



Scottish Voluntary Challenge



Date: Sunday 17th May 2020
Venue: Bells Sports Centre, Perth, PH1 5HS
Entries close: Thursday 2nd April 2020
Entry fee: £40.00 per gymnast

The Scottish Voluntary Challenge is designed to be an intermediate step between the Grades Routines and Voluntary Routines, to aid the development of younger gymnasts and help their progression towards FIG level routines. The competition is structured with a 'set routine' base, with the opportunity for gymnasts to add in voluntary skills to build difficulty.

Age groups

- O6/U8 (born 2012/2013) – gymnasts must be aged 6 (minimum) on 1st January 2020
- U9 (born 2011)
- U10 (born 2010)
- U12 (born 2008/2009)
- **U14 (born 2006/2007)**
- U16 (born 2004/2005)
- U18 (born 2002/2003)

Eligibility

- Open to gymnasts who have not previously entered a 6-piece event on FIG code this year (i.e. Scottish Championships/British Championships)
- Gymnasts may enter EITHER the PV Challenge or PV Cup – not both

Judging

- Each club must provide at least 1 appropriately qualified that will judge for the **entire day** of the competition that the club has gymnasts attending
- In the event of a tie, the highest E score will be ranked higher

Please do not hesitate to contact any of the panel with regards to questions:

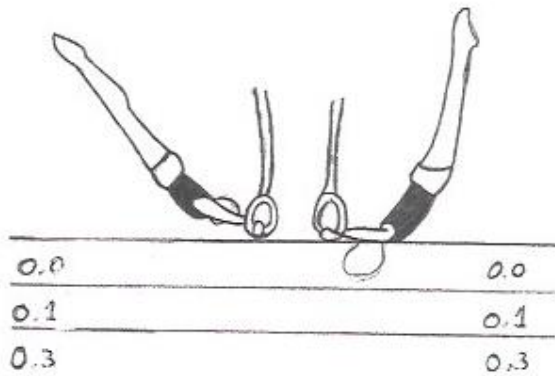
Competition Organiser	Christina Mason	e.christina.mason@gmail.com
Judging Coordinator	Stephen Tonge	stevietonge97@gmail.com
Coach Education Officer	Shona Grigor	shona_grigor@yahoo.co.uk

British Gymnastics Under 12 Supplementary 'a' Value Elements

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	Round off		
Pommel	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		
P.Bar	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
H.Bar	Long hang swings and without turns	Flight elements	In bar and Adler elements	Dismounts
			Stoop/straddle on & off backwards	

Swing Deductions*

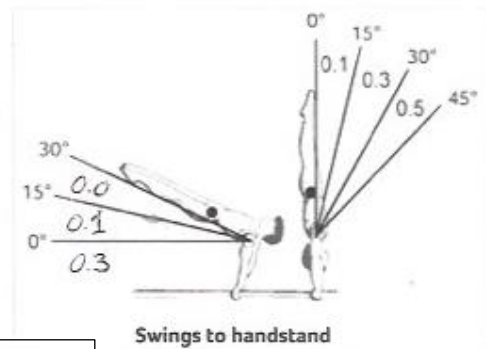
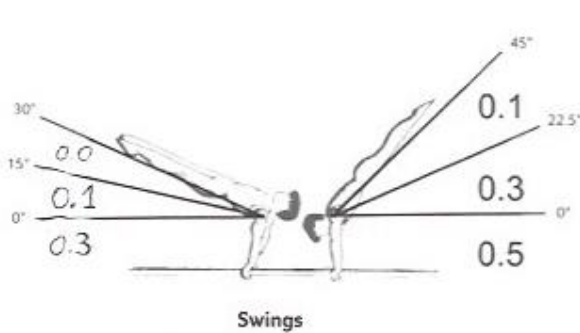
Rings



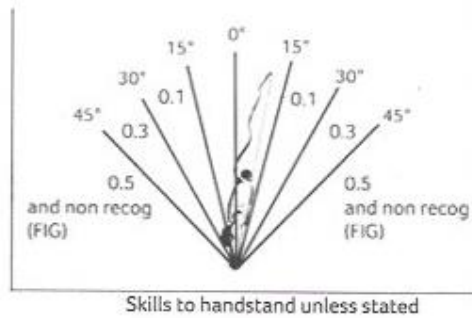
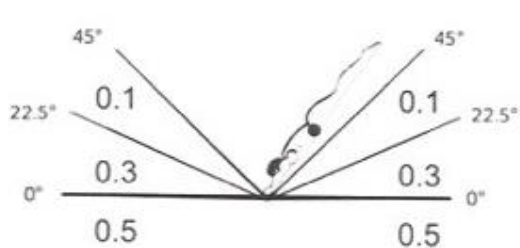
Up to 15° = 0.0 ded
 16° - 30° = 0.1 ded
 31° - 45° = 0.3 ded
 > 45° = 0.5 ded



P-Bars



High Bar



*Swing deductions are altered National Grades rules

O6 / U8's (born in 2012/2013)

FLOOR - 12 x 12m floor area, use of single diagonal permitted – max. 8 counting elements. Requirements only receive difficulty value (0.5) without additional bonus.

Final Score	Required Elements	Value	Presentation	Bonus (non-requirements only) Elements	Deductions
Requirements +	- Dive roll	+0.5	5+ elements – 10.0	Any group I 'A' element – 0.1 Any additional 'a' or 'A' element – 0.2 Any 'B' or 'C' value element – 0.4	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0
Bonus +	- Cartwheel or round-off	+0.5	4 elements – 7.0		
Presentation -	- Any backward roll with straight arms	+0.5	3 elements – 5.0		
Deductions	- Y-Scale or arabesque	+0.5	2 elements – 3.0		
		+0.5	1 element – 0.0		

MUSHROOM - Mushroom (approx. 50cms high) or 1 handle floor mushroom

Final Score	Routine (perform 1 only)	Tariff	Value	Presentation	Deductions
Tariff +	- 5x DLC on mushroom	1.0	0.2 per DLC	10.0 (if full routine is completed)	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0
Presentation -	- 10x DLC on mushroom	2.0	0.2 per DLC		
Deductions	- 5x DLC, ½ spindle, 5x DLC on mushroom	2.5	0.2 per DLC, spindle = 0.5		
	- 5x DLC over 1 handle	2.5	0.5 per DLC		

RINGS – F.I.G. height rings with 1 or 2 30cm safety mats (max. 8 counting elements). Requirements only receive value (0.5) without additional bonus.

Final Score	Required Elements	Value	Presentation	Bonus (non-requirements only) Elements	Deductions
Requirements +	- German hang (2s)	+0.5	5+ elements – 10.0	Chin-up hold (2s)/Hanging ½ lever (2s) – 0.1 Straddled front scale/Straddled back scale (2s) – 0.3 Tucked top planche (2s) – 0.3 Any 'a' or 'A' element – 0.5	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0
Bonus +	- Straight invert hang (2s)	+0.5	4 elements – 7.0		
Presentation -	- 3x full swings	+0.5	3 elements – 5.0		
Deductions	- Swing bwd & fwd into tucked back salto dism't	+0.5	2 elements – 3.0		
		+0.5	1 element – 0.0		

VAULT – Vaulting table height 100cms, 2 springboards allowed

Final Score	Routine	Tariff	Presentation		Deductions
Tariff +	- Squat on, straight jump off	0.5	10.0	Gymnasts may perform only 1 vault	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0
Presentation -	- Squat through	1.0			
Deductions	- Handspring	1.6			

PARALLEL BARS – height 1.30m with optional safety mat (max. 8 counting elements) - NOTE: no deductions will be incurred for intermediate swings

Final Score	Required Elements	Value	Presentation	Bonus Elements	Deductions
Requirements +	- 1x dip (in support)	+0.5	5+ elements – 10.0	Upstart to straddle sit / support/ Drop-upstart – 0.3 (only 1 may be included) Any press to handstand (2s) – 0.3 Russian lever (2s) – 0.3 Swing to handstand - 0.2	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0
Bonus +	- ½ lever (2s)	+0.5	4 elements – 7.0		
Presentation -	- Swing backwards & forwards to horizontal	+0.5	3 elements – 5.0		
Deductions	- Swing bwd vault dismount above horiz.	+0.5	2 elements – 3.0		
		+0.5	1 element – 0.0		

HIGH BAR – gloves and loops

Final Score	Required Elements	Value	Presentation	Bonus Elements	Deductions
Requirements +	- Pike leg lift and lower to hang - Circle-up to support, cast into - 5x swings forwards and backwards	+0.25	10.0	Back-uprise to support – 0.2 Back-hip circle – 0.2 Undershoot to swings – 0.2 Longswings (in place of swings) – 0.2 each time NOTE: these can be mixed or separated by additional skills	As per F.I.G. 0.1 / 0.3 / 0.5
Bonus +		+0.75			
Presentation -		+0.2 each			
Deductions					

U9's (born in 2010) & U10's (born in 2009)

FLOOR - 12 x 12m floor area – max. 8 counting elements. Requirements only receive value (0.5) without additional bonus. **No double somersaults or 'D' (or higher) value elements permitted**

Final Score	Required Elements	Value	Presentation	Bonus (non-requirements only) Elements	Deductions
Requirements + Bonus + Presentation - Deductions	- Dive roll - Flic (standing or from pre-element) - Tucked front somersault - Any non-acrobatic (Group I) coded element	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Any additional 'a' or 'A' element – 0.1 Any 'B' value element – 0.3 Any 'C' value element – 0.5	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

MUSHROOM - Mushroom (approx. 50cms high) / LOW POMMEL HORSE (no handles, NOTE: inward & outward loops to be performed within 30cm of end of horse) / 1 handle floor mushroom

Final Score	Routine (perform 1 only)	Tariff	Value	Presentation	Deductions
Tariff + Presentation - Deductions	- 5x DLC on mushroom - 10x DLC on mushroom - 5x DLC over 1 handle - 10x inward loops on (low PH) - 5x flairs over 1 handle - 5x loops, ½ spindle, 5x loops (low PH) - 3x inward loops, Magyar, 2x outward loops (low PH)	0.5 1.0 1.5 2.0 2.5 2.5 3.0	0.1 per DLC 0.1 per DLC 0.3 per DLC 0.2 per loop 0.5 per flair 0.2 per loop, spindle = 0.5 0.2 per loop, Magyar = 2.0	10.0 (if full routine is completed)	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

RINGS – F.I.G. height rings with 30cm safety mat (max. 8 counting elements). No deductions will be incurred for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Final Score	Required Elements	Value	Presentation	Bonus (non-requirements only) Elements	Deductions
Requirements + Bonus + Presentation - Deductions	- German hang (2s) - Straight body chin-up hold (2s) - 1x full swing fwds & bwds (or bwds & fwds) - Straight back salto dismount	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Static or swinging inlocate/dislocate – 0.2 1/2 lever / shoulder stand in support – 0.2 Muscle-up / tucked top planche – 0.2 Straddled front/back scale – 0.2 Any other 'A' element – 0.4	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

VAULT – Vaulting table height 115cms

Final Score	Routine	Tariff	Presentation		Deductions
Tariff + Presentation - Deductions	- Squat on, straight jump off - Squat through - Any other FIG recognised vault	0.2 0.6 As per FIG	10.0	Gymnasts may perform only 1 vault	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

PARALLEL BARS – height 1.30m with optional safety mat (max. 8 counting elements). No deduction for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Final Score	Required Elements	Value	Presentation	Bonus (non-requirements only)	Deductions
Requirements + Bonus + Presentation - Deductions	- Upper-arm kip to straddle sit - ½ lever in support (2s), lift out to straddle lever (2s) - Swing backwards & forwards above horizontal - Swing bwd, vault dismount above horizontal	+0.5 +0.5 +0.5 +0.5	5+ elements – 10.0 4 elements – 7.0 3 elements – 5.0 2 elements – 3.0 1 element – 0.0	Upstart to straddle sit OR support – +0.3 (NOTE: 1 only to replace u/arm kip) Drop upstart – 0.3 Swing to handstand (2s) – 0.2 Any other BG/FIG recognised element – 0.4 Any salto dismount – 0.4	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0

HIGH BAR – gloves and loops

Final Score	Required Elements	Value	Presentation	Bonus Elements	Deductions
Requirements + Bonus + Presentation - Deductions	- Pike leg lift and lower to hang - Circle-up to support, Cast into - 5x swings forwards and backwards above bar	+0.25 +0.75 +0.2 each	10.0	Cast to handstand – 0.1 Upstart (in place of circle-up) – 0.3 Shortclear to handstand/Stalder – 0.3 Longswing (in place of swing) – 0.2 each Stoop on & off (dismount prep.) – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5

U12's (born in 2008/2009) & U14's (born in 2006/2007)

FLOOR – As per F.I.G. junior code with BG Boy's (U12) amendments –12 x 12m floor area – max. 8 counting elements. **No double somersaults or 'D' (or higher) value elements permitted**

Final Score	Required Elements	Value	Presentation	Difficulty	Deductions
Requirements + Bonus +	- Any coded Group I (non-acrobatic) element	+0.5	5+ elements – 10.0	Any 'a' or 'A' value element – 0.1 Any 'B' value element – 0.3 Any 'C' value element – 0.5	As per F.I.G.
Presentation -	- Any coded Group II (forward acro) element	+0.5	4 elements – 7.0		0.1 / 0.3 / 0.5
Deductions	- Any coded Group III (backward acro) element	+0.5	3 elements – 5.0		
	- Dismount	A-0.3, B-0.5	2 elements – 3.0 1 element – 0.0		Fall = 1.0

MUSHROOM (approx. 50cms high) / LOW POMMEL HORSE (no handles)

Final Score	Routine (perform 1 only)	Tariff	Value	Presentation	Deductions
Tariff +	- 10x DLC on high mushroom	1.0	0.1 per DLC	10.0 (if full routine is completed)	As per F.I.G.
Presentation - Deductions	- 5x DLC, 1/2 spindle, 5x DLC	1.5	0.1 per DLC, spindle = 0.5		
	- 10x inward loops (low PH)	2.0	0.2 per loop		
	- 5x loops, 1/2 spindle, 5x loops (low PH)	2.5	0.2 per loop, spindle = 0.5		
	- 3x inward loops, Magyar, 2x outward loops (low PH)	3.0	0.2 per loop, Magyar = 2.0		

RINGS – F.I.G. height rings with 30cm safety mat (max. 8 counting elements). No deduction for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Final Score	Required Elements	Value	Presentation	Bonus (non-requirements only) Elements	Deductions
Requirements +	- Muscle-up to 1/2 lever (2s)	+0.5	5+ elements – 10.0	Lift to shoulder stand – 0.1 Straddled front/back scale – 0.3 Any 'A' value element – 0.3 Any 'B' value element (Inc dism't) – 0.5	As per F.I.G.
Bonus +	- 1x inlocation	+0.5	4 elements – 7.0		
Presentation -	- 1x dislocation	+0.5	3 elements – 5.0		
Deductions	- Straight salto dismount (fwd or bwd)	+0.5	2 elements – 3.0 1 element – 0.0		0.1 / 0.3 / 0.5 Fall = 1.0

VAULT – Vaulting table height 120cms

Final Score	Routine	Tariff	Presentation		Deductions
Tariff +	- Any FIG recognised vault	As per FIG	10.0	Gymnasts may perform only 1 vault	As per F.I.G.
Presentation - Deductions					0.1 / 0.3 / 0.5 Fall = 1.0

PARALLEL BARS – Minimum height 1.50m with optional safety mat (max. 8 counting elements). NOTE: Deductions WILL be incurred for intermediate swings

Final Score	Required Elements	Value	Presentation	Bonus (non-requirements only) Elements	Deductions
Requirements +	- Upstart to / through support	+0.5	5+ elements – 10.0	Drop upstart – 0.3 Russian lever – 0.3 Any 'a' / 'A' / 'B' value element – 0.3 Any salto dismount – 0.3	As per F.I.G.
Bonus +	- 1/2 lever (2s)	+0.5	4 elements – 7.0		
Presentation -	- Swing backwards to handstand hold (2s)	+0.5	3 elements – 5.0		
Deductions	- Swing bwd & front vault dismount thru h/stand	+0.5	2 elements – 3.0 1 element – 0.0		0.1 / 0.3 / 0.5 Fall = 1.0

HIGH BAR – gloves and loops (NOTE: 1 x swing = forwards & backwards)

Final Score	Required Elements	Value	Presentation	Bonus	Deductions
Requirements +	- Leg lift, body shaper, cast & swing backwards	+0.4	5+ elements – 10.0	Upstart into immediate cast – 0.1 Cast to handstand – 0.1 Upstart & immediate cast to h/stand – 0.3 Clear-circle / Stalder / Endo – 0.3 Stoop on & off (dismount prep.) – 0.3	As per F.I.G.
Bonus +	- Upstart to support, cast into	+0.4	4 elements – 7.0		
Presentation -	- 3x backwards longswings (0.2 each)	+0.6	3 elements – 5.0		
Deductions	- 3x forwards longswings (0.2 each)	+0.6	2 elements – 3.0 1 element – 0.0		0.1 / 0.3 / 0.5

U16 (born 2004/2005) & U18 (born 2002/2003)

FLOOR - 12 x 12m floor area – max. 8 counting elements

As per F.I.G. with BG's U12 code modifications – i.e. supplementary list of 'a' value elements, 'A' or 'a' value dismount = 0.3, 'B' value dismount = 0.5.

POMMEL HORSE (high pommel horse with 2 handles) - springboard for mount allowed

Final Score	Routine (perform 1 only)	Tariff	Presentation	Deductions
Tariff + Presentation - Deductions	- ½ shear (0.3), leg in pick-up (0.3), 2x DLC on handles (0.3 each), any FIG recognised travel-down (0.5), 2x inward loops (0.3 each), Schwabenflank (0.3)	2.6	10.0 (if full routine is completed)	As per F.I.G.
	- 2x inward loops (0.2 each), ¼ spindle (0.3), 2x side loops (0.2 each), turn back to inwards (0.3), Schwabenflank (0.3)	1.7		
	- ½ shear, leg in pick-up (0.5), 5x DLC on handles (0.1 each), Schwabenflank (0.3)	1.3		
	- 5x inward loops (0.1 each), Schwabenflank (0.3)	0.8		

RINGS – F.I.G. height rings with optional 30cm safety mat (max. 8 counting elements)

As per F.I.G. with BG's U12 code modifications – i.e. supplementary list of 'a' value elements, 'A' or 'a' value dismount = 0.3, 'B' value dismount = 0.5.

Additional rules – any recognised press to handstand satisfies the swing to handstand requirement, back-uprise to straddle lever or tucked Honma to support satisfies element group requirement III.

VAULT – Vaulting table height optional - 125cms or 135cms

As per F.I.G.

Additional rules - any somersault vault acquires **0.4 marks bonus**

PARALLEL BARS – F.I.G. height (1.80m) with optional 30cm safety mat (max. 8 counting elements)

As per F.I.G. with BG's U12 code modifications – i.e. supplementary list of 'a' value elements, 'A' or 'a' value dismount = 0.3, 'B' value dismount = 0.5.

Additional rules – face vault dismount through handstand dismount = 'a' (0.1)

HIGH BAR – F.I.G. height chalky bar with 30cm safety mats (max. 8 counting elements)

As per F.I.G. with BG's U12 code modifications – i.e. supplementary list of 'a' value elements, 'A' or 'a' value dismount = 0.3, 'B' value dismount = 0.5, max. 8 counting elements

Additional rules

- 'a' or 'A' value skills = 0.3, 'B' value skills = 0.5, non-coded skills = 0.1.
- Additional non-coded skills (0.1 value) - Back-uprise to support (Grp I) / baby giant (Grp I) / Swinging ½ turn above bar (Grp I) / Circle-up from hang (Grp III) / back-hip circle (Grp III)
- Straddle on undershoot / straddle over bar / clear circle to 45' push off will be credited as non-coded dismounts (0.1)
- NO DEDUCTION for upstart pause