0.1	0.3		
	Arm circle on landing to regain balance.	0.1			
	Falls.				1.0

HIGH BAR	Level 10 (chalk bar)	Level 9 (chalk bar)	Level 8 (chalk bar)	Level 7 (chalk bar)	Level 6 (chalk bar)	Level 5 (chalk bar)	Level 4 (chalk bar)	Level 3 (chalk bar)	Level 2 (chalk bar)	Level 1 (chalk bar)
A moves = 0.10 B moves = 0.20 C moves = 0.30 D moves = 0.40 E moves = 0.50 F moves = 0.60	All routines must consist of a minimum of 6 moves and no more than 9.									
	A & B Moves Max 2 B Moves	A & B Moves	A,B & C Moves Max 2 C Moves	A,B & C Moves Max 4 C Moves	A,B & C Moves	A,B,C & D Moves Max 2 D Moves	A,B,C & D Moves	A,B,C & D & E Moves Max 4 E Moves	A,B,C & D, E & F Moves Max 2 F moves	A,B,C,D,E & F Moves
CR's (0.5 + element value)	Circle down to pull up hold (3s)	Any 180 turn	Any A or B swinging elements	Cast to horizontal	Any C or D Cast	Cast to 45 degree	Cast to handstand	Upstart connected to cast to horizontal or higher	Upstart connected to cast to 45 degree or higher	Giant into dismount
	Fish swings	Dismount from swing	Any Undershoot	Undershoot dismount to land	Clear hip to horizontal or higher	Clear hip to handstand	Toe on to handstand	Any somersault dismount	Straight back dismount	Any twisting or double somersault dismount
	Tuck 2s	Pike 2s	Leg lift return to hang	Circle up to support	Upstart	Upstart	Any Backwards or Forwards Giant	Any clear hip to horizontal or higher	Any E or F turn	Any F turn
	Any pull up or chin up from hang (optional hold)	Any pull up or chin up (A or B)	Any pull up hold from hang	Pull up hold or leg lift return to hang	Back hip circle connected to undershoot	Back uprise connected to any close bar element	Back uprise connected to any element	Any Backwards or Forwards Giant	Any Backwards or Forwards Giant	Any forwards giant
Notes	In level 3,2 & 1 if a stop occurs during the elements upstart and cast a 0.5 deduction occurs.									
	Up to 4 fish swings can be used in level 10									
	Up to 4 swings can be used in levels 10,9,8,7 & 6									
	Up to 3 forwards and 3 backwards giants can be used in levels 5,4,3,2 & 1									
	When a gymnast is on the chalk bar, coaches must be present during routines and warm ups.									
	Gymnasts with dismounts can have matting up to 60cm for level 10 & 9 and up to 30cm for level 3,2 & 1									
	Gymnasts can be lifted to support at the start of level 10,9 & 8									



HIGH BAR					
A (0.1)	B (0.2)	C (0.3)	D (0.4)	E (0.5)	F (0.6)
Strength & Hanging Elements					
Pull up (over grasp)	Pull up (held) (over grasp)				
Chin up (under grasp)	Chin up (held) (under grasp)				
Tuck (held)	180 turn to under grasp				
Pike (held)	180 turn to over grasp				
Straddle (held)	Leg lift return to hang				
Close Bar Elements					
Cast	Circle up from hang to support	Cast to horizontal	Upstart	Cast to handstand	Stalder to hanstand
Circle down to pull up hold 3s	Back hip circle	Clear hip to above 45 degree	Cast to 45 degrees		Endo to handstand
	Undershoot	Clear hip to above 45 degree	Back uprise		
			Clear hip circle to handstand		
			Toe on to handstand		
Swinging Elements					
Fish swings backwards and forwards	Swing backwards and forwards to horizontal	Backwards giants		Top Turn	Gienger roll
Swings backwards and forwards below horizontal		Forwards giants		Blind turn	Healy Turn
				Backwards giant with full turn	
Dismounts					
Drop to land (matting up to 30cm)	Drop to land at back swing (matting up to 30cm)	Straddle shoot	Tuck back somersault	Straight back somersault 1/1	Double back somersault (optional shape)
		Undershoot dismount to land	Straight back somersault		Straight back somersault 2/1



Judging Points - High Bar					
D Score					
D Scoring	Difficulty score is 0 + the value of each listed skill performed + CR's				
	If a skill is not competed that is stated on the intention sheet or the judge believes the skill is not the performed as it should be the skill value is not rewarded.				
E Scoring		0.1	0.3	0.5	1.0
General Deductions	Prompting by coaches.		0.3		
	Further prompting by coaches.	0.1			
	Missing elements.	Value of skill taken from D Score			
Skill focused	Bent arms or bent knees.	0.1	0.3	0.5	
	Leg or knee separation.	0.1	0.3	0.5	
	Feet not pointed.	0.1			
	Insufficient swing height.	0.1	0.3	0.5	
	Lack of extension in swings.	0.1	0.3		
	Chin not above bar in pull up or chin up.		0.3		
	Toes not to touch the bar in leg left (non recognition for 30cm or greater)		0.3		
	Insufficient dismount height.	0.1	0.3	0.5	
	Insufficient tuck, pike or straight.	0.1	0.3		
	Brush against apparatus.		0.3	0.5	
	Instability/adjustment in skill.	0.1	0.3		
	Held elements not held for stated time.			0.5	
	Held elements with no pause.	The gymnast does not receive the D score stated in the skill value + deductions of execution			
	2nd attempt at a held element.			0.5	
	Insufficient exit of skills (clear hips etc.)	0.1	0.3	0.5	
Landings	Steps on landing (deduction per step - up to 0.8 per landing).	0.1	0.3		
	Landing stability.	0.1	0.3		
	Arm circle on landing to regain balance.	0.1			
	Falls.				1.0