

FIG WTC COP 2017 – 2020 VAULT DIFFICULTY TABLE December 2016

GROUP 1 Vault without salto [Handspring/Yamashita/Round off] with or without LA turn in 1 st and/or 2 nd flight phase			GROUP 2 Handspring forward with/without 1/1 turn in 1 st flight phase – salto forward or backward with/without LA turn in 2 nd flight phase		
1.00	Handspring	2.00	2.10	Handspring on – Salto forward tucked off	4.00
1.01	Handspring on – ½ turn off	2.40	2.11	Handspring on – Salto forward tucked ½ off	4.40
1.02	Handspring on – 1/1 turn off	3.00	2.11	Handspring on – ½ turn Salto backward tucked off	4.40
1.03	Handspring on – 1½ turn off	3.60	2.12	Handspring on – Salto forward tucked 1/1 off	4.80
1.04	Handspring on – 2/1 turn off	4.00	2.13	Handspring on – Salto forward tucked 1½ off	5.20
1.05	Handspring on – 2½ turn off	4.40	2.20	Handspring on – Salto forward piked off	4.20
1.10	Yamashita	2.40	2.21	Handspring on – Salto forward piked ½ off	4.60
1.11	Yamashita – ½ turn off	2.80	2.21	Handspring on – ½ turn Salto backward piked off	4.60
1.12	Yamashita – 1/1 turn off	3.20	2.22	Handspring on – Salto forward piked 1/1 off	5.00
1.20	½ turn on – repulsion off	2.00	2.30	Handspring on – Salto forward stretched off	4.60
1.21	½ turn on – ½ turn off [either direction]	2.80	2.31	Handspring on – Salto forward stretched ½ off	5.00
1.22	½ turn on – 1/1 turn off	3.00	2.32	Handspring on – Salto forward stretched 1/1 off	5.40
1.23	½ turn on – 1½ turn off	3.60	2.33	Handspring on – Salto forward stretched 1½ off	5.80
1.24	½ turn on – 2/1 turn off	4.00	2.40	1/1 turn on – Salto forward tucked off	5.20
1.30	1/1 on – handspring off	3.60	2.41	1/1 turn on – Salto forward piked off	5.60
1.31	1/1 on – 1/1 turn off	4.00	2.50	Handspring on – Double salto forward tucked off	6.40
1.40	R'off/flic flac on – repulsion off	2.40	GROUP 4 Yurchenko Round off with/without ¾ [270°] turn in 1 st flight phase – salto backward with/without LA turn in 2 nd flight phase		
1.50	R'off ½ turn on – H'spring off	2.60	4.10	Yurchenko tucked	3.30
1.51	R'off ½ turn on – H'spring ½ off	3.00	4.11	Yurchenko tucked with ½ turn	3.60
1.52	R'off ½ turn on – H'spring 1/1 off	3.40	4.12	Yurchenko tucked with 1/1 turn	3.90
1.53	R'off ½ turn on – H'spring 1½ off	3.80	4.13	Yurchenko tucked with 1½ turn	4.20
1.60	R'off 1/1 turn on – repulsion off	2.80	4.14	Yurchenko tucked with 2/1 turn	4.70
1.61	R'off 1/1 turn on – ½ off	3.20	4.20	Yurchenko piked	3.50
1.62	R'off 1/1 turn on – 1/1 off	3.80	4.30	Yurchenko stretched	4.00
GROUP 3 Tsukahara Handspring with ¼ - ½ turn in 1 st flight phase – salto backward with/without LA turn in 2 nd flight phase			4.31	Yurchenko stretched with ½ turn	4.20
3.10	Tsukahara tucked	3.50	4.32	Yurchenko stretched with 1/1 turn	4.60
3.11	Tsukahara tucked with ½ turn	3.80	4.33	Yurchenko stretched with 1½ turn	5.00
3.12	Tsukahara tucked with 1/1 turn	4.10	4.34	Yurchenko stretched with 2/1 turn	5.40
3.13	Tsukahara tucked with 1½ turn	4.40	4.35	Yurchenko stretched with 2½ turn	5.80
3.14	Tsukahara tucked with 2/1	4.90	4.40	R'off ¾ on – Salto backward tucked off	4.00
3.20	Tsukahara piked	3.70	4.41	R'off ¾ on – Salto backward tucked with ½ turn off	4.40
3.30	Tsukahara stretched	4.20	4.42	R'off ¾ on – Salto backward tucked with 1/1 turn off	4.60
3.31	Tsukahara stretched with ½ turn	4.40	4.50	R'off ¾ on – Salto backward piked off	4.20
3.32	Tsukahara stretched with 1/1 turn	4.80	4.51	R'off ¾ on – Salto backward stretched off	4.60
3.33	Tsukahara stretched with 1½ turn	5.20	4.52	R'off ¾ on – Salto backward stretched with ½ turn	5.00
3.34	Tsukahara stretched with 2/1 turn	5.60	4.53	R'off ¾ on – Salto backward stretched with 1/1 turn	5.40
3.35	Tsukahara stretched with 2½ turn	6.00	GROUP 5 R'off with ½ turn in 1 st flight phase – salto forward or backward with/without LA turn in 2 nd flight phase		
5.10	R'off ½ on – Salto forward tucked off	4.20	5.20	R'off ½ on – Salto forward piked off	4.40
5.11	R'off ½ on – Salto forward tucked with ½ turn off	4.60	5.21	R'off ½ on – Salto forward piked with ½ turn off	4.80
5.11	R'off ½ on – ½ turn salto backward tucked off	4.60	5.21	R'off ½ on – ½ turn Salto backward piked off	4.80
5.12	R'off ½ on – Salto forward tucked with 1/1 turn off	5.00	5.22	R'off ½ on – Salto forward piked with 1/1 turn off	5.20
5.13	R'off ½ on – Salto forward tucked with 1½ turn off	5.40	5.30	R'off ½ on – Salto forward stretched off	4.80
			5.31	R'off ½ on – Salto forward stretched with ½ turn	5.20
			5.32	R'off ½ on – Salto forward stretched with 1/1 turn	5.60
			5.33	R'off ½ on – Salto forward stretched with 1½ turn	6.00

First Flight	Repulsion	Second Flight	Landing
- Missing degrees of LA turn: • Grp 1 with ½ (180°) 1 3 • Grp 4 with ¾ (270°) 1 • Grp 1 or 2 with 1/1 (360°) 1 3 5	- Poor technique: • Staggered/alternate hand placement on FWD entry (Grp 1, 2, 5) vaults N/A for Salto Fwd Stretched with LA turn) 1 3 • Bent arms 1 3 5 • Shoulder angle 1 3 • Failure to pass through vertical 1 • LA turn begun too early (on table) 1 3	- Excessive snap 1 - Height 1 3 5 - Exactness of LA turn (inc Cuervo) 1 - Body position: • Exactness of tuck/pike position in salto 1 3 • Exactness of tuck/pike position in salto with LA turn 1 • Body alignment in stretched salto 1 • Failure to maintain stretched body (piking too early) 1 3 • Insufficient and / or late extension (tuck / pike vaults) 1 3 - Bent knees 1 3 5 - Leg or knee separations 1 3 - Under rotation of salto: • No fall 1 • With fall 3 - Distance (insufficient length) 1 3 - Deviation from straight direction 1 - Dynamics 1 3	- Legs apart 1 - Extra arm swings 1 - Lack of balance 1 3 - Extra steps, slight hop (ea) 1 - Very large step / jump (ea) (more than 1 metre) 3 - Body posture fault 1 3 - Deep squat 5 If no fall, max landing deduction 0.80 - Support on mat / table with 1 or 2 hands 1.00 - Fall on mat to knees or hips 1.00 - Fall on or against table 1.00
D PANEL	(blue text)		
Taken from Final Score of performed Vault	Invalid Vaults 0.00		Land / step outside corridor (written notification from Line Judge from Final Score of Vault performed)
More than 25m run 0.50	• No support phase (neither hand touches)		• 1 foot / hand (part of) 1
2 nd run approach (1 vault) 1.00	• Spotting assistance during vault		• 2 feet / hands (part of) or body part 3
3 rd run approach (2 vaults) 1.00	• Failure to use safety collar for R'off entry		
4 th not permitted	• Failure to land feet first		
Support in repulsion phase of only one hand 2.00	• Unrecognisable Vault or gymnast pushes from table with feet		
	• Prohibited Vault (prohibited pre-el before board, straddled legs, intentionally land in side position)		
	• 1 st Vault repeated for 2 nd in Q or Finals		

CONTENT OF THE EXERCISE Maximum 8 highest difficulties including dismount are counted for DV

No dismount count only 7 elements for DV - 0.50 deduction (D Panel) (FS)

Short exercise - 7 els or more - 0.00 / 5-6 els - 4.00 / 3-4 els - 6.00 / 1 to 2 els - 8.00 / No els - 10.00 (D Panel) (FS)

Warm up time 50 seconds each gymnast (including preparation of the Bars)

Intermediate fall time - 30 seconds **Exceed 30 seconds fall time** – 0.30 deduction (D Panel) (FS)

Exceed 60 seconds fall time – exercise terminated

11.1 GENERAL – Mounts		
- If gymnast on 1 st attempt touches board, apparatus or runs underneath the apparatus she must then start exercise - no value awarded for Mount		1.00 from FS
- 2 nd attempt to mount (<i>with a penalty</i>) is permitted if NOT touched board, Bars, or run underneath		1.00 from FS
- 3 rd attempt NOT permitted		

11.2 CONTENT AND CONSTRUCTION – Root skills	
Only 3 elements in chronological order from the same “root skill” will be counted for DV, CR and CV (<i>exception of Kips, Giants fwd/bwd and Casts to handstand</i>)	
Determined by	<ul style="list-style-type: none"> • entry into the skill • direction of the rotation

11.3 COMPOSITION REQUIREMENTS (CR) - D PANEL		
1. Flight element from HB to LB		award 0.50
2. Flight element on the same bar		award 0.50
3. Different grips (<i>not cast, mount or dismount</i>)		award 0.50
4. Non flight element with min 360° turn (<i>not mount</i>)		award 0.50

11.4 CONNECTION VALUE (CV) - D PANEL Formulas for direct connections	
0.10	0.20
D + D (or more)	D (flight - same bar or LB to HB) + C or more (<i>on HB and must be performed in this order</i>) D + E (<i>both flight elements</i>)

Note: C/D elements must have flight or min ½ (180°) turn

Faults	0.10	0.30	0.50 or more
11.5 COMPOSITION DEDUCTIONS - E PANEL			
- Jump from LB to HB			X
- Hang on HB, put feet on LB, grasp LB			X
- More than 2 of the same element directly connected to the dismount	X		

11.6 SPECIFIC APPARATUS DEDUCTIONS - E PANEL			
- Body alignment in handstand and cast to handstand	X	X	
- Adjusted grip position	X		
- Hit on apparatus with feet			X
- Hit on mat with feet (fall)			1.00
- Uncharacteristic element (elements with take off 2 feet or thighs)			X
- Poor rhythm in elements	X		
- Insufficient height of flight elements	X	X	
- Under rotation of flight elements	X		
- Insufficient extension in kips	X		
- Intermediate swing (no additional execution deductions for bent legs, arms,			X
- Empty swing swing fwd/bwd under horizontal etc)			X
- Angle of completion of elements	X	X	X
Amplitude of:			
- Swings fwd or bwd under horizontal	X		
- Casts	X	X	
- Excessive flexion of hip joint in the leg tap (dismount)	X	X	

CONTENT OF THE EXERCISE - Maximum 8 highest difficulties including dismount are counted for DV

Minimum 3 Dance & 3 Acro + 2 optional elements

No dismount count only 7 elements for DV - 0.50 deduction (D Panel) (FS)

Short exercise - 7 els or more - 0.00 / 5-6 els - 4.00 / 3-4 els - 6.00 / 1 to 2 els - 8.00 / No els - 10.00 (D Panel) (FS)

Warm up time - 30 seconds each gymnast

Intermediate fall time - 10 seconds **Exceed 10 seconds fall time** – 0.30 deduction (D Panel) (FS)

Exceed 60 seconds fall time – exercise terminated

Duration of exercise may not exceed 90 seconds. Overtime - 0.10 deduction (D Panel) (FS)

12.1 GENERAL – Mounts	
- If gymnast on 1 st attempt touches board or Beam She must then start exercise No value awarded for Mount – Deduction 0.10 for “Mount without DV” will be applied	1.00 from FS
- 2 nd attempt to mount (<i>with a penalty</i>) is permitted if NOT touched board or Beam	1.00 from FS
- 3 rd attempt NOT permitted	

12.3 COMPOSITION REQUIREMENTS (CR) - D PANEL	
1. One connection of at least 2 different dance elements, 1 being a leap/jump with 180° split (cross or side) or straddle position	award 0.50
2. Turn (Group 3)	award 0.50
3. One acro Series, min of 2 flight elements, 1 being salto (elements may be same)	award 0.50
4. Acro elements in different directions (fwd/swd and bwd)	award 0.50
CRs 1-4 must be performed on the beam. Rolls, handstands and holds cannot be used for CRs	

12.4 CONNECTION VALUE (CV) - D PANEL Formulas for direct connections	
ACROBATIC	
0.10	0.20
2 acro flight elements, including the mount & dismount (minimum F)	
All connections must be rebounding*	
C + C B + E	C/D + D (or more) B + D (both elements fwd) B + F

Series Bonus (SB) of + 0.10

Will be awarded to dance/mixed and acro series (*rebounding and non-rebounding) of **B + B + C** in any order, including mount & dismount (min C), or more in addition to CV

Example # 1 B + B + C = + 0.10 series bonus
 D + B + C = + 0.10 series bonus

Example # 2 $\begin{matrix} C + C + C \\ \underbrace{\quad} \quad \underbrace{\quad} \\ CV+0.1 \quad CV+0.1 \end{matrix}$ + 0.10 series bonus **Total CV + SB = 0.30**

To receive the SB

- Non-flight acro elements Min B (except “Holds”) may be used
- The same (flight or non-flight) acro element may be repeated within connection

- * Connections with rebounding effect utilise the elasticity of the apparatus to develop speed in one direction
- Landing (on 2 feet) from 1st flight element with hand support followed by an immediate take-off/rebound into 2nd element, or
 - Landing from 1st element (with / without hand support) on 1 leg and placing free leg with an immediate rebound from both legs into 2nd element

DANCE & MIXED (acro - flight elements only), excluding dismount	
0.10	0.20
C + C or more (dance) A + C (turns only) B + D (mixed) D + A (Salto to 1 foot scale) (This order & no step is permitted)	D + D or more

Note: Turns may be performed on same support leg (brief demi-plié is permitted) or with step into turn on opposite leg (brief demi-plié on one or both feet is **NOT** permitted)

12.5 ARTISTRY AND COMPOSITION DEDUCTIONS - E PANEL			
Faults	0.10	0.30	0.50
Artistry of Performance			
- Insufficient artistry of performance throughout the entire exercise including: <ul style="list-style-type: none"> • Confidence • Personal Style 	X		
- Rhythm and Tempo <ul style="list-style-type: none"> • Insufficient variation in rhythm & tempo in movements (<i>No DV</i>) • Performance of the entire exercise as a series of disconnected elements & movements (<i>lack of fluency</i>) 	X		
Composition and Choreography			
- Mount without DV (<i>All mounts without DV will be commonly recognised as "A" except straddle over to sit or squat on</i>)	X		
- Insufficient use of the entire apparatus: <ul style="list-style-type: none"> • Insufficient use of entire length of beam • Lack of side movements (<i>No DV</i>) • Missing combination of movements/elements close to the beam with a part of the torso (including thigh, knee or head) touching the beam (<i>element not necessary</i>) 	X		
- Insufficient complexity or creativity in the movements (<i>a complex and creative movement is one that requires training time, co-ordination and previous preparation</i>)	X		
- One-sided use of elements <ul style="list-style-type: none"> • More than one ½ turn on 2 feet with straight legs throughout exercise 	X		

12.6 SPECIFIC APPARATUS DEDUCTIONS - E PANEL			
Faults	0.10	0.30	0.50
- Poor rhythm in connections (<i>with DV</i>)	ea X		
Excessive preparation			
- Adjustment (<i>unnecessary steps and movements</i>)	ea X		
- Excessive arm swing before dance elements	ea X		
- Pause (apply at 2 sec.)	ea X		
Poor body posture/Amplitude throughout (<i>maximum elongation of the body movements</i>)			
- Head, trunk, shoulder and arm positions	X		
- Feet not pointed/relaxed/turned in	X		
- Lack of work in relevé	X		
- Insufficient amplitude of leg swings/kicks	X		
- Additional support of leg against the side surface of the beam		X	
- Failure to meet the technical requirement of the element <ul style="list-style-type: none"> • through use of additional support 		X	
- Grasp on beam in order to avoid a fall			X
- Additional movements to maintain balance	X	X	X

CONTENT OF THE EXERCISE - Maximum 8 highest difficulties including dismount are counted for DV
 Minimum 3 Dance & 3 Acro + 2 optional elements
 No dismount count only 7 elements for DV - 0.50 deduction (D Panel) (FS)
 Maximum number of acro lines is 4 / No dismount will be credited if only 1 acro line
 Any difficulty (acro) performed after last counting acro line will not be counted for DV
Short exercise - 7 els or more - 0.00 / 5-6 els - 4.00 / 3-4 els - 6.00 / 1 to 2 els - 8.00 / No els - 10.00 (D Panel) (FS)
Duration of exercise may not exceed 90 seconds. Overtime - 0.10 deduction (D Panel) (FS)

13.3 COMPOSITION REQUIREMENTS (CR) - D PANEL -2.00		
1. Dance passage 2 different leaps / hops (from Code), connected directly or indirectly, 1 with 180° split (cross, side or straddle)	award	0.50
2. Salto with LA turn (minimum 360°)	award	0.50
3. Salto with double BA	award	0.50
4. Salto backward & salto forward (<i>no aerials</i>)	award	0.50
NOTE CR 2, 3 and 4 must be performed within an Acro Line		

13.4 CONNECTION VALUE (CV) - D PANEL Formulas for indirect and direct connections	
INDIRECT ACRO (without hand support only)	
0.10	0.20
B/C + D A + A + D	C + E D + D A + A + E
DIRECT ACRO (without hand support only)	
A + D C + C	A + E C + D
MIXED	
D salto + B (<i>dance</i>) E salto + A (<i>dance</i>)	Both must be performed in this order
CONNECTION OF TURNS on ONE LEG	
D + B B + B (no step)	Note: Turns may be performed on same support leg (brief demi-plié on support leg is permitted) or with step into turn on opposite leg (no demi-plié is permitted)

13.5 ARTISTRY AND CHOREOGRAPHY DEDUCTIONS - E PANEL	0.10	0.30	0.50
Artistry of Performance			
- Insufficient artistry of performance throughout the entire exercise			
• Lack of expressiveness	X		
• Inappropriate gesture or facial expression (mimic) not corresponding to the music or to the movement	X		
• Failure to engage the audience	X		
- Inability to reflect musical theme, to play a role or a character throughout the performance	X		
- Performance of the entire exercise as a series of disconnected elements & movements	X		
Composition			
- Incorrect selection of movements for the particular music, eg. 'Tango' music but 'Polka' movements	X	X	
- Insufficient complexity or creativity of movements (<i>a complex and creative movement is one that requires training time, co-ordination and previous preparation</i>)	X		
- Missing movement touching floor (including minimum trunk, thigh, knee or head)	X		
Music & Musicality			
- Editing of music (eg. no opening, ending or accents)			
• No structure to the music	X		
- Musicality			
• Lack of synchronisation between movement and musical beat during a part of the exercise		X	
• Lack of synchronisation between movement and musical beat at the end of the exercise	X		
• Background music (<i>the exercise is connected to the music only at the beginning and end of the exercise</i>)			X

13.6 SPECIFIC APPARATUS DEDUCTIONS - E PANEL			
- Excessive preparation			
• Pause (apply at 2 seconds)	ea X		
• Adjustment (unnecessary steps)	ea X		
• Excessive arm swing before dance elements	ea X		
- Poor body posture/Amplitude (<i>maximum elongation of the body movements</i>) throughout			
• Head, trunk, shoulder and arm positions	X		
• Feet not pointed/relaxed turned in/flat	X		
• Insufficient amplitude of leg sings/kicks	X		
- Distribution of elements			
• Exercise starts immediately with an acro line	X		
• Subsequent acro line performed after previous line along the same diagonal without choreography in between (long acro line allowed)	ea X		
• More than 1 subsequent acro line	ea X		
• Exercise ends with acro element (no choreography after last acro)	X		
• Lack of variety in choreography into corners (for the entire exercise)	X		

BUCS MENS ARTISTIC GYMNASTICS (MAG) RULES – LEVEL 2

Version November 2019

The FIG Junior Code of Points will be used for the BUCS MAG Level 2 competition. ONLY the following exceptional amended rules apply:-

Dismount requirements will be B = 0.5 and A = 0.3 (code or supplementary list)
Supplementary list of 'A' Parts

Element Group	1	2	3	4
Floor	Non-acrobatic elements	Acrobatic elements forward	Acrobatic elements backward & Arabian elements	Dismounts
	Backward roll to handstand straight arms			
Pommel Horse	Single leg swings and scissors	Circle & flairs, with and/or without spindles, handstands, Kehrswings, etc	Travel type elements	Dismounts
	½ scissor (one only either fwds or bwds)			
Rings	Kip and swing elements & swings through or to handstand	Strength elements and hold elements	Swing to Strength hold elements	Dismounts
		Muscle up		
Parallel Bars	Elements in support or through support on 2 bars	Elements starting in upper arm position	Long swings in hang on 1 or 2 bars and underswings	Dismounts
	Stutz to 45°	Back uprise to support	Moy to upper arm	Back salto tucked. Also from long hang
Horizontal Bar	Long hang swings with and without turns	Flight elements	In bar and Adler elements	Dismounts
			Stoop/straddle on & off backwards	

A maximum of 8 elements may count for difficulty (including the dismount).

Short Routines Deductions

7 elements or more	-0.0
6 elements	-2.0
5 elements	-4.0
3 to 4 elements	-6.0
1 to 2 elements	-8.0
No elements	-10.0

BUCS MENS ARTISTIC GYMNASTICS (MAG) – Floor and Vault Rules – Level 3

Floor

Perform 10 elements from the list below on a strip of floor 12m x 2m.

D-score = total of value of the 10 elements. 0.5 penalty for each missing element.

Tariff sheets should be submitted before, however no penalty if not perform exercise listed.

Element	Value
Handspring to one, handspring to 2 in series Backward Roll to Handstand 1/2 Turn in Handstand step down. Salto backwards straight Salto forwards straight Free Cartwheel / Arabian somersault / Side Somersault Straddle Lever to Straddle Stand (Toes rest lightly on floor) Round off Back Flip x 2 (series broken = R/off Flip) V-sit	0.5
Salto backwards Salto forwards Handspring to one foot Handspring to 2 feet Handstand Full Pirouette (less than 3/4 turn = no value) Handstand held 2 for seconds - return to stand Backward Roll to Handstand Splits - any direction ONE Hand Cartwheel Straddle Lever or L Hold (2 seconds) Round off Back Flip	0.4
Handstand Forward Roll Jump Full Turn (less than 3/4 turn = no value) Forward Roll to Straddle Stand Dive Forward Roll (no flight = no value) Round Off Two cartwheels connected (series broken = single cartwheel) Straddle jump	0.3
Backward Roll to Straddle Stand Backward Roll to Stand Y Balance (2 seconds) Cartwheel Straddle Sit Chest on Floor or Pike Lie Flat Headstand with Straight Legs (2 seconds) Half lever	0.2
Handstand - no 2 second hold required - return to stand Forward Roll to Stand Arabesque (2 seconds) Side Straddle Roll Headstand Tucked Legs (2 seconds) Tuck jump	0.1

Vault

125m vault table

Vault	D score
Squat On, jump off	1.20
Squat through	1.60
Straddle over	1.60
Handspring	2.40
½ on, ½ off	3.00
Handspring front salto	4.00
Tsukahara	4.00