

SCOTTISH GYMNASTICS

WOMEN'S ARTISTIC 2014-2017 COMPULSORY LEVEL 5

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COMPULSORY LEVEL 5 VAULT

Tucked front salto to stand on block (60 cms)

D-Score 4.00

Gymnasts to perform 2 vaults (best score to count)

SPECIFIC APPARATUS DEDUCTIONS (E-Panel)

FAULTS	0.1	0.3	0.5
Run-up distance 15m maximum			
1st phase - onto the board			
Feet landing off centre in any direction	X		
Arms not behind body in hurdle step	X	X	
Thumbs not close to side of body in forward movement of arms	X	X	
2nd Phase – take-off to inverted position			
No heel drive into salto	X	X	
Early leg tuck into salto	X	X	
Insufficient height/rotation into the inverted position	X	X	X
Leg/Knee separation	X	X	
3rd Phase – from inverted position to landing			
Failure to open from tuck position before landing	X	X	
Leg/knee separation	X	X	
Landing Faults			
Under rotation of salto			
- without a fall	X		
- with a fall		X	
Steps	X	X	Max 0.8
Deviation from straight direction on landing (1 st contact)	X	X	
Legs apart on landing	X	X	
Dynamics (throughout)	X	X	X
Fall			1.00
Failure to land feet first – invalid vault			FS = 0.00

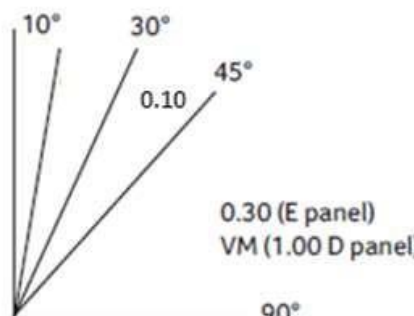
NB: Safety collar is compulsory – FS = 0.00 if not use

COMPULSORY LEVEL 5 UNEVEN BARS

All body parts must reach the required angle

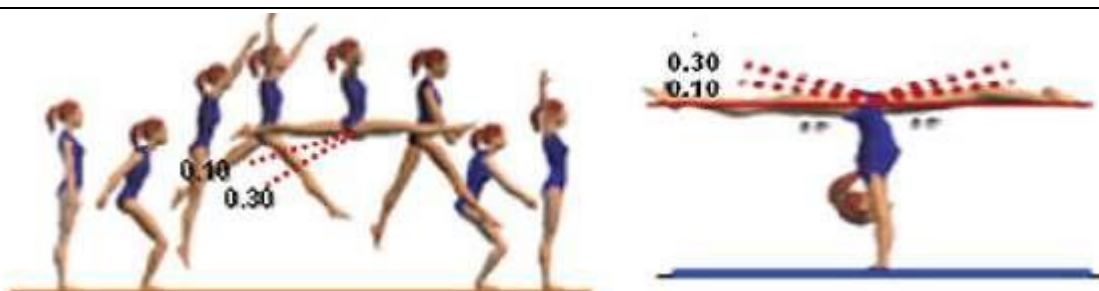
- If there is a pike in the body, the line is from the hands to the feet or lowest body part
- If there is excessive arch that puts the feet in the higher sector, the line is through the centre of mass

Strap bar height 2.50m	D SCORE 4.00 maximum	Use FIG deductions throughout the exercise except where specified
Value of element taken as specified in each text	No attempt at an element VM + 2.00	Swing deductions taken according to diagrams

Value	ELEMENTS (exercise must be performed in this order)	NOTES Coach to assist stopping gymnast at the end of the 3 swings
0.50	Mount - From long hang, in regular grip, trolley swing	
0.50	2 preparatory swings	These are preparatory swings so amplitude of swing will not be deducted but deductions will still apply for shape etc.
1.00 1.00 1.00	3 swings to within 30° of vertical	 <p>Up to 30° No deduction > 30° - 45° 0.10 > 45° - 90° VM (1.00 D panel) + 0.30 E deductions Below 90° No attempt (2.00 + VM 1.00 = 3.00)</p> <p>3 swings forward and backward that do not go over the bar, but return in the opposite direction, must be shown. Swings going over the bar (i.e. giant circle) will be deducted as follows: 1st time – 0.30 2nd time – 0.30 3rd time – 0.50 and coach must stop the gymnast and restart to complete the required number of swings (e.g. if gymnast had already performed two swings that were credited, she only needs to perform one more). Judges will guide the coach on what is still required. Gymnast restarts from trolley swing and two preparatory swings.</p>

COMPULSORY LEVEL 5 BEAM

Time 1.30 max	D SCORE 4.00 maximum	Use FIG deductions
General <ul style="list-style-type: none"> • On beam if a fall occurs between two connected elements the gymnast must complete the elements after the fall • If the gymnast falls between the dismount connection, the whole connection may be repeated once • All holds must be 2 seconds 		VM and No Attempt for missing element (VM + 2.00) 0.30 lack of hold



Split deductions E panel
 >0° – 20° deduct 0.10
 >20° deduct 0.30
 >45° VM

Series break specified for each connection

VALUE	ELEMENTS (performed in optional order)	NOTES
	Mount - optional entry mount (directly or indirectly) into:	
0.50	L hold with legs together	Legs below horizontal 0.10
1.00	Backward walkover (180° split)	FIG split deductions
1.00	Split jump	FIG split deductions
0.50	Connected jumps (any order): Straight jump	Series break 0.30
0.50	Tuck jump	
0.50	1/2 [180°] Spin forward (passé developé) immediate ½ turn on toes	
1.00	From cross stand, cartwheel to cross stand, straight jump dismount	Stop between elements 1.00

FIG Artistry deductions apply

COMPULSORY LEVEL 5 FLOOR

D SCORE 4.00 maximum	Use FIG deductions
General <ul style="list-style-type: none"> All elements in an acrobatic series on floor must be completed continuously 	Value of series
<p>Split deductions E panel</p> <p>>0° – 20° deduct 0.10</p> <p>>20° deduct 0.30</p> <p>>45° VM</p>	
No attempt at an element VM + 2.00	
Series break specified for each connection	

VALUE	ELEMENTS (series & elements performed in optional order)	NOTES
1.00	Round off flic	Series break 0.50
1.00	Handspring to 2	Lack of flight in handspring – 0.10/0.30
0.50	Full spin forwards	
0.50	Flic to 1	
0.50	Chassé cat leap	FIG Split Deductions
0.50	Chassé split leap	
0.50	Chassé	
0.50	Straddle jump	

FIG Artistry deductions apply

COMPULSORY LEVEL 5 R&C

D SCORE 4.00 maximum

General penalties to be applied throughout




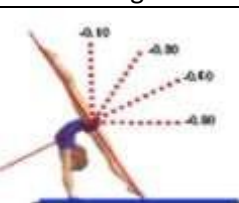


- HOLDS 2 Seconds:- Fwd roll to straddle lever, Pike fold, Handstand, Split handstand - Failure to hold 0.30
- FIG deductions for bent arms, bent legs, body alignment apply to all elements

VM and No Attempt for missing element (VM + 2.00)

Split deductions E panel

>0° – 20°	deduct 0.10
>20°	deduct 0.30
>45°	VM

VALUE	DESCRIPTIONS	DEDUCTIONS
0.50	Standing forward leg lift on first leg, show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position Return to stand	
0.50	Standing leg lift on second leg show position, circle free leg to side position, show position, continue to circle leg backwards to arabesque, show position Return to stand	<p>Chest below horizontal in arabesque 0.10, 0.30</p> <p>Hips & should not parallel 0.10, 0.30</p> <p>Lack of control in transitions 0.10, 0.30</p>
0.50	Forward roll through shoulder stand to straddle lever, (feet above hips in lever position) HOLD	<p>Failure to show shoulder stand 0.10</p> <p>Legs resting on arms in lever 0.30</p> <p>Feet not above level of hips 0.10, 0.30</p>

0.50	Lift around to show front support	Feet brushing floor in transition to front support 0.30 Feet hitting floor in transition to front support 0.50
0.50	Slide feet up to pike fold with hands on floor (fingers facing backwards) HOLD Stand	 <p>Pike stand hand support on floor 0.30</p> 
0.50	Kick to handstand HOLD	
0.50	Drop to bridge	 <p>Feet not together in bridge 0.10, 0.30</p>
0.50	Lift one leg to show split bridge	
0.50	Return legs together to show bridge	As above Feet not together in bridge 0.10, 0.30
0.50	Show alternate split bridge	As above
0.50	Pull back to split handstand HOLD	 <p>Excessive push from support leg 0.10, 0.30</p>
0.30 0.30 0.30	Split jump Opposite leg split jump Star jump	 <p>FIG Split Deductions</p>

