

**DOWN SYNDROME
GYMNASTICS**



**INTERNATIONAL
ORGANISATION**

2024 CODE OF POINTS

Women's Artistic Gymnastics

Approved by the DSIGO Technical Committee

For DSIGO Women's Artistic Gymnastics competitions at

World Championships
World Trisomy games
Events with international participants

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ABBREVIATIONS

| Committees | |
|--------------|----------------------------------------|
| EC | Executive Committee |
| FIG | Federation of International Gymnastics |
| LOC | Local Organizing Committee |
| TC | Technical Committee |
| WAG | Women Artistic Gymnastics |
| WTC | Women Technical Committee |
| Documents | |
| COP | Code of Points (<i>Code</i>) |
| TR | Technical Regulations |
| Events | |
| BB | Balance Beam |
| Evt | Event |
| FX | Floor Exercise |
| HB | High Bar |
| LB | Low Bar |
| UB | Uneven Bars |
| VT | Vault |
| Panels | |
| D-panel | Judges Evaluating Difficulty |
| D-Score | Difficulty Score |
| E-panel | Judges Evaluating Execution |
| E-Score | Execution Score |
| SEC | Secretary |
| SJ | Superior Jury |
| Requirements | |
| CR | Compositional Requirement |
| CV | Connection Value |
| DMT | Dismount |
| DV | Difficulty Value |
| Gr. | Group |
| Max. | Maximum |
| Min. | Minimum |
| MT | Mount |
| P. | Points |
| SB | Series Bonus |

| Body Positions | |
|-----------------|-----------------------------------------------------------------------|
| BA | Breadth axis |
| Bwd | Backward |
| Fwd | Forward |
| HSTD | Handstand |
| LA turn | Longitudinal axis turn |
| Root skill | The base element of a skill |
| Swd | Sideward |
| Competitions | |
| AA | All Around Final |
| AF | Apparatus Finals |
| OG | Olympic Games |
| QC | Qualification Competition |
| TF | Team Final |
| WC | World Championships |
| YOG | Youth Olympic Games |
| Support Systems | |
| CIS | Commentator Information System |
| IRCOS | Instant Control & Replay System Video analysis system used by the FIG |
| JEP | Judges Evaluation Program |

| Performance Qualities | |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Choreography | The creative arrangement of the exercise |
| Composition | Requirements for the exercise |
| Dynamic | Active, forceful, energetic, explosive change in the intensity of performance |
| Expressiveness | Serving to express or indicate meaning of feeling |
| Precision | Each movement must demonstrate perfect control in each phase, as well as a clear start and finish position |
| Body position | position to be used when describing the shape of the body during performance in the air |
| Body posture | posture to be used when describing the body when feet are in contact with the floor (i.e. on landing, but also during choreography) |

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PART I

REGULATIONS GOVERNING COMPETITION PARTICIPANTS

SECTIONS 1-5

**PART I
REGULATIONS GOVERNING COMPETITION PARTICIPANTS**

SECTION 1-Purpose

Purpose

The primary purpose of the Code of Points is to:

1. Provide an objective means of evaluating gymnastics exercises at all levels of regional, national, and international competitions.
2. Standardize the judging of the four phases of FIG official competitions:

Qualification

Team Final

All Around Final Individual Event Finals

3. Assure the identification of the best gymnast in any competition.
4. Guide coaches and gymnasts in the composition of competition exercises.
5. Provide information about the source of other technical information and regulations frequently needed at competitions by judges, coaches, and gymnasts.

SECTION 2-Regulation for gymnasts

2.1. Rights of the Gymnasts

2.1.1 General

The gymnast is guaranteed the right to:

- a) Have their performance judged correctly, fairly, and in accordance with the stipulations of the FIG DSIGO Code.
- b) Have their score publicly displayed immediately following their performance or in accordance with the specific regulations governing that competition.
- c) Repeat their entire exercise (without deduction) with the approval of the Superior Jury:
 - if the exercise has been interrupted for reasons beyond their control or responsibility,
 - if a handguard (grip) is significantly torn causing a fall, or interruption. The gymnast must immediately show the broken handguard (grip) to the D1 Judge before leaving the podium to receive permission to repeat the exercise.

Note: The competition may not be delayed through her absence.

- d) Briefly leave the competition hall for personal reasons.

Note: A gymnast may repeat the entire exercise at the end of the rotation, or if she is the last gymnast in the rotation, at a time at the discretion of the SJ.

- e) Receive through their delegation leader the correct result output, showing all their scores received in the competition.

2.1.2 Apparatus

The gymnast is guaranteed the right to:

- a) Have identical apparatus and mats in the training halls, warm-up hall and on the competition podium that conforms to the specifications and norms for FIG DSIGO official competitions.
- b) Place the take-off board on the supplementary 10 cm landing mat (*UB & BB*).
- c) Use magnesium on Uneven Bars and to make small markings on the Balance Beam.

- d) Have one spotter on Uneven Bars.
- e) Rest or recuperate for up 30 seconds following a fall from the UB and 10 seconds following a fall from BB (without deductions).
- f) Confer with their coach during the time available to her following a fall from the apparatus and between the first and second vault.
- g) Request permission to raise both bar rails if their feet touch the mat.

Warm-up

In Qualifying, All-Around Final, Team Final & Apparatus Finals

- Each competing gymnast (including substitute of injured gymnast) is entitled to a touch warm-up period immediately prior to the competition on the podium on all apparatus in accordance with the Technical Regulations that govern that competition.
 - **VT** (teams and individual groups)
All Around Final, Team Final & Apparatus Final – two attempts only
Qualification to Apparatus Final – maximum of three attempts
 - **BB,FX**
60 seconds each
 - **UB**
60 seconds each, including the preparation of the Bars

NOTE:

- *In Qualifying and Team Final the entire warm-up time belongs to the team **except Vault**. The team must pay attention to the elapsed time, so that the last gymnast receives a warm-up.*
- *In mixed groups the warm-up time belongs personally to the gymnast. The order of warm-up should be the same as the order of competition.*

- The end of the warm-up period is signaled by a gong. If at this time a gymnast is still on the apparatus, she may complete the element or sequence started. Following the warm-up period, or during the “competition pause”, the apparatus may be prepared (max. 2 persons on UB), but not used.
 - There will be a conspicuous signal from the D1 Judge (at official competitions, a green light) 30 seconds before their exercise is expected to begin.

2.2 Responsibilities of the Gymnast

- a) To know the code of Points and conduct themselves accordingly
- b) Height increases of 5 cm on UB shall be allowed in competitions for gymnasts who touch the mat with their feet during the exercise. This must be announced to the organizers prior to the Orientation Meeting or at the latest during Podium Training and verified by the President or a member of the Superior Jury during the training.

2.3 Duties of the Gymnasts

2.3.1 General

- a) To present themselves in the proper manner (arm/s up) and thereby acknowledge the D1 Judge at the commencement of her exercise and to acknowledge the same judge at the conclusion of her exercise.
- b) To begin the exercise within 30 seconds of the green light or signal from D1 (on all apparatus).
- c) To remount within 60 seconds after a fall from the apparatus (the timing starts when the gymnast is on her feet after the fall). In this time the gymnast can recuperate, re-chalk, confer with her coach and remount.
- d) To leave the podium immediately after the conclusion of their exercise.
- e) To refrain from changing the height of any apparatus unless permission has been granted.
- f) To refrain from speaking with active judges during the competition.
- g) To refrain from delaying the competition: remaining on the podium for too long, remounting the podium on completion of her exercise, and from otherwise abusing her rights or infringing on those of any other participant.
- h) To refrain from any other undisciplined or abusive behavior or infringing on those of any other participant (*i.e. marking the floor carpet with magnesium, damaging any apparatus surface or parts during preparation for her exercise, using water on the surface of the Beam, removing springs from the springboard, gymnast running/walking under LB to perform the mount*).
- i) To leave the supplementary mat in position (for landing) during the entire exercise (UB & BB).

- h) To use an additional 10 cm soft mat on top of the existing basic landing mats (20 cm) for dismounts on Vault, Bars and Beam.
- i) To participate in the respective Award Ceremony dressed in competition tracksuit according to FIG Protocol.

2.3.2 Competition Attire

- a) They must wear a correct sportive nontransparent leotard or unitard (*one piece leotard with full length legs-hip to ankle*), which must be of elegant design. She may wear complete leg coverings of the same colour as that of the leotard, under or on top of the leotard.
- b) The neckline of the front and back of the leotard/unitard must be proper, that is no further than half of the sternum and no further than the lower line of the shoulder blades. Leotards/unitards may be with or without sleeves; shoulder strap width must be minimum 2 cm.
- c) The leg cut of the leotard may not extend beyond the hip bone (*maximum*). The leotard leg length cannot exceed the horizontal line around the leg, delineated by no more than 2 cm below the base of the buttocks.
- d) They have the option of wearing gymnastic slippers and/or socks.
- e) They must wear the bib number supplied by the Organizing Committee – With approval of her written request, the gymnast may remove the number in rare cases of back spins on the Balance Beam and Floor. The number must be displayed to the D-Panel at the start of the exercise.
- f) They must wear a national identification or emblem on the leotard/unitard in accordance with the most recent FIG Publicity Rules.
- g) They must wear only those logos, advertising and sponsorship identifiers that are permitted in the most recent FIG Publicity Rules.
- h) The leotard/unitard must be identical for members from the same federation in the Qualification and Team Final competition. In the Qualification competition, individual gymnasts from the same federation (*without a team*) may wear different leotards/unitards.
- i) Handguards, body bandages and wrists wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Bandages must be beige or skin-coloured when available from the manufacturer.

- j) Face painting is not allowed; any make-up must be modest and not portray a theatrical character (animal or human).

2.4 Penalties

- a) The normal penalty for a violation of the rules and expectations presented in Sections 2 and 3 are considered medium or large errors; – 0.30 for behavioral violations and – 0.50 for apparatus related violations. The penalty is deducted by the Chair of the Superior Jury, from the Final Score when notified by the D-Panel.
- b) A summary of the penalties is outlined in Section 8.3.
- c) In extreme cases, the gymnast or coach may be expelled from the competition hall in addition to suffering the specified penalty.

| Apparatus Related Violations By Chair of the Superior Jury when notified by the D-Panel | |
|----------------------------------------------------------------------------------------------------|---------------------------|
| Violation | Penalty |
| Incorrect use of magnesium and/or damaging apparatus | 0.50 from the Final Score |
| Addition, re-arrangement or removal of springs from the springboard | 0.50 from the Final Score |
| Changing height of the apparatus without permission | 0.50 from the Final Score |

2.5 Gymnasts' Oath (FIG TR 7.12.2)

"In the name of all gymnasts I promise that we shall take part in the World Championships (or any other official FIG DSIGO Event) respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honor of the gymnasts."

| Behaviour Related Violations By Chair of the Superior Jury when notified by the D-Panel | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Violation | Penalty |
| Violations of attire <ul style="list-style-type: none"> Incorrect or unaesthetic padding Missing national emblem and/or wrong placement Missing start number Incorrect attire – leotard, jewellery, bandage colour, etc. | 0.30 from Gym/App from the Final Score <i>(once for a competition session)</i> |
| Violations of attire regulations that apply to Team Competition <ul style="list-style-type: none"> Non-identical leotards <i>(for gymnasts from the same team)</i> | 1.00P. <i>In Qualification and Team Final taken 1 x in competition phase from apparatus where first recognised</i> |
| Unauthorised remaining on the podium | 0.30 from the Final Score |
| Remounting podium after the exercise is over | 0.30 from the Final Score |
| Other undisciplined or abusive behaviour including gymnast runs under the LB to perform mount | 0.30 from the Final Score |
| Incorrect Advertising | 0.30 from the Final Score on the concerned apparatus When requested by responsible body <ul style="list-style-type: none"> Team Gymnast <i>(individual competitions)</i> |
| Absent from Victory Ceremony | Result and Final Score is annulled for team and individual |

SECTION 3- Regulation for coaches

3.1. Rights of the Coaches

The coach is guaranteed the right to:

- a) Assist the gymnast or team under their care on the podium during the warm-up period on all apparatus.
- b) Help the gymnast or team prepare the apparatus for competition:
 - Vault to prepare the safety collar.
- c) Be present on the podium after the green light is lit to remove the springboard on
 - Balance Beam (then leave podium immediately)
 - Uneven Bars
- d) Be present at Uneven Bars during the gymnast's exercise for reasons of safety.
- e) Assist or advise the gymnast during the intermediate fall time on all apparatus and between the first and second vault.
- f) Have their gymnast's score publicly displayed immediately following their performance or in accordance with the specific regulations governing that competition.
- g) Be present at all apparatus to help in case of injuries or defects of the apparatus.
- h) Inquire to Superior Jury concerning the evaluation of the content of the exercise of the gymnast (see TR 8.4).
- j) Request to Superior Jury a review of the line deductions.

3.2 Responsibilities of the coaches to

- a) Know the Code of Points and conduct themselves accordingly.
- b) Submit the competition order and other information required in accordance with the DSIGO Code of Points
- c) Refrain from changing the height of any apparatus or add, re-arrange or remove springs from the springboard.
- d) Refrain from delaying the competition, obstructing the view of the judges and from otherwise abusing or interfering with the rights of any other participant.
- f) Refrain from engaging in discussions with active judges and/or other persons outside of the inner arena circle during the competition (exception: team doctor, delegation leader).
- g) Refrain from any other undisciplined or abusive behavior.
- h) Conduct themselves in a fair and sportsmanlike manner at all times during the competition.
- j) Participate in a sportsmanlike manner in any applicable Award Ceremony.

NOTE: *See deductions for violations and unsportsmanlike behavior.*

Numbers of Coaches Permitted in the Inner Circle:

- All around and Apparatus finals for:
 - Each gymnast – 1 coach

3.3 Penalties for Coach Behavior

1st offence = Yellow card

2nd offence = Red card, at which time the coach is excluded from the rest of the competition phases.

*if there is only one coach, then the coach would remain in the competition but would not be eligible for accreditation at the next World Championships, Olympic Games.

3.4 Inquiries (TR 8.4)

Detailed procedure for the request of reviews (Inquiry) as per TR (Section 1, Art. 8.4).

3.5 Coaches Oath

“In the name of all coaches and other members of the athlete’s entourage, I promise that we shall commit ourselves to ensuring that the spirit of sportsmanship and ethics is fully adhered to and upheld in accordance with the fundamental principles of Olympism. We shall commit ourselves to educating the gymnasts to adhere to fair play and drug free sport and to respect all FIG Rules governing the World Championships.”

| By Chair of Superior Jury (In Consultation with Superior Jury) | Card System For FIG Official and Registered Competitions |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Behaviour of Coach with NO direct impact on the result/performance of the gymnast/team | |
| – Unsportsmanlike conduct <i>(valid for all phases of the competition)</i> | 1 st time – Yellow card for coach <i>(warning)</i> |
| | 2 nd time – Red card & removal of coach from the competition and/or training hall* |
| – Other flagrant, undisciplined and abusive behaviour <i>(valid for all phases of the competition)</i> | Immediate Red card & removal of coach from the competition and/or training hall * |
| Behaviour of Coach with direct impact on the result/performance of the gymnast/team | |
| – Unsportsmanlike conduct <i>(valid for all phases of the competition)</i> i.e. unexcused delay or interruption of competition, speaking to active judges during the competition, speak directly to the gymnast, give signals, shouts (cheers) or similar during the exercise, etc. | 1 st time – 0.50 <i>(from gymnast/team at event)</i> and Yellow card for coach <i>(warning)</i> |
| | 1 st time – 1.00 <i>(from gymnast/team at event)</i> and Yellow card for coach <i>(warning)</i> if coach speaks aggressively to active judges |
| | 2 nd time – 1.00 <i>(from gymnast/team at event)</i> Red card & removal of coach from the competition floor* |
| – Other flagrant, undisciplined and abusive behaviour <i>(valid for all phases of the competition)</i> i.e. incorrect presence of the prescribed persons in inner circle during competition and/or in the preparation of the apparatus, etc. | 1.00 <i>(from gymnast/team at event)</i> , immediate Red card & removal of coach from the competition floor* |

NOTE: *If one of two coaches from a team are dismissed from the competition inner circle, it is possible to replace that coach with another coach **one time** in the entire competition (e.g. Qualification).*

SECTION 4- Regulation for technical committee

At official FIG DSIGO Competitions, the members of the FIG DSIGO Women's Technical Committee will constitute the Superior Jury and act as Apparatus Supervisors at the different apparatus.

4.1 The President of the WTC

The President of the Women's Technical Committee or her representative will serve as Chair of the Superior Jury. Their responsibilities and those of the Superior Jury include:

- a) The overall Technical Direction of the competition as outlined in the Technical Regulations.
- b) To call and chair all judges' meetings and instruction sessions.
- c) To apply the stipulations of the Judges' Regulations relevant to that competition.
- d) To deal with requests for raising the Uneven Bars, and other issues that may arise. Such decisions are normally made by the Women's Technical Committee.
- e) To make sure that the time schedule published in the Workplan is respected.
- f) To deal with inquiries as outlined in the FIG DSIGO Technical Regulation (TR 8.4).
- g) In cooperation with the members of the Superior Jury, to issue warnings to or replace any person acting in any judging capacity who is unsatisfactory or to have broken their oath.

h) To conduct a global video analysis (*post competition*) with the TC to determine errors in judgment.

i) To supervise the checking of the apparatus measurement specifications according to the FIG DSIGO Apparatus Norms.

j) In unusual or special circumstances may nominate a judge to the competition

k) To submit a report to the FIG Executive Committee, which must be sent to the FIG Secretary General as soon as possible, but no later than 30 days after the event, which contains the following:

– General remarks about the competition including special occurrences, conclusions, and recommendations for the future.

– Detailed list of all interventions:

- score changes before and after publication.

4.2 The WTC Members

During each phase of the competition, the members of the Women's Technical Committee or their representatives will serve as members of the Superior Jury and Apparatus Supervisors for each apparatus.

Their responsibilities include:

a) Participating in the direction of the judges' meetings and instruction sessions and guiding the judges to perform the correct work on their respective apparatus.

b) Applying the "Judges' Regulations" control with fairness, consistency and completely in accordance with the currently valid regulations and criteria.

- c) Recording the entire exercise content in symbol notation.
- d) Calculating the D and E-Score (*control scores*) for the purpose of evaluation of the D and E-Panels.
- e) Controlling the total evaluation and the final score for each exercise.
- f) Assuring that the gymnast is given the correct score for their performance or intervene as ruled herein.
- g) Checking the apparatus used at training, warm-up, and competition with the FIG DSIGO Apparatus Norms.

SECTION 5- Regulation & Structure of Apparatus Juries

5.1 Responsibilities of Judges

Every Judge is fully and independently responsible for their scores. All members of the Apparatus Juries have the responsibility to:

- a) Have thorough knowledge of:
 - the FIG DSIGO Technical Regulations
 - the Code of Points
 - the FIG DSIGO Judges' Rules
 - any other technical information necessary to carry out their duties
- b) Be in possession of the National Judge's Brevet valid for the currency cycle.
- c) Have extensive knowledge in contemporary gymnastics and understand the intent, purpose, interpretation, and application of each rule.
- d) Attend all scheduled instruction sessions and meetings of judges before the respective competition (*extraordinary exceptions, which were unavoidable, will actually be decided by the FIG DSIGO WTC*).
- e) Adhere to any special organizational or judging related instruction given by the governing authorities (*i.e. scoring system instructions*).
- f) Attend podium training (*compulsory for D-Panels*).
- g) Be prepared thoroughly on all apparatus.
- h) Be capable of fulfilling the various necessary mechanical duties, which include:

- correctly completing any required score sheets
- using any necessary computer or mechanical equipment
- facilitating the efficient running of the competition and
- communicating effectively with other judges

i) Be well prepared, rested, vigilant, and punctually present at least one hour before the start of competition or according to the instructions from the Workplan.

j) Wear the FIG DSIGO prescribed competition uniform (*dark blue suit - skirt or trousers and white blouse for female judges / white shirt with tie for male judges*), except at the OG, and other competitions where the uniform is supplied by the Organizing Committee.

During the competition judges must:

- a) Behave at all times in a professional manner and exemplify nonpartisan ethical behavior.
- b) Fulfil the functions outlined as specified in Section 5.4.
- c) Evaluate each exercise accurately, consistently, quickly, objectively, and fairly and when in doubt, give the benefit of that doubt to the gymnast.
- d) Use the symbol notation sheets and maintain a record of their personal scores.
- e) Remain in assigned seat (*except with the consent of D1 Judge*) and refrain from having contact or discussions with gymnasts, coaches, delegation leaders or other judges.

5.2 Rights of Judges

In case of an intervention by the Superior Jury, the Judge has the right to explain their score and to agree (*or not*) to a change.

In case of disagreement the Judge may be overruled by the Superior Jury and shall be informed accordingly.

5.3 Composition of the Apparatus Jury

The Apparatus Jury (Judges' Panels)

For the official FIG DSIGO Competitions, World Championships, the Apparatus Jury will consist of a D-Panel (Difficulty), and an E-Panel (execution).

– The D-Panels are drawn and appointed by the FIG DSIGO Technical Committee in accordance with the most current FIG DSIGO Technical Regulations.

– E-Panels and supplementary positions will be drawn under the authority of the TC in accordance with the current Technical Regulations or Judges' Rules that govern the competition.

The structure of the Apparatus Jury for the various types of competitions:

| WC & OG 9 Judge Panel | International Invitational Min. 4 Judge Panel |
|--------------------------------------|----------------------------------------------------------|
| 2 D-Panel Judges | 2 D-Panel Judges |
| 7 E-Panel Judges | 2/4 E-Panel Judges |

Modifications to the Judges' Panels are possible for other international competitions and for national and local competitions.

5.4 Function of the Apparatus Jury

There are two panels. D and E-panel. D-Panel with 1 judge and E-panel with 3 judges minimum.

The D-Panel establishes the D-Score, the content of an exercise, and the E-Panel the E-Score, the execution and artistry.

5.4.1 Functions of the D-panel

- D-Panel record the entire program content in symbol notation, evaluate independently, without bias and then jointly determine the D-Score content. Discussion is allowed.
- The D-Score content includes the:
 - Difficulty Value
 - Composition Requirements
 - Connection Value
 - Bonus based on special rules for each apparatus.
- Functions of the D1 Judge:
 - To ensure the efficient running of the apparatus including the control of warm-up time.
 - To display the green light or other conspicuous signal to notify the gymnasts they must begin their exercise within 30 seconds.
 - To ensure that neutral deductions for behavior faults are taken from the Final Score before being flashed.
 - To ensure the following deductions are applied for:
 - failure to present before and after the exercise
 - performance of an invalid 0 vault
 - short exercise

Functions of the D-Panel after the competition

They will submit a written competition report as directed by the WTC President, with the following information:

- forms listing violations, ambiguities and questionable decisions with the number and name of the gymnast.
- make their symbol notation sheets available during consultations and submit their symbol notation sheets at the end of the competition to the Apparatus Supervisor.

5.4.2 Functions of the E-Panel

They must:

- a) Observe the exercises attentively, evaluate the faults and apply the corresponding deductions correctly, independently and without consulting the other judges.
- b) Record the deductions for:
 - General Faults
 - Specific Apparatus Execution Faults
 - Artistry Faults
- c) Complete the score slip with a legible signature or enter their deductions into the computer.
- d) Be able to provide a personal written record of their evaluation of all exercises (Execution and Artistry deductions).

5.5 Functions of the Secretaries

The Secretaries need to have COP and computer knowledge; they are usually appointed by the Organizing Committee.

Under the supervision of the D1 Judge they are responsible for correctness of all entries (*proceedings*) into the computers:

- adherence to the correct order of the teams and gymnasts.
- operating the green and red lights.
- correct flashing of the Final Score.

5.6 Seating Arrangements

The judges will be seated at a location and distance from the apparatus which permits an unobstructed view of the total performance, and which permits them to fulfil all of their evaluation duties.

- D-Panel must be in line with the center of the apparatus.
- The placement of the E-Panels will be clockwise around the apparatus beginning from the left of the D-Panel or placed in a straight line.

| | | | | | |
|----|----|----|----|----|-----|
| | E3 | | E4 | | |
| E2 | | E1 | D2 | D1 | SEC |

Variations in the seating arrangement are possible depending on the conditions available in the competition hall.

5.7 Judge's Oath (TR 7.12)

At the World Championships, and other important international events, juries, and judges pledge to respect the terms of the Judges' Oath.

In the name of all the judges and official, I promise that we shall officiate in these World Championships (or any other official FIG DSIGO Event) with complete impartiality, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship.



PART II

EVALUATION OF THE EXERCISES

SECTIONS 6-9

PART II EVALUATION OF THE EXERCISE

SECTION 6- Determination of score

6.1 General

The rules governing the evaluation of the exercises and the determination of the Final Score are identical for all sessions of competition
(*Qualification, Team Final, All Around Final, Apparatus Finals*) except for Vault, where special rules in Qualification and in Apparatus Finals apply (*Section 10*).

6.2 Determining Final Score

- a) The Final Score on each apparatus will be established utilizing two separate scores, D-Score and E-Score.
- b) The D-Panel establishes the D-Score, the content of an exercise, and the E-Panel the E-Score, the execution and artistry.
- c) The Final Score of an exercise will be established by the addition of the D-Score and E-Score. If necessary, subtraction of the neutral deductions.
- d) The All Around Score is the sum of the Final Scores obtained from the four apparatus.
- e) The Team Score is calculated in accordance with the current Technical Regulations of DS code.
- f) Qualification for, and participation in, the Team Final, the All Around Final and the Apparatus Finals will occur in accordance with the current Technical Regulations that govern that competition.
- g) In principle, the repetition of an exercise is not permitted.

The Final Score Calculation

Example:

D-score + E-score= Final score

D-score

| | |
|-----------------------------------------|----------------|
| Difficulty (3x0.3, 2x0.4, 2x0.5, 1x0.6) | +3.30 P. |
| Composition Requirements | +2.00 P. |
| Connection Value | +0.40 P. |
| D-score | 5.70 P. |

E-score

| | | |
|--------------------|--------------|-----------------------|
| Execution | -0.70 | |
| Artistry | <u>-0.30</u> | |
| | | -1.00 P. |
| E-score | | <u>9.00 P.</u> |
| Final score | | 14.70 P |

***E-Score:** the execution & artistry deductions are added together and then subtracted from 10.00 P.

6.3 Short Exercise

For the execution and artistry of presentation, the gymnast may earn a maximum E-Score of 10.00 P

The D-Panel will take the appropriate neutral deduction (penalty) for a short exercise from the Final Score:

- or more elements – no deductions
- 5-6 elements –2.00 P.
- 3-4 elements –3.00 P.
- 1-2 elements –4.00 P.
- No elements –9.00 P.

SECTION 7 – Regulations Governing the D-Score

7.1 D-Score (Content)

- a) The D-score on VT is the difficulty value in the Table of Vaults.
- b) The D-score on Uneven Bars, Balance Beam and Floor Exercise includes the highest 8 difficulties (including the mount and dismount, compositional requirements, connection value and bonus).

7.2 Difficulty Value (DV)

The DV are elements from the Table of Elements in the Code of Points which are open ended and may be expanded as needed.

- a) The maximum **8** highest DV including the dismount are counted on UB, BB and FX.
- b) The D-Panel will always recognize the DV of the element unless there is a failure to meet the technical requirement of the element.

Difficulty Value

A=0.10
B=0.20
C=0.30
D=0.40
E=0.50

5.2.1 Recognition of DV of elements

- a) To reward DV an element must be performed according to the description of the body position in the Table of Elements.
- b) The same element will receive DV **only one time** in an exercise and in chronological order.

c) Recognition of the Same and Different Elements

- Different dance elements from the same box in the Table of Elements (*same number*) will receive DV only one time in the exercise and in chronological order.
- Only one turn (pirouette) in tuck stand on one leg (BB & FX) will receive DV, in chronological order.

Elements are considered different if they are listed under different numbers in the Table of Elements. Except in UB, the elements are considered different if the element is on Low Bar or High Bar.

Elements are considered the same, if they are listed under the same number and have the following criteria:

Dance elements:

- with take-off from one or two feet with the same leg position
- *Example:* wolf hop (take off from one foot) and wolf jump (take off from two feet)
- are performed inside or cross position (BB)
- Jumps performed in side position will be awarded 1 DV higher than in cross position
- If the same element is performed in cross and in side position, the DV will be awarded one time only and in chronological order
- land on one or both feet (BB)
- land on one or both feet or in prone position (FX)

Acro elements:

- there are different body positions (tuck, pike or stretched) in saltos
- there are different degrees of turns: 1/2, 1/1, 1 1/2 (180°, 360°, 540°) etc.
- the support is performed on one or both arms or free
- the take-off from one or both feet

7.2.2 Recognition of elements occurs in chronological order.

- a) In case of technical failure elements will be recognized as:
 - another element in the Table of Elements or
 - NoDV or
 - One DV lower
- b) If an element is recognized as another element (*from the Table of Elements*) due to failure to meet technical requirements and later the element is performed with correct technique they both receive DV.

Example BB: turn is credited as another element from the COP due to failure to hold the free leg at 75° from the beginning to the end of the turn (360°). It is then performed a 2nd time in the exercise correctly – Credit DV

- c) If an element is credited one DV lower due to failure to meet technical requirements and is later performed again in the exercise it will then be considered as a repetition and no DV will be awarded.

7.3 Compositional Requirements (CR) 2.00

Composition Requirements are described in the respective Apparatus Sections. A maximum of 2.00 is possible.

- a) Only elements from the Table of Elements may fulfil CR.
- b) One element may fulfil more than one CR; however, an element may not be repeated to fulfil another CR.

7.4 Connection Value (CV) & Bonus

Connection Value is to be achieved through unique combinations of elements on Uneven Bars, Balance Beam and Floor Exercise.

- a) Elements used for CV do NOT necessarily have to be among the 8 counting DV. All elements must be from the Table of Elements.

- b) Connection Value on UB, BB and FX is evaluated at:

+0.10

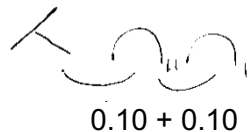
+0.20

- c) Formulas for CV & Bonus are described in the respective Apparatus Sections - Part 3: Sections 11, 12 and 13.

- d) Devalued elements may be used for CV & Bonus.
- e) In order to credit CV & Bonus, the element must be performed without a fall, or according to specific rules stated for the respective apparatus.
- f) With the direct connection of 3 or more elements, the 2nd element may be used:

- the 1st time as the last element of a connection and
- the 2nd time as the 1st element to begin a new connection

Example



CV= 0.20 P

7.4.1 Direct and Indirect Connections

All connections must be **Direct**;

Direct Connections are those in which elements are performed without:

- a) stop between elements.
- b) extra step between elements
- c) foot touching Beam between elements.
- d) lack of balance between elements
- e) obvious leg/hip extension on 1st element before take-off for 2nd element
- f) additional/excessive arm swing

The recognition of direct or indirect (FX) connections should be to the benefit of the gymnast.

The order of succession of elements within a connection can be freely chosen on BB, FX and UB (*unless there is a special requirement for CV recognition*).

7.4.2 Repetition of elements for CV (SB on BB)

- a) Elements may not be repeated in another connection for CV. Recognition occurs in chronological order.
- b) Same elements on UB, acrobatic elements on BB and FX may be performed twice within one connection. Dance elements cannot be repeated.

Examples:

BB.- Cartwheel + Cartwheel
 0.20 CV= 0.20

Cartwheel + Cartwheel + Handstand
 0.20 + 0.10 CV= 0.30

Cartwheel may be used:

- The 1st time as the 2nd element of a connection
- The 2nd time as the 1st element to begin a new connection.
- The 3rd time as the connection of 2 same acro elements

FX.-Direct connection. Reversed Forward x2

Cartwheel + Cartwheel + Round off
 0.10 0.10

Cartwheel may be used:

- The 1st time as a connection of 2 acro elements
- The 2nd time as the 1st element to begin a new connection.

7.4.3 Dismount (DMT) Bonus

On Uneven Bars, Balance Beam and Floor, a Bonus of **0.20** will be awarded

In order to credit the Bonus, the DMT must be performed without a fall.

FX: In order to credit the Bonus, the last Acro Line must be performed without a fall.

SECTION 8- Regulations Governing the E-Score

8.1 Description of E-Score 10.00 P. (*Performance*)

For perfection of execution, combination and artistry of presentation, the gymnast may earn a score of **10.00 P.**

The E-Score includes deductions for faults in:

- Execution
- Artistry of presentation

8.2 Evaluation by E-Panel

The E-Panel will judge the exercise and determine the deductions independently.

Each exercise is evaluated with reference to expectations of perfect performance. All deviations from this expectation are deducted.

Deductions for errors in execution and artistry are added together and then deducted from 10.00 P. to determine the E-Score.

Section 8.3 – Table of General Faults and Penalties

| Faults | | Small | Med. | Large | Very Large |
|--------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------|-----------------------------------|-------|--------------|
| | | 0.10 | 0.30 | 0.50 | 1.00 or more |
| By E-Panel Judges | | | | | |
| Execution Faults | | | | | |
| - Bent arms or bent knees | each time | X | X | X | |
| - Leg or knee separations | each time | X | X shoulder width or more | | |
| - Insufficient height of elements (<i>external amplitude</i>) | each time | X | X | | |
| - Insufficient exactness of tuck or pike position in single salto, without twist | each time | X 90° Hip/knee angle | X >90° Hip/knee angle | | |
| - Insufficient exactness of tuck or pike position | each time | X >90° Hip angle | | | |
| - Failure to maintain stretched body position (<i>pike too early</i>) | each time | X | X | | |
| - Hesitation during performance of elements | each time | X | | | |
| - Attempt without performance of an element (<i>empty run</i>) | each time | | X | | |
| - Deviation from straight direction | each time | X | | | |
| Body and/or leg position in elements (<i>non-dance</i>) | | | | | |
| - Body alignment | each time | X | | | |
| - Feet not pointed/relaxed | each time | X | | | |
| - Insufficient split in acro elements (<i>non-flight</i>) | each time | X | X | | |
| - Failure to fulfil technical requirements in dance elements (<i>body shape</i>) (as per Sec. 9 for list of errors in dance elements) | each time | X | X | X | |
| - Precision | each time | X | | | |
| - Performance of DMT too close to the apparatus (<i>UB & BB</i>) | | | X | | |
| Landing Faults (all elements including dismounts) | | If there is no fall the maximum landing deduction may not exceed 0.80 | | | |
| - Legs apart on landing | each time | X | | | |
| - Extra arm swings | | X | | | |
| - Lack of balance | each time | X | X | | |
| - Extra steps, slight hop | each time | X | | | |
| - Very large step or jump (guideline – more than shoulder width) | each time | | X | | |
| - Body posture fault | each time | X | X | | |
| - Deep squat | each time | | | X | |
| - Brushing/touching apparatus/mats with hands, but not falling | each time | | X | | |
| - Support on mat/apparatus with 1 or 2 hands | each time | | | | 1.00 |
| - Fall on mat to knees or hips | each time | | | | 1.00 |
| - Fall on or against apparatus | each time | | | | 1.00 |
| - Failure to land feet first on landing from element | each time | | | | 1.00 |

Section 8.3 – Table of General Faults and Penalties

| Faults | | Small | Med. | Large | Very Large |
|-------------------------------------------------------------------------------------------------|-----------------|-------|------|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | 0.10 | 0.30 | 0.50 | 1.00 or more |
| By D-Panel Judges (D1 & D2) | | | | | |
| – Performance of connection with fall | UB, BB, FX | | | | No CV, No SB (BB) No Bonus |
| – Performance of DMT with fall | | | | | |
| – Failure to land feet first or in prescribed position from an element | each time | | | | No DV, CV, CR, No SB (BB) & No DMT Bonus |
| By D-Panel Judges (D1 & D2) with notification to the Superior Jury, or by the SJ | | | | | |
| Apparatus irregularities through: | | | | | |
| – Failure to properly use safety collar for vaults | Gym/Evt | | | | Invalid VT "0" |
| – Failure to use supplementary mat | Gym/Evt | | | X | |
| – Use of unpermitted supplementary mats | Gym/Evt | | | X | From the Final Score |
| – Moving the supplementary mat during exercise or moving to unpermitted end of the Balance Beam | Gym/Evt | | | X | |
| By Chair of the Superior Jury when notified by the D-Panel | | | | | |
| – Incorrect use of magnesium and/or damage to the apparatus | Gym/Evt | | | X | From the Final Score |
| – Addition, re-arrangement or removal of springs from springboard | Gym/Evt | | | X | |
| – Changing height of apparatus without permission | Gym/Evt | | | X | |
| By Chair of the Superior Jury when notified by the D-Panel | | | | | |
| Behaviour of Gymnast | | | | | |
| – Incorrect or unaesthetic padding | Gym/Evt | | X | | From the Final Score |
| – Missing national emblem and/or wrong placement | Gym/Evt | | X | | <i>In Qualification, All Around and Team Final taken 1 x in competition phase from apparatus where first recognised In Apparatus Finals taken from event score</i> |
| – Missing start number | Gym/Evt | | X | | |
| – Incorrect attire - leotard, jewellery, bandage colour, etc. | Gym/Evt | | X | | |
| – Incorrect advertising | Team Gym/Evt | | X | | From the Final Score on the apparatus concerned Upon request of the responsible body |
| – Unsportsmanlike conduct | Gym/Evt | | X | | From the Final Score |
| By Chair of the Superior Jury when notified by the D-Panel | | | | | |
| – Remounting podium after the exercise is over | Gym/Evt | | X | | From the Final Score |
| – Speaking to active judges during the competition | Gym/Evt | | X | | From the Final Score |
| – Team gymnasts competing in the incorrect order | Team | | | | 1.00 <i>In Qualification & Team Final from the team total on the apparatus concerned</i> |
| – Non-identical leotards (for gymnasts from the same team) | Team | | | | 1.00 <i>In Qualification & Team Final taken 1 x in competition phase from apparatus where first recognised</i> |

Section 8.3 – Table of General Faults and Penalties

| Faults | | Small | Med. | Large | Very Large |
|----------------------------------------------------------------------------------|----------|-------|------|-------|----------------------------------------------------|
| | | 0.10 | 0.30 | 0.50 | 1.00 or more |
| Failure to complete the competition due to absence from the Competition area | | | | | Disqualified |
| Unexcused delay or interruption of competition | | | | | Disqualified |
| Written Notification by TIME JUDGE to D-Panel | | | | | |
| NOTE: the deductions will be applied when exceeding time is by one second | | | | | |
| – Flagrant exceeding of touch warm-up time (after warning) | Team/Evt | | X | | From the Final Score |
| • by Individuals | Gym/Evt | | X | | |
| – Failure to start within 30 seconds after green light is lit | Gym/Evt | | X | | |
| – Failure to start within 60 seconds | Gym/Evt | | | | The right to begin the exercise will be terminated |
| – Overtime (BB, FX) | Gym/Evt | X | | | |
| – Starting exercise without signal or when red light is lit | Gym/Evt | | | | "0" |
| UB and BB | | | | | |
| – Exceeding allowable intermediate fall time | Gym/Evt | | X | | Exercise ended |
| – Exceeding intermediate fall time (more than 60 seconds) | Gym/Evt | | | | |

| By Chair of the Superior Jury (In Consultation with the Superior Jury) | Card System For FIG Official and Registered Competitions |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Behaviour of Coach with <u>NO</u> direct impact on the result/performance of the gymnast/team | |
| – Unsportsmanlike conduct (valid for all phases of the competition) | 1 st time – Yellow card for coach (warning) 2 nd time – Red card & removal of coach from the competition and/or training hall |
| – Other flagrant, undisciplined and abusive behaviour (valid for all phases of the competition) | Immediate Red card & removal of coach from the competition and/or training hall |
| Behaviour of Coach with <u>DIRECT</u> impact on the result/performance of the gymnast/team | |
| – Unsportsmanlike conduct (valid for all phases of the competition) i.e. unexcused delay or interruption of competition, speaking to active judges during the competition, | 1 st time – 0.50 (from gymnast/team at event) & Yellow card for coach (warning) 1 st time – 1.00 (from gymnast/team at event) & Yellow card for coach (warning) if coach speaks aggressively to active judges 2 nd time – 1.00 (from gymnast/team at event) & Red card & removal of coach from the competition floor* |
| – Other flagrant, undisciplined and abusive behaviour (valid for all phases of the competition) i.e. incorrect presence of the prescribed persons in inner circle during competition and/or in the preparation of the apparatus, etc. | 1.00 (from gymnast/team at event), immediate Red card & removal of coach from the competition floor* |

Note: If one of two coaches from a team are dismissed from the competition inner circle, it is possible to replace that coach with another coach **one time** in the entire competition (e.g. Qualification).

1st offence = Yellow card
2nd offence = Red card, at which time the coach is excluded from the rest of the competition phases.

* if there is only one coach, then the coach would remain in the competition but would not be eligible for accreditation at the next World Championships, Olympic Games.

SECTION 9 – Technical Directives

In order to recognize DV specific technical expectations are required. All directives for angles of completion of elements and body positions are approximate and meant to serve as a guideline.

9.1 ALL APPARATUS Body Positions

Tuck

- Less than 90° hip and knee angle in salto & dance elements

Pike

- Less than 90° hip angle in salto & dance elements

Stretch

- All body parts in alignment

9.1.1 Element Recognition

Stretch

The majority of the salto must be maintained in the stretched position in:

- Single saltos
- Vaults (saltos)

When there is NO stretched position shown it is considered pike position in:

- Elements UB, BB and FX



9.1.3 Falls on Landing

- a) with landing feet first – the DV is awarded.
- b) without landing feet first – no DV is awarded

9.2 BALANCE BEAM AND FLOOR EXERCISE





9.2.1 Rewarding DV for turns on 1 leg are in increments of:

- 180° for BB and FX
- The turn must be completed exactly or another element from the COP will be credited.
- The position of the shoulders and hips are decisive otherwise another element from the COP will be credited.

Turn Considerations:

- Must be performed on the toes.
- Have a fixed and well-defined shape throughout the turn.
- The support leg, whether straight or bent (*choreography*), does not change the DV.
- For turns on 1 leg requiring the free leg to be at a specific position, the position must be maintained throughout the turn.
- If the free leg is not in the prescribed position - credit another element from the COP.

a) Under turning on support leg:

- *Example:*
 - BB  becomes 
 - FX  becomes 









9.2.2 Rewarding DV for Leaps, Jumps & Hops with turns are in increments of:

- 180° for BB & FX
- Various techniques of jumps, leaps and hops with 1/1 turn (360°) and more are permitted; piking, tucking, straddling the legs may be at the beginning, in the middle or at the end of the turn (*unless there is a special requirement for the element*).
- In jumps, leaps, and hops with 1/2 turn (180°) the prescribed position must be reached at the beginning OR at the end of the turn.

Under turning of more than 30° – *another* element from the COP will be recognized.

The position of the shoulders and hips are decisive.

Example:

- BB/FX  becomes 
- FX  becomes 
- FX  becomes 
- BB  becomes 
- *An additional ¼ turn does not make an element different*

Definition:

Leaps – take off from 1 foot to land on the other or 2 feet

Hops – take off from 1 foot and land on the same foot or 2 feet (180° leg separation is not required)

Jumps – take off from 2 feet and land on 1 or 2 feet

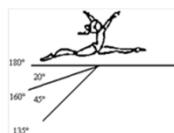
Note: in jumps and leaps with split, 180° leg separation is required.

9.2.3 Split Requirement

For missing degrees of leg separation in leaps, jumps, turns.

Insufficient Split:

- > 0° - 20° light fault
- > 20° - 45° small fault
- > 45° medium fault
- > 90° large fault
- > 135° credit another element from the COP or no DV



9.3 REQUIREMENTS FOR SELECTED DANCE ELEMENTS

Scales (4.102)



Requirement:

- 160° split

D-Panel

- < 160° split – No DV

Example for the turns with specific leg positions:



Requirement:

- Free leg fwd or bwd at horizontal throughout turn

D-Panel

- Free leg below horizontal – Credit another element from the COP

Tuck Jump

with/without turn



Requirements:

- Hip angle - less than 90°
- Knees above horizontal

D-Panel

- > 135° hip/knee angle – No, or other DV

E-Panel

- Knees at horizontal –light fault
- Knees below horizontal –small fault

Wolf Jump

with/without turn



Requirements:

- Hip angle - less than 90°
- Extended leg above horizontal

D-Panel

- > 135° hip angle. – No, or other DV

E-Panel

- Extended leg at horizontal – light fault
- Extended leg below horizontal – small fault

**Cat Leap
with/without turn**



Requirements:

- Legs alternation
- Knees above horizontal
- Evaluate the lowest knee position

D-Panel

- > 135° hip/knee angle – No, or other DV
- Lack of alternation – Tuck jump

E-Panel

- One/both legs at horizontal – light fault
- One/both legs below horizontal – small fault

**Straddle Pike Jump
with/without turn**



Requirement:

- Both legs must be above horizontal

D-Panel

- > 135° hip angle – No, or other DV

E-Panel

- Incorrect (uneven) leg position – light fault
- Legs at horizontal – light fault
- Legs below horizontal –small fault

Ring Jump



Requirements:

- Upper back arch and head release
- 180° split of legs on the diagonal
- Back foot to crown of head

D-Panel

- No arch & release of head. – Split jump or Sissone
- Back foot below crown of head. – Split jump or Sissone
- No split – No DV

E-Panel

- Insufficient arch position –light fault
- Rear foot at head height –light fault
- Rear foot at shoulder height –small fault

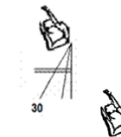
Sheep Jump

Requirements:

- Upper back arch & head release with feet to crown of head
- Hip extension

D-Panel

- No arch & release of head – No DV
- Feet below shoulder height – No DV



E-Panel

- Insufficient arch – small fault
- Feet at head height & below – small fault
- Insufficient hip extension – small fault
- Insufficient bent legs (? 90°) – small fault

Split Leap with leg change

Requirements:

- Free leg swing minimum 45°
- Swing with straight free leg.



E-Panel

- Free leg swings less than 45°. – small fault
- Free leg bent –light/ small fault
- Back foot below crown of head – Split/Switch leap/Split jump
- Incorrect timing of the turn – Split/Switch leap/Split jump with turn

E-Panel

- Insufficient arch position – small fault
- Front leg below horizontal – small fault
- Front leg below horizontal (approx. 45°) – medium fault
- Rear foot at head height – small fault
- Rear foot at shoulder height – medium fault
- Back leg stretched – small fault

Deviation from the ideal technical performance will incur a small, medium or large deduction (body shape).

Body Shape Deduction includes:

- Insufficient split
- Bent legs
- Toes not pointed
- Legs separated
- Specific element body shape deductions (listed in 9.3)
- Unaesthetic body position or technical deviation from the perfect execution of elements

NOTE:

A small deviation from the ideal execution will be deducted 0.10
A medium deviation from ideal execution will be deducted 0.30
Large deviation from the ideal execution will be deducted 0.50
(as per Section 8.3)

9.4 UNEVEN BARS

Handstand position is considered reached when all body parts are aligned in vertical.

9.4.1 Cast to Handstand

D-Panel

If element completed:

- within 30° of vertical – Credit DV
- >30° – No DV

E-Panel

- > 30° – 45° – 0.10
- > 45° – 0.30



9.4.3 Swings – elements with turns that:

- do not reach handstand
- do not pass through vertical
- continue movement after turn in opposite direction

D-Panel

If element completed

- within 30° of vertical – Credit DV (see 9.4.4)
- > 30° before vertical element with turn to hstd – Credit 1 DV lower than circle

E-Panel

- > 30° - 45° – 0.10
- > 45° - 60° – 0.30
- > 60° – 0.50

Swing elements with ½ (180°) turn:

- All body parts must reach horizontal to receive DV, otherwise No DV will be credited (*empty swing*).
- Execution deductions for body posture faults must be taken in addition to penalties assessed for amplitude in elements



PART II

EVALUATION OF THE EXERCISES

SECTIONS 10-13

PART III. APPARATUS

SECTION 10 – Vault

10.1 General

Depending on the requirements for the competition phase, the gymnast is required to perform one or two vaults from the Table of Vaults.

Run distance is a maximum of 25 meters, measured from the front edge of the table to the inner side of the block attached at the end of the vault run up mat.

- The vault begins with a run, an arrival and take-off from the springboard with two feet, from either a:
 - forward position or
 - backward position
- No vault with sideward landing may be submitted.
- All vaults must be performed with repulsion from both hands off the vaulting table.
- The gymnast is required to properly use the “safety collar” supplied by the Organizing Committee for round-off entry vaults.
- The gymnast is responsible for flashing the intended vault number prior to the beginning of each vault (*manually or electronically*).
- After receiving the green light or signal from the D1 Judge, the gymnast executes the 1st vault and then returns to the end of the runway to post the number for her 2nd vault.

- Beginning with the take-off, the vault phases are evaluated:
 - pre-flight (*1st flight*)
 - repulsion
 - flight (*2nd flight*) and landing.

10.2 Run Approaches

Additional run approaches are permitted as follows, with deduction of – 1.00 for empty run (if gymnast has not touched the springboard or the apparatus).

- When 1 vault is required, a second run approach is permitted with deduction.
- Third approach **not** permitted.
- When 2 vaults are required, a third run approach is permitted with deduction.
- Fourth approach **not** permitted.

The D-Panel will take the deduction from the Final Score of the vault performed.

10.3 Vault Groups

The vaults are classified into the following groups:

- Group 1** – Vault without salto over the mat (*Handstand, Handspring, Yamashita, Round-off*) with or without LA turn in 1st and/or 2nd flight phase.
- Group 2** – Vault without salto over the vault table (*Handstand, Handspring, Yamashita, Round-off*) with or without LA turn in 1st and/or 2nd flight phase.

10.4 Requirements

- The **intended** vault number to be flashed (*manually or electronically*) before the vault is performed.
- In the **Qualifying, Team Final and All-Around: One** vault must be performed.
 - In **Qualifying**, the 1st vault score counts toward the **Team** and/or **All-Around** Total.
 - The gymnast who wishes to qualify for the **Apparatus Final** must perform **2** vaults as per the **Apparatus Finals** rules below.

-Apparatus Finals

- The gymnast must perform 2 vaults, which will be averaged for the Final Score.
- The 2 vaults must be **different**.

10.4.1 Corridor Markings

As an orientation for directional deductions there will be a marked corridor on the landing mat. The gymnast must land and finish to a stable stand in this zone.

The D1 Judge (*with written notification from the Line Judge*) will deduct from the Final Score for touching the mat with any part of the body outside of the marked corridor as follows:

- Land or step outside with one foot/hand (*part of foot/hand*) - 0.10
- Land or step outside with two feet/hands (*part of feet/hands*) or body part. - 0.30

10.4.2 Specific Apparatus Deductions – D-Panel

Taken from the Final Score of the vault performed:

- More than 25 meters run distance - 0.50

- Run approach without performing vault - 1.00
- Support (*repulsion phase*) with only one hand - 2.00
- In the Qualification to and in Apparatus Finals:
 - When 1 of 2 vaults receives “0” points (10.4.3)

EEvaluation:

SScore of the vault performed divided by 2 = Final Score (FS)

10.4.3 Performance of Invalid Vaults (0.00 P.) *

- The vault is executed without a support phase, i.e. neither hand touches the table.
- Failure to land on feet first.
- The vault is so poorly executed that the intended vault cannot be recognized, or the gymnast pushes from the table with her feet.
- The gymnast performs a no FIG DSIGO code vault, - No credit value.
- The first vault is repeated for the second vault in Qualification for Vault Final or in

***Note:** "0.00" score recorded by D-Panel. No evaluation by E-Panel.

A video review by the D-Panel and Apparatus Supervisor will automatically occur if the vault is performed with support of one hand only.

10.5 Method of Scoring

D-Panel:

Enters the value of the performed vault and shows on the board to the E-Judges the symbol of the vault recognized (if different from flashed number). If the gymnast executes the 2nd vault.

E-Panel:

Execution Deductions (Section 8) must be taken in addition to Specific Apparatus Deductions.

10.6 Specific Apparatus Deductions – E-Panel

| Faults | 0.10 | 0.30 | 0.50 |
|------------------------------------------------------------------|-----------|-------|-------|
| First Flight Phase | | | |
| - For missing degrees of LA turn during flight phase: | | | |
| • Gr. 1 with ½ (180°) turn | ≤ 45° | ≤ 90° | |
| • Gr. 3 with ¼ (90°) turn | | ≤ 45° | |
| • Gr. 4 with ¾ (270°) turn | ≤ 45° | | |
| • Gr. 1 or 2 with 1/1 (360°) turn | ≤ 45° | ≤ 90° | > 90° |
| - Poor technique: | | | |
| • Hip angle | X | X | |
| • Arch | X | X | |
| • Bent knees | X | X | X |
| • Leg or knee separations | X | X | |
| Repulsion Phase | | | |
| - Poor technique | | | |
| • Staggered hand placement Gr. 1, 2 & 5 | X | X | |
| • Bent arms | X | X | X |
| • Shoulder angle | X | X | |
| • Failure to pass through vertical | X | | |
| • Prescribed LA turn begun too early (on the table) | X | X | |
| Second Flight Phase | | | |
| - Excessive snap | X | X | |
| - Height | X | X | X |
| - Exactness of LA turn (includes Cuervo) | X | | |
| - Body position | | | |
| • Exactness of tuck/pike position in salto | X | X | |
| • Exactness of tuck/pike position in salto with twist | X | | |
| • Body alignment in stretched salto | X | | |
| • Body alignment in stretched salto with twist | X | X | |
| • Failure to maintain stretched body position (piking too early) | X | X | |
| • Insufficient and/or late extension (tuck/pike vaults) | X | X | |
| - Bent knees | X | X | X |
| - Leg or knee separations | X | X | |
| - Under-rotation of salto without a fall | X | | |
| • With a fall | | X | |
| - Distance (insufficient length) | X | X | |
| - Deviation from a straight direction | X | | |
| - Dynamics | X | X | |
| Landing deductions | See Sec.8 | | |

SECTION 11 – Uneven Bars

11.1 General

The evaluation of the exercise begins with the take-off from the springboard or the mat. Additional supports under the springboard (*i.e. an extra board*) are **not** permitted.

a) Mounts

– If the gymnast on her first attempt touched the springboard, the apparatus, or ran underneath the apparatus:

- Deduction – 1.00 (*E-Panel*)
- She must start her exercise.
- No value will be awarded for the mount.

– A gymnast is permitted a second attempt to mount (*with a penalty*) if she has **NOT** touched the springboard, the apparatus, or run underneath the apparatus:

- Deduction – 1.00 (*D-Panel*)

– A third attempt is not permitted.

Gymnast may **NOT** run/walk under low bar to perform mount (*see 2.4*).

D-Panel will take the deduction from the Final Score.

b) Fall Timing

For interruption of the exercise due to a fall from the apparatus an intermediate time period of 60 seconds is allowed.

If the gymnast exceeds the allowable time to resume her exercise a – 0.30 neutral deduction for excessive time will be applied if the gymnast continues her exercise.

- The timing starts when the gymnast is on her feet after the fall.
- The elapsed time during the fall will be displayed in seconds on the scoreboard.
- The exercise officially resumes when the feet leave the floor.

– If the gymnast has not resumed the exercise within the 60 second time limit, the exercise will be terminated. No salute is necessary to resume an exercise after a fall.

11.2 Content and Construction of the Exercise

The maximum 8 highest difficulties including the dismount are counted for DV.

- No DMT – 0.50 from Final Score (*D-Panel*)

The gymnast can use both bars separately, but doesn't get CR #3, only can get the bonus for using HB if she meets the criteria.

11.3 Composition Requirements (CR) – D-Panel 2.00

1. Coded Entry award 0.50
2. Circle element award 0.50
3. Passing to the LB to HB award 0.50
4. DMT coded award 0.50

11.4 Connection Value (CV) & Bonus – D-Panel

- a) CV can be awarded for direct connections.
- b) The CV will be added into the D-Score.

Formulas for direct connections

- c) If an **empty swing** or **intermediate swing** is performed between 2 elements, or after the second/last element, CV can **NOT** be awarded.
 - **Empty swing** = swing fwd or bwd without the execution of an element in the Table, before the swing reverses to the opposite direction.
 - **Intermediate swing** = pump swing from a front support and/or a long swing not needed in order to perform the next element.

| | | |
|-------|-------|-------------|
| B + C | B + D | 0.10 |
| B + E | | 0.20 |

Bonus

- | | |
|------------------------------------|------------|
| 2 different elements minimum on HB | award 0.20 |
| Continuous exercise | award 0.30 |

11.5 Composition deductions – E-Panel

| Faults | 0.10 | 0.30 | 0.50 |
|----------------------------------------|------|------|------|
| – Jump from LB to HB | | | X |
| – Hang on HB, put feet on LB, grasp LB | | | X |

11.6 Specific Apparatus Deductions – E-Panel

| Faults <i>If there is no fall the maximum execution deduction may not exceed 0.80 per element</i> | 0.10 | 0.30 | 0.50 or more |
|------------------------------------------------------------------------------------------------------|------|------|-----------------|
| – Body alignment in HSTD and cast to HSTD | X | X | |
| – Adjusted grip position | X | | |
| – Brush on mat | | X | |
| – Hit on apparatus with feet | | | 0.50 |
| – Hit on mat with feet (<i>fall</i>) | | | 1.00 |
| – Uncharacteristic element (<i>elements with take-off 2 feet or thighs</i>) | | | 0.50 |
| – 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 | | | 0.50 |
| – Empty swing | | | 0.50 |
| – 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 (<i>DMT</i>) | X | X | |

Dismounts

- a) No attempt to DMT at all: Evaluation:
- No DV count 7 elements only (*D-Panel*)
 - No DMT – 0.50 (*D-Panel*)
 - Fall – 1.00 (*E-Panel*)
 - If she remounts to perform DMT, no deduction for “No DMT”
- b) If the dismount has begun:

Example:

- with initiation of salto (failure to land feet first) Evaluation:
- No DV count 7 elements only (*D-Panel*)
 - Fall – 1.00 (*E-Panel*)

SECTION 12 – Balance Beam

ARTISTRY

Composition

The composition of a Balance Beam exercise is based on the movement vocabulary of the gymnast, as well as the choreography of these elements in relationship to the Balance Beam, while establishing a strong sense of variation in rhythm, strength and pace of the movements. It is the balancing of:

- dance elements
- acro elements
- choreography

in order to create a continuous flow, a cohesive whole.

A well-structured composition of the exercise includes:

- a rich and varied selection of elements from different structure groups in the Table of Elements
- changes of level (*up and down*)
- changes of direction (*fwd, bwd, swd*)
- changes of rhythm & tempo
- creative movements and transitions

This is “what” she performs.

Rhythm & Tempo

The rhythm and tempo (*speed/pace*) must be varied, sometimes lively, sometimes slow; but predominately dynamic and above all uninterrupted.

The transition between the movements and elements should be smooth and fluent.

- without unnecessary stops or
- prolonged preparatory movements before elements

The exercise should not be a series of disconnected elements.

Artistic Performance

When a gymnast demonstrates creativity, confidence of performance, personal style, perfect technique and varied rhythm and tempo, she transforms a well-structured composition into an artistic performance.

This is not “what” the gymnast performs, but “how” she performs.

12.1 General

The evaluation of the exercise begins with the take-off from the board or the mat. Additional supports under the board (*i.e. an extra board*) are **not** permitted.

a) Mounts

– If the gymnast on her first attempt touched the springboard, or the apparatus:

- Deduction – 1.00 (*E-Panel*)
- She must start her exercise.
- No value will be awarded for the mount.
- Deduction for “Mount without DV” will be applied (*E-Panel*).

– A gymnast is permitted a 2nd attempt to mount (*with a penalty*) if she has not touched the springboard or the apparatus:

- Deduction – 1.00 (*D-Panel*)

– A 3rd attempt is not permitted.

D-Panel will take the deduction from the Final Score.

c) Fall Timing:

For interruption of the exercise due to a fall from the apparatus, an intermediate time period of 60 seconds is allowed.

- If the gymnast exceeds the allowable time to resume her exercise a
- 0.30 neutral deduction for excessive time will be applied if the gymnast continues her exercise.

–The Time Judge 2 begins timing when the gymnast is on her feet after the fall.

–The duration of the fall is timed separately.

–The elapsed time during the fall will be displayed in seconds on the scoreboard.

–The fall period ends when the gymnast takes-off from the mat to remount the Beam.

–A signal (*gong*) will be communicated at the 60 second time limit.

–If the gymnast has not resumed within 60 seconds, the exercise will be terminated.

–No salute is necessary to resume an exercise after a fall.

–After remounting the Beam, the resumption of timing by Judge 4 begins with the first movement to continue the exercise.

12.2 Content of the Exercise

The maximum 8 highest difficulties including the dismount are counted for DV.

– No DMT – 0.50 from Final Score (*D-Panel*)

Within the 8 counting elements there must be a minimum of:

- 3 Dance
- 2 Acro
- and 3 optional elements

12.3 Composition Requirements (CR) – D-Panel 2.00 P.

1. 2 **different** leap or jump together or separately, one of them with 90° split (*cross or side*), or straddle Position award 0.50
2. One Turn at least 180° award 0.50
3. One movements in different directions (*fwd, swd and bwd*) award 0.50
4. Dismount coded award 0.50

Note:

–CR 1, 2 & 3 must be performed on the Beam

12.4 Connection Value (CV) and Series Bonus (SB) – D-Panel

- a) **CV** can be awarded for direct connections.
- b) The **CV** will be added into the D-Score.
- c) No CV will be awarded when grasp of the Beam.

Formulas for direct connections (acrobatic or dance elements)

Connection with two or three elements (DV can be reversed)

| | | |
|-------|-------|-------------|
| B + C | B + D | 0.10 |
| B + E | | 0.20 |

Acrobatic Bonus (AB)

Acrobatic element over the BB 0.30

Series Bonus (SB)

Connections of three elements min B **0.30**

Note. Only one element B to get the SB. Only once is the bonus per AB.

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

12.5 Artistry & Composition Deductions – E-Panel

| Faults | 0.10 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| Artistry of Performance | |
| – Insufficient artistry of performance throughout the exercise: | |
| • Poor body posture (head, shoulders, trunk) | X |
| • Insufficient amplitude (maximum elongation of the movements) | X |
| • Insufficient amplitude of leg swings or kicks | X |
| • Poor foot work | |
| ○ Feet not pointed/relaxed/turned in | X |
| ○ Poor work in relevé | X |
| • Insufficient involvement of the body parts | X |
| – Rhythm & Tempo | |
| • Insufficient variation in rhythm & tempo in movements (<i>no DV</i>) | X |
| • Performance of the entire exercise as a series of disconnected elements & movements (<i>lack of fluency</i>) | X |
| Composition | |
| – Mount without DV (All mounts without DV will be commonly recognised as “A” except lifting one leg over to sit, squat on, simple jump to sit or kneel or to land on one or two feet) | X |
| – Insufficient use of entire apparatus: | |
| • Lack of movements sideways (<i>no DV</i>) | X |
| • 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 |
| – One-sided use of elements: | |
| • More than one ½ turn on 2 feet with straight legs throughout exercise | X |

12.6 Specific Apparatus Deductions

| Faults | 0.10 | 0.30 | 0.50 |
|--------------------------------------------------------------------------------|------|------|------|
| – Poor rhythm in connection (<i>with DV</i>) | ea X | | |
| Excessive preparation | | | |
| – Adjustment (<i>steps without choreography & unnecessary movements</i>) | ea X | | |
| – Excessive arm swing before dance elements | ea X | | |
| – Pause (apply at 2 sec.) | ea X | | |
| – Additional support of leg against the side surface of the Beam | | X | |
| – Grasp of Beam in order to avoid a fall | | | X |
| – Additional movements to maintain balance | X | X | X |

Dismount:

- a) If the salto for the dismount has **not** begun (*no initiation of rotation*) and a fall occurs:

Example 1: jump off BB

Evaluation:

- No DV count 7 elements only (*D-Panel*)
- No DMT – 0.50 (*D-Panel*)
- Fall – 1.00 (*E-Panel*)

If she remounts to perform DMT, no deduction for “No DMT”

12.7 NOTES

Falls – Acro and Dance Elements

Acro and Dance Elements must return to the Beam with foot or torso in order to be awarded difficulty.

- a) **with** a landing on 1 or 2 feet or in prescribed position on the Beam – the DV is awarded.

- b) **without** a landing on 1 or 2 feet or in prescribed position on the Beam – **No** DV is awarded (*element may be performed again to receive DV*).

Mounts

- a) Some elements listed as mounts (*rolls, handstands and holds*) can be performed in the exercise (*or vice versa*) but receive DV only once.

Holds

- a) Handstands (*without turns*) & holds must be held for ≥ 1 sec. when prescribed in the Table of Elements in order to receive DV. If the element is not held for 1 sec. and does not appear as another element in the Code, award 1 DV lower or no DV. (*HSTD or hold position should be completed*).

SECTION 13 — Floor Exercise

ARTISTRY

Artistic Performance

An artistic performance is one in which the gymnast demonstrates her ability to transform her Floor exercise from a well-structured composition into an artistic performance. In so doing the gymnast must demonstrate a strong choreographic flow, artistry, expressiveness, musicality and perfect technique.

The main objective is to create and present a unique and well-balanced artistic gymnastic composition by combining the body movements and expression of the gymnast harmoniously with the theme and character of the music.

Composition and Choreography

The **composition** of a Floor exercise is based on the movement vocabulary of the gymnast, as well as the **choreography** of those elements and movements, that is, the mapping out of the body's movements, both gymnastic and artistic, over space and time in relationship to the floor area and in harmony with the selected music.

The choreography should be developed such that one movement flows smoothly into the next with contrasts in the speed and intensity.

Creative choreography, that is the originality of the composition of elements and movements, means that the exercise has been constructed and is performed using new ideas, forms, interpretations, and originality, thereby avoiding copying and monotony.

The design, structure and composition of the exercise includes:

- a rich and varied selection of elements from different structure
- groups in the Table of Elements
- changes of level (*up and down*)
- changes of direction (*fwd, bwd, swd and curves*)
- creative or original movements, connections and transitions into acro lines

This is “**what**” the gymnast performs.

Expression

Expression can be defined generally as the attitude and range of emotion exhibited by the gymnast with both her face and through her body. This includes how a gymnast generally presents herself and connects with the judges and the audience, as well as her ability to control/manage her expression during the performance of the most difficult and complex movements. It is also her ability to play a role or a character throughout the performance. In addition to the technical execution, artistic harmony and feminine grace must also be considered.

*It is not only “**what**” the gymnast performs, but also “**how**” she performs her exercise.*

Music

The music must be flawless, without any abrupt cuts, and must contribute a sense of unity to the overall composition and performance of the exercise.

It should flow and must have a clear start and clear finish. The chosen music must also help to highlight the unique characteristics and style of the gymnast. The character of the music should provide the guiding idea/theme of the composition.

- There must be a direct correlation between the movements and the music. The accompaniment should be personalized to the gymnast and must contribute to the overall artistry and perfection of her performance.

Musicality

Musicality is the ability of the gymnast to interpret the music and to demonstrate not only its rhythm and speed, but its flow, shape, intensity, and passion.

The music must support the performance and, through her movements, the gymnast must convey the theme of the music to the judges and the audience.

13.1 General

a) Music Requirements

–The Floor exercise music will be given to the competition administration. Each piece of music will be timed; said time will be approved by the administration and the delegation head coach.

–The following must be included:

- The name of the gymnast and the 3 capitalized letters used by FIG for the country code.
- The name of the composer and the title of the music.

–The musical accompaniment with orchestration, piano or other instruments must be recorded.

•A signal or tone may be used at the beginning of the recording. However, the name of the gymnast may **not** be spoken.

•The human voice may be used as a musical instrument without words:

o Examples of the 'human voice' as an acceptable instrument are: humming, vocalizing without words, whistling, chanting.

o Any music which is not clearly a song or part of a song is accepted.

•Absence of music or music with words – 1.00

Note: Taken by the D-Panel from the Final Score.

In case of doubt, the federation/gymnast may submit music to the WTC for evaluation.

b) Timing

–The deduction for overtime will be taken if the exercise is 1:31 minutes (91 seconds) or more

–Elements performed after the 90 second time limit will be recognized by the D-Panel and evaluated by the E-Panel.

c) Border Markings

Exceeding the prescribed floor area (12 x 12 m), that is touching the floor with any part of the body outside of the border markings, will result in a deduction:

- One step or landing outside of the boundary with a foot or hand – 0.10
- Step(s) outside with both feet, both hands or a body part or landing with both feet outside – 0.30

Both time and line violations are reported in writing by the respective Time and Line Judge to the D-Panel, who then take the deduction from the Final Score.

13.2 Content of the Exercise

The maximum 8 highest difficulties including.

Within the 8 counting elements there must be a minimum of:

- 3 Dance
 - 3 Acro
- and 2 optional elements

a) Acro Lines

–The maximum number of acro lines is 3.

–Any difficulty in additional acro line(s) will not be counted for DV.

–Any acro element performed after the last counting acro line will not be counted for DV.

–An acro line consists of a minimum of 2 directly connected flight elements

- Failure to land on the feet first from a salto will still be considered an acro line.

13.2 Composition Requirements (CR) – D-Panel 2.00

1. A dance passage composed of two different leaps or hops or jump (from the Code) connected directly or indirectly (*with running steps, small leaps, hops, chassé, chainé turns*), one of them must be a leap with 165° split (*cross or side*) or straddle position.

award 0.50

(*The objective is to create a large flowing and traveling movement pattern*)

- No turns are permitted because it is stationary.
Chainé turns (½ turns on two feet) are allowed because they are traveling steps.
- Leaps and hops must land on one leg if performed as the 1st element in the dance passage.
- Jumps are allowed as a last element of the passage.

2. Acro element without the use of hands award 0.50

3. Acro bwd and Acro fwd award 0.50

4. Any element with a minimum 1 turn on one foot award 0.50

13.4 Connection Value (CV) & Bonus – D-Panel

a) CV can be awarded for direct (acrobatic, mixed, turns) connections.

b) The CV will be added into the D-Score.

Connection with two or three elements (DV can be reversed)

| | | |
|-------|-------|------|
| B + C | B + D | 0.10 |
| B + E | | 0.20 |

Bonus

Element with Handstand 2 seconds award 0.30

Note. Only once handstand for all routine

Bonus for series, 3 acro elements. award 0.30

13.5 Artistry & Composition Deductions – E-Panel

| Faults | 0.10 | 0.30 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|
| Artistry of Performance | | |
| – Insufficient artistry of performance throughout the entire exercise: | | |
| • Poor body posture (head, shoulders, trunk) | X | |
| • Insufficient amplitude (maximum elongation of the movements) | X | |
| • Poor foot work | | |
| o Feet not pointed/relaxed/turned in | X | |
| • Insufficient involvement of the body parts | X | |
| • Poor expressive engagement according to the style of the music | X | X |
| – Performance of the entire exercise as a series of disconnected elements & movements (lack of fluency) | X | |
| Composition | | |
| – Insufficient complexity or creativity of movements: (<i>A complex and creative movement is one that requires training time, coordination and previous preparation</i>) | | |
| • Throughout the exercise | X | |
| • Poor choreography in the corner/lack of variety | X | |
| – Missing movement touching floor (<i>including minimum trunk, or thigh, or knee or head</i>) | X | |
| Music and Musicality | | |
| – Editing of music (<i>e.g. no opening, ending, or accents</i>): | | |
| • No structure to the music | X | |
| – Musicality: | | |
| • Lack of synchronisation between movement and musical beat at the end of exercise | X | |
| • Background music (<i>the exercise is connected to the music partly or only at the beginning and end of the exercise</i>) | X | X |

13.6 Specific Apparatus Deductions – E-Panel

| Faults | 0.10 |
|---------------------------------------------------------------------------------------------------------------------------------------|------|
| Excessive preparation | |
| – Adjustment (<i>steps without choreography</i>) | ea X |
| – Excessive arm swing before dance elements | ea X |
| – Pause (<i>apply at 2 seconds</i>) | ea X |
| Distribution of elements | |
| – Exercise starts immediately with an acro line/acro element | 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 |