

Compulsory 5 – Rules & Judging Guidelines

GENERAL JUDGING

Non-attempt of an element – 1.00 + VM (VM taken from D score, 1.00 is taken as neutral penalty)

Specified holds not held for 2 secs – 0.3 (taken as neutral penalty)

Specific deductions are listed on each apparatus.

FIG General Penalties apply throughout unless specified otherwise

On Beam and Floor elements may be performed in any order.

VAULT – Tuck Front salto to land on 40cm mats - D Score 3.50

2 vaults permitted - best score to count

Springboard with 40cm landing platform (base vault landing mats 20cm + 2 x 10 cm landing mats)

Failure to land feet first - Neutral penalty of 2.00 (D panel from Final Score)

-1.00 (fall) also taken by E Panel

EXECUTION FAULT	PENALTY		
Lack of acceleration during run up	0.1	0.3	
Insufficient leg extension on take off (tucking immediately)	0.1	0.3	
Insufficient height	0.1	0.3	0.5
Leg/knee separations	0.1	0.3	
Hands not placed on front of legs in tuck position		0.3	
Feet not pointed/relaxed	0.1		
Insufficient tuck position (90° at hip and knee)	0.1	0.3	0.5
Lack of extension before landing	0.1	0.3	
Dynamics throughout	0.1	0.3	
Landing penalties as per COP			

BARS - D Score 4.0

Bars – on single strap bar – HB height with 30cm mats underneath

Element	VM	Specific Fault	Deductions
Leg Lift	0.5	Toes not touching bar	0.3
Leg Lift	0.5	Toes not touching bar	0.3
Dish hold	0.5	Insufficient dish	0.1
Arch hold	0.5	Insufficient arch	0.1
Chin circle over bar	0.5	Failure to complete chin circle over	VM (D panel) + 1.00 fall (E panel)
Cast to horizontal	0.3	Cast below horizontal	Slightly below – 0.1 Well below – 0.3
Back hip circle	0.5		
Immediate back hip circle out (undershoot to horizontal or above)	0.5	Undershoot below horizontal	Slightly below – 0.1 Well below – 0.3
3 x swings above horizontal	0.5	Swings below horizontal: (position at end of the forward swing) body arched at highest point	Slightly below – 0.1 Well below – 0.3 Slightly arched – 0.1 Very arched – 0.3

BEAM – D Score 4.0

Element	VM	Specific Faults	Deductions
Optional entry to L hold mount	0.3	'L' position not held	0.3 HOLD PENALTY
Split handstand step down to one foot in front of the other, arms down (preparation for connecting)	0.5	FIG penalties	
Backward walkover	0.5	FIG penalties	
Split jump	0.5	FIG penalties	
Straight jump – tuck jump (any order)	0.3 0.3	FIG penalties Break in connection	 0.3
Relevé on one foot in passé position (hold for 2 secs) – step and prepare ½ spin forward (passé développé) arms finish above head	0.3 (relevé hold) 0.3 (half spin)	Relevé not held ½ spin not completed Arms not finishing above head:	0.3 HOLD PENALTY VM 0.1
Cartwheel connected to straight jump dismount	0.5 (cartwheel) 0.3 (straight jump)	Break in connection	0.5

Artistry Penalties – Beam (Throughout the performance)

Poor body posture	0.1
Poor foot work	0.1
No movement sideways	0.1
No movements close to the beam	0.1

FLOOR – D Score 4.0

Element	VM	Specific Faults	Deductions
On 10 cm parallel line in front of head judge, approx. 1m into floor area – step hurdle into round off flic	1.0	Break in connection Hands and feet in round off, and feet at end of flic, not in contact with line: One hand/foot Both hands/feet	0.5 0.1 each time 0.3 each time
Handspring to two feet	0.5	FIG penalties	
Flic to one foot (lunge position landing)	0.5	FIG penalties	
Dance passage of split leap, cat leap (any order, may have travelling movements in between as per FIG)	0.5 0.5	FIG penalties Dance passage not as per FIG	0.5
Full spin (optional leg position)	0.5	Full spin not completed	VM
Straddle jump	0.5	FIG penalties	

Artistry Penalties – Floor (Throughout the performance)

Poor body posture	0.1
Poor foot work	0.1
No movement sideways	0.1
No movements close to the beam	0.1
Lack of connection between music and movement	0.1

RANGE and CONDITIONING – D Score 4.0
Missing any hold (2 seconds) – 0.3 each

Element	VM	Faults	Deductions
Standing, lift leg and hold - forward, side and back (each position 2 secs hold)	0.3	Leg position side/fwd Leg position behind	slightly below horizontal– 0.1 well below horizontal– 0.3 well below horizontal - 0.3 chest below horizontal - 0.3
Repeat on opposite leg	0.3	As above	As Above
Backward roll with straight arms to front support (bent or straight legs into roll)	0.5	Bent arms Poor body position in front support	0.1/0.3 0.1/0.3
Drag feet through to straddle lever hold (2 secs)	0.3	Lever not held Feet below hips in lever position	0.3 HOLD PENALTY 0.1
Press to straddle stand	0.3	Feet brushing floor before reaching straddle stand position Feet touching/hitting floor before reaching straddle stand position	0.1 0.3
Press to handstand	0.5	Bent legs Bent arms Poor body alignment in handstand Clear jump to handstand	0.1/0.3 0.1/0.3 0.1/0.3 VM
Lower to bridge	0.5	Shoulders in front of hands in final bridge position	0.1/0.3
Lift one leg to maximum split and hold (2 secs)	0.3	Leg position not held Leg held below vertical	0.3 HOLD PENALTY slightly below – 0.1 well below – 0.3
Kick backwards to split handstand (hold 2 seconds) step down and join feet	0.5	Handstand not held Insufficient split Body alignment	0.3 HOLD PENALTY 0.1/0.3 0.1/0.3
Split jump	0.5	FIG penalties	
Split jump alternate leg	0.5	FIG penalties	
Stretched jump ½ turn (jumps to be linked but not rebounding)	0.5	Body alignment	0.1/0.3

