

**FIG WTC COP 2017 – 2020 VAULT (SECTION 10) December 2016**

**10.1 Run up maximum 25 metres**

**2.1.2 Warm up Teams & Individual Groups** All Around Final & Team Final 1 Vault - 2 attempts only  
Qualification to Apparatus Final & in Apparatus Final – maximum of 3 attempts

Faults		0.10	0.30	0.50 or more
<b>10.2 RUN APPROACHES - D PANEL</b>				
Additional run approach without touch on springboard / table or collar				1.00 from FS of Vault performed
<ul style="list-style-type: none"> <li>when 1 vault required, 2<sup>nd</sup> run approach permitted with deduction. 3<sup>rd</sup> not allowed</li> <li>when 2 vaults required, 3<sup>rd</sup> run approach permitted with deduction. 4<sup>th</sup> not allowed</li> </ul>				
<b>10.4.1 CORRIDOR MARKINGS - D PANEL</b>				
- Land or step outside with 1 foot/hand (part of foot/hand)		X		from FS
- Land or step outside with 2 feet/hands (part of feet/hands) or body part			X	from FS
<b>10.4.2 SPECIFIC APPARATUS DEDUCTIONS - D PANEL</b>				
- More than 25m run distance				0.50 from FS
- Support (repulsion phase) with only 1 hand				2.00
<b>10.4.3 INVALID VAULTS</b>				
- Vault executed without a support phase (neither hand touches the table)				0.00
- Failure to use the safety collar for round-off entry vaults				score recorded by D panel
- Spotting assistance during the vault				No evaluation by E panel
- Failure to land on feet first				Video review all 0.00 vaults
- Vault so poorly executed it cannot be recognised, or gymnast pushes from table with feet				
- Gymnast performs a prohibited vault (straddled legs, prohibited pre-element before board, intentionally lands in side position)				
- First vault is repeated for second vault in Qualification for Final or in Finals				
<b>10.6 SPECIFIC APPARATUS DEDUCTIONS - E PANEL</b>				
<b>First Flight Phase</b>	- For missing degrees of the LA turn during flight phase			
	<ul style="list-style-type: none"> <li>Gr 1 with ½ (180°) turns</li> <li>Gr 4 with ¾ (270°) turns</li> <li>Gr 1 or 2 with 1/1 (360°) turn</li> </ul>	≤45°	≤90°	
		≤45°	≤90°	>90°
		≤45°	≤90°	
	- Poor technique			
	<ul style="list-style-type: none"> <li>Hip angle</li> <li>Arch</li> <li>Bent knees</li> <li>Leg or knee separations</li> </ul>	X	X	X
		X	X	
		X	X	
		X	X	
		X	X	
<b>Repulsion Phase</b>	- Poor technique			
	<ul style="list-style-type: none"> <li>Staggered/alternate hand placement on forward entry vaults Gr 1,2 &amp; 5 (<i>not applicable for salto fwd stretched with LA turn</i>)</li> <li>Bent arms</li> <li>Shoulder angle</li> <li>Failure to pass through vertical</li> <li>Prescribed LA turn begun too early (<i>on the table</i>)</li> </ul>	X		
		X	X	X
		X	X	
		X	X	
		X	X	
<b>Second Flight Phase</b>	- Excessive snap	X	X	
	- Height	X	X	X
	- Exactness of LA turn (includes Cuervo)	X		
	- Body position			
	<ul style="list-style-type: none"> <li>Exactness of Tuck/Pike position in Salto</li> <li>Exactness of Tuck/Pike position in Salto with LA turn</li> <li>Body alignment in Stretched Salto</li> <li>Failure to maintain Stretched body position (Piking too early)</li> <li>Insufficient and or late extension (Tucked/Piked vaults)</li> </ul>	X	X	
		X		
		X	X	
	- Bent knees	X	X	X
	- Leg or knee separations	X	X	
	- Under-rotation of salto			
	<ul style="list-style-type: none"> <li>Without a fall</li> <li>With a fall</li> </ul>	X		
			X	
	- Distance (insufficient length)	X	X	
	- Deviation from a straight direction	X		
	- Dynamics	X	X	
<b>Landing Faults - See Section 8</b>				

**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<sup>st</sup> and/or 2<sup>nd</sup> flight phase**

1.00	Handspring	2.00
1.01	Handspring on – ½ turn off	2.40
1.02	Handspring on – 1/1 turn off	3.00
1.03	Handspring on – 1½ turn off	3.60
1.04	Handspring on – 2/1 turn off	4.00
1.05	Handspring on – 2½ turn off	4.40
1.10	Yamashita	2.40
1.11	Yamashita – ½ turn off	2.80
1.12	Yamashita – 1/1 turn off	3.20
1.20	½ turn on – repulsion off	2.00
1.21	½ turn on – ½ turn off [either direction]	2.80
1.22	½ turn on – 1/1 turn off	3.00
1.23	½ turn on – 1½ turn off	3.60
1.24	½ turn on – 2/1 turn off	4.00
1.30	1/1 on – handspring off	3.60
1.31	1/1 on – 1/1 turn off	4.00
1.40	R'off/flic flac on – repulsion off	2.40
1.50	R'off ½ turn on – H'spring off	2.60
1.51	R'off ½ turn on – H'spring ½ off	3.00
1.52	R'off ½ turn on – H'spring 1/1 off	3.40
1.53	R'off ½ turn on – H'spring 1½ off	3.80
1.60	R'off 1/1 turn on – repulsion off	2.80
1.61	R'off 1/1 turn on – ½ off	3.20
1.62	R'off 1/1 turn on – 1/1 off	3.80

**GROUP 3 Tsukahara**  
**Handspring with ¼ - ½ turn in 1<sup>st</sup> flight phase – salto backward with/without LA turn in 2<sup>nd</sup> flight phase**

3.10	Tsukahara tucked	3.50
3.11	Tsukahara tucked with ½ turn	3.80
3.12	Tsukahara tucked with 1/1 turn	4.10
3.13	Tsukahara tucked with 1½ turn	4.40
3.14	Tsukahara tucked with 2/1	4.90
3.20	Tsukahara piked	3.70
3.30	Tsukahara stretched	4.20
3.31	Tsukahara stretched with ½ turn	4.40
3.32	Tsukahara stretched with 1/1 turn	4.80
3.33	Tsukahara stretched with 1½ turn	5.20
3.34	Tsukahara stretched with 2/1 turn	5.60
3.35	Tsukahara stretched with 2½ turn	6.00

**GROUP 5**  
**R'off with ½ turn in 1<sup>st</sup> flight phase – salto forward or backward with/without LA turn in 2<sup>nd</sup> flight phase**

5.10	R'off ½ on – Salto forward tucked off	4.20
5.11	R'off ½ on – Salto forward tucked with ½ turn off	4.60
5.11	R'off ½ on – ½ turn salto backward tucked off	4.60
5.12	R'off ½ on – Salto forward tucked with 1/1 turn off	5.00
5.13	R'off ½ on – Salto forward tucked with 1½ turn off	5.40

**GROUP 2**  
**Handspring forward with/without 1/1 turn in 1<sup>st</sup> flight phase – salto forward or backward with/without LA turn in 2<sup>nd</sup> flight phase**

2.10	Handspring on – Salto forward tucked off	4.00
2.11	Handspring on – Salto forward tucked ½ off	4.40
2.11	Handspring on – ½ turn Salto backward tucked off	4.40
2.12	Handspring on – Salto forward tucked 1/1 off	4.80
2.13	Handspring on – Salto forward tucked 1½ off	5.20
2.20	Handspring on – Salto forward piked off	4.20
2.21	Handspring on – Salto forward piked ½ off	4.60
2.21	Handspring on – ½ turn Salto backward piked off	4.60
2.22	Handspring on – Salto forward piked 1/1 off	5.00
2.30	Handspring on – Salto forward stretched off	4.60
2.31	Handspring on – Salto forward stretched ½ off	5.00
2.32	Handspring on – Salto forward stretched 1/1 off	5.40
2.33	Handspring on – Salto forward stretched 1½ off	5.80
2.40	1/1 turn on – Salto forward tucked off	5.20
2.41	1/1 turn on – Salto forward piked off	5.60
2.50	Handspring on – Double salto forward tucked off	6.40

**GROUP 4 Yurchenko**  
**Round off with/without ¾ [270°] turn in 1<sup>st</sup> flight phase – salto backward with/without LA turn in 2<sup>nd</sup> flight phase**

4.10	Yurchenko tucked	3.30
4.11	Yurchenko tucked with ½ turn	3.60
4.12	Yurchenko tucked with 1/1 turn	3.90
4.13	Yurchenko tucked with 1½ turn	4.20
4.14	Yurchenko tucked with 2/1 turn	4.70
4.20	Yurchenko piked	3.50
4.30	Yurchenko stretched	4.00
4.31	Yurchenko stretched with ½ turn	4.20
4.32	Yurchenko stretched with 1/1 turn	4.60
4.33	Yurchenko stretched with 1½ turn	5.00
4.34	Yurchenko stretched with 2/1 turn	5.40
4.35	Yurchenko stretched with 2½ turn	5.80
4.40	R'off ¾ on – Salto backward tucked off	4.00
4.41	R'off ¾ on – Salto backward tucked with ½ turn off	4.40
4.42	R'off ¾ on – Salto backward tucked with 1/1 turn off	4.60
4.50	R'off ¾ on – Salto backward piked off	4.20
4.51	R'off ¾ on – Salto backward stretched off	4.60
4.52	R'off ¾ on – Salto backward stretched with ½ turn	5.00
4.53	R'off ¾ on – Salto backward stretched with 1/1 turn	5.40

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 <b>If no fall, max landing deduction 0.80</b> - 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
<b>D PANEL</b>	<b>(blue text)</b>		
<b>Taken from Final Score of performed Vault</b>	<b>Invalid Vaults 0.00</b>		<b>Land / step outside corridor</b> (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 <sup>nd</sup> run approach (1 vault) 1.00	• Spotting assistance during vault		• 2 feet / hands (part of) or body part 3
3 <sup>rd</sup> run approach (2 vaults) 1.00	• Failure to use safety collar for R'off entry		
4 <sup>th</sup> 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 <sup>st</sup> Vault repeated for 2 <sup>nd</sup> 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

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

<b>11.2 CONTENT AND CONSTRUCTION – Root skills</b>	
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"> <li>• entry into the skill</li> <li>• direction of the rotation</li> </ul>

<b>11.3 COMPOSITION REQUIREMENTS (CR) - D PANEL</b>		
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

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

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

<b>Faults</b>	<b>0.10</b>	<b>0.30</b>	<b>0.50 or more</b>
<b>11.5 COMPOSITION DEDUCTIONS - E PANEL</b>			
- 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		

<b>11.6 SPECIFIC APPARATUS DEDUCTIONS - E PANEL</b>			
- 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)

<b>12.1 GENERAL – Mounts</b>	
- If gymnast on 1 <sup>st</sup> 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 <sup>nd</sup> attempt to mount ( <i>with a penalty</i> ) is permitted if <b>NOT</b> touched board or Beam	1.00 from FS
- 3 <sup>rd</sup> attempt <b>NOT</b> permitted	

<b>12.3 COMPOSITION REQUIREMENTS (CR) - D PANEL</b>	
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	

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

**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 1<sup>st</sup> flight element with hand support followed by an immediate take-off/rebound into 2<sup>nd</sup> element, or
  - Landing from 1<sup>st</sup> element (with / without hand support) on 1 leg and placing free leg with an immediate rebound from both legs into 2<sup>nd</sup> element

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

**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)

<b>12.5 ARTISTRY AND COMPOSITION DEDUCTIONS - E PANEL</b>			
<b>Faults</b>	<b>0.10</b>	<b>0.30</b>	<b>0.50</b>
<b>Artistry of Performance</b>			
- Insufficient artistry of performance throughout the entire exercise including: <ul style="list-style-type: none"> <li>• Confidence</li> <li>• Personal Style</li> </ul>	X		
- Rhythm and Tempo <ul style="list-style-type: none"> <li>• Insufficient variation in rhythm &amp; tempo in movements (<i>No DV</i>)</li> <li>• Performance of the entire exercise as a series of disconnected elements &amp; movements (<i>lack of fluency</i>)</li> </ul>	X		
<b>Composition and Choreography</b>			
- 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"> <li>• Insufficient use of entire length of beam</li> <li>• Lack of side movements (<i>No DV</i>)</li> <li>• 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>)</li> </ul>	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"> <li>• More than one ½ turn on 2 feet with straight legs throughout exercise</li> </ul>	X		

<b>12.6 SPECIFIC APPARATUS DEDUCTIONS - E PANEL</b>			
<b>Faults</b>	<b>0.10</b>	<b>0.30</b>	<b>0.50</b>
- Poor rhythm in connections ( <i>with DV</i> )	ea X		
<b>Excessive preparation</b>			
- Adjustment ( <i>unnecessary steps and movements</i> )	ea X		
- Excessive arm swing before dance elements	ea X		
- Pause (apply at 2 sec.)	ea X		
<b>Poor body posture/Amplitude throughout (<i>maximum elongation of the body movements</i>)</b>			
- 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"> <li>• through use of additional support</li> </ul>		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)

<b>13.3 COMPOSITION REQUIREMENTS (CR) - D PANEL -2.00</b>		
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		

<b>13.4 CONNECTION VALUE (CV) - D PANEL</b> Formulas for indirect and direct connections	
<b>INDIRECT ACRO (without hand support only)</b>	
<b>0.10</b>	<b>0.20</b>
B/C + D A + A + D	C + E D + D A + A + E
<b>DIRECT ACRO (without hand support only)</b>	
A + D C + C	A + E C + D
<b>MIXED</b>	
D salto + B (dance) E salto + A (dance)	Both must be performed in this order
<b>CONNECTION OF TURNS on ONE LEG</b>	
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)

<b>13.5 ARTISTRY AND CHOREOGRAPHY DEDUCTIONS - E PANEL</b>	<b>0.10</b>	<b>0.30</b>	<b>0.50</b>
<b>Artistry of Performance</b>			
- 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		
<b>Composition</b>			
- 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		
<b>Music &amp; Musicality</b>			
- 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

<b>13.6 SPECIFIC APPARATUS DEDUCTIONS - E PANEL</b>			
- 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 GYMNASTICS CHAMPONSHIP GRADE 2 RULES 2020

<p><b>Difficulty Value [DV]</b>                  Uncoded elements 0.10 each                  FIG A elements 0.10 each                  FIG B elements 0.30 each                  FIG C elements 0.50 each</p>	<p>Rules and Regulations are as per FIG Cycle 14 [2017-2020 ] Code of Points, unless stated otherwise.                  FIG Execution and Artistry Penalties will be applied.  <b>BARS/BEAM/FLOOR – 8 highest elements including dismount</b> Only Uncoded/A/B/C elements allowed  <b>BEAM/FLOOR – 3 acrobatic + 3 dance + 2 optional FLOOR 4 x Acro lines [max]</b> If only 1 x Acro line performed – no Dismount CR awarded                  Barred elements are not allowed and no Difficulty Value will be given if they are performed.                  Uncoded elements as listed below will be recognised and awarded 0.10 each                  Same element can only count once EXCEPT on Bars where an FIG Coded element [excluding Upstarts] may be repeated for Difficulty Value  <b>IMPORTANT</b> At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.  <b>EXECUTION DEDUCTIONS AS CYCLE 14 COP. ELEMENT VALUE AS PER FIG COP 2017-2020 Cycle 14 ELEMENT SHEETS</b></p>			
<b>Short Exercises</b>	<p>FIG Rules apply for BEAM &amp; FLOOR                  On BARS, an exercise with less than 6 elements will be deducted 1.00 for each missing element</p>			
<b>Vault</b>		<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
<b>No Vault allowed other than as stated below</b>	<b>Barred Elements</b>	All D elements and above Double backaway dismounts	All D elements and above	All D elements and above
Vault 1.00 DV 2.40 Handspring Vault 1.01 DV 2.80 Handspring on -1/2 off Vault 1.10 DV 2.60 Yamashita Vault 1.11 DV 3.00 Yamashita ½ Vault 1.21 DV 3.00 ½ on - ½ off Vault 1.22 DV 3.40 ½ on 1/1 off Vault 3.10 DV 4.00 Tsukahara Tucked Vault 3.20 DV 4.20 Tsukahara Piked Vault 4.10 DV 3.80 Yurchenko Tucked Vault 4.20 DV 4.00 Yurchenko Piked	<b>Uncoded Elements</b>  <b>0.10 each</b>	Squat onto Low Bar, jump to High Bar Backward sole circle tucked Dismount: Straddle on or Stoop on undershoot	Mounts: Straddle ½ lever hold – 2 seconds Jump to 1 or 2 feet  Dance: Stretch jump with ½ turn Cat leap , Tuck jump	Backward roll to handstand Handstand forward roll Forward walkover Backward walkover Valdez
<b>Vault Height</b>  <b>125 cm</b> 1 x springboard	<b>Composition Requirements [CR]</b>  <b>5 @ 0.50 each</b>	Bar change from LB to HB [flight not necessary] Element with handstand Close bar element B element on LB Dismount:  C/B Difficulty Value 0.50 A Difficulty Value 0.30	Connection of 2 [min] different dance elements [one being a leap, jump or hop with 180° cross/side or straddle position] Turn from Group 3 Acro series of minimum 2 elements [1 x with flight] Acro elements in different directions [f'wd/s'wd & b'wd] Dismount:  C/B Difficulty Value 0.50 A Difficulty Value 0.30	Dance passage of 2 [min] different leaps or hops [one with 180° cross/side or straddle position] Acro line with 2 different saltos 2 x saltos in different directions – f'wd/s'wd & b'wd – [including aerial cartwheel or aerial walkover] Dismount:  C/B Salto 0.50 A Salto 0.30
<b>2 x Vaults performed</b>  <b>Best score to count</b>	<b>Bonus</b>	<b>Backward giant to handstand performed without a fall 0.50</b> Awarded once only	<b>Bonus</b> <b>Exercise without a fall 0.50</b> [provided all CRs are fulfilled]	<b>No Bonus</b>
	<b>Artistry &amp; Specific Apparatus Deductions</b>	Use ARTISTRY and SPECIFIC APPARATUS DEDUCTIONS for Bars/Beam/Floor as in Sections 11/12/13 in Cycle 14 Code of Points Is on the most up to date WTC helpsheets <b>EXCEPT AS STATED BELOW where there will be NO DEDUCTION</b>		
		Uncharacteristic movement e.g. Bar change without performing an element	Unnecessary pause [more than 1 second]	



## BUCS Floor and Vault Rules 2020 – 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 Tic Toc Forward Walkover Backward Roll to Handstand 1/2 Turn in Handstand step down. Change Leg Split Leap Change Leg Split Leap with ¼ turn (Johnson) Free Cartwheel Straddle Lever to Straddle Stand (Toes rest lightly on floor) Round off Back Flip x 2 (series broken = R/off Flip) Double spin	0.5
Split Leap OR Split Jump - min. 135 split Side leap 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 Backward Walkover Splits - any direction ONE Hand Cartwheel Straddle Lever or L Hold (2 seconds) Round off Back Flip Catleap Full Turn Tuck jump full turn	0.4
Full Spin on 1 Foot (less than 3/4 turn = no value) Handstand Forward Roll Jump Full Turn (less than 3/4 turn = no value) Bridge Walkout 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
Bridge 1 leg raised to minimum 45 degrees Backward Roll to Straddle Stand Backward Roll to Stand Cat Leap with 1/2 Turn (less than 1/4 turn - no value) Y Balance (2 seconds) Cartwheel Straddle Sit Chest on Floor or Pike Lie Flat Headstand with Straight Legs (2 seconds) W jump	0.2
Bridge Handstand - no 2 second hold required - return to stand Forward Roll to Stand Arabesque (2 seconds) Side Straddle Roll Headstand Tucked Legs (2 seconds) Catleap Tuck jump	0.1

## Vault

125m vault table

<b>Vault</b>	<b>D score</b>
Squat On, jump off	1.20
Squat through	1.60
Straddle over	1.60
Handspring	2.40
½ on, ½ off	3.00

## BUCS Floor and Vault Rules 2020– Level 4

### 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 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 Split leap or split jump (min 135 degree split, front leg straight) Catleap Full Turn Tuck jump full turn	0.5
Full Spin on 1 Foot (less than 3/4 turn = no value) Handstand Forward Roll Jump Full Turn (less than 3/4 turn = no value) Bridge Walkout Forward Roll to Straddle Stand Dive Forward Roll (no flight = no value) Round Off Two cartwheels connected (series broken = single cartwheel) Straddle jump	0.4
Bridge 1 leg raised to minimum 45 degrees Backward Roll to Straddle Stand Backward Roll to Stand Cat Leap with 1/2 Turn (less than 1/4 turn - no value) Y Balance (2 seconds) Cartwheel Straddle Sit Chest on Floor or Pike Lie Flat Headstand with Straight Legs (2 seconds) W jump	0.3
Bridge Handstand - no 2 second hold required - return to stand Forward Roll to Stand Arabesque (2 seconds) Side Straddle Roll Headstand Tucked Legs (2 seconds) Ca tleap Tuck jump half turn Front prone	0.2
Kick towards handstand (return on same leg) Forward roll ¼ turn to knees, side roll Pencil roll Arabesque (show position only) Tuck jump Star jump	0.1

## Vault

125m vault table for squat and straddle vaults

<b>Vault</b>	<b>D score</b>
Squat On, jump off	1.60
Squat through	1.80
Straddle over	1.80
Jump from board onto block – handspring flat back off end of block to land on level safety mat (60cm block and level safety mat) BG NDP club grade 6	1.80
Handspring to flat back (100cm safety mats (plus or minus 10cm) BG NDP club grade 5	2.80