

Woman's Artistic Gymnastics — Compulsory Exercises

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Woman'S ARTISTIC GYMNASTICS

GENERAL CODE OF POINTS

Compulsory Routines – Exercises 1–10

1. Introduction

The Woman's Compulsory System consists of 10 exercises on all four Woman's Artistic Gymnastics apparatus:

- Vault (VT)
- Uneven Bars (UB)
- Balance Beam (BB)
- Floor Exercise (FX)

The system is designed to provide a clear progression from the gymnast's first introduction to competitive gymnastics through to preparation for elite gymnastics.

Exercises 1 is an introduction to gymnastics competition and focuses on basic elements, correct body positions, safe execution and fundamental technique.

The difficulty and technical requirements gradually increase through the exercises. Exercises 10 is designed as preparation for elite gymnastics and the transition towards competition under the full FIG Code of Points.

Unless otherwise stated in these regulations, the rules are based on the current version of FIG Woman's Artistic Gymnastics Code of Points. When relevant, these regulations will be updated in accordance with changes and official updates to the FIG Code of Points.

2. Safety of the Gymnasts

The safety of the gymnasts is paramount at all times. Gymnasts must only perform elements and routines that they can perform safely and with full control.

Coaches are responsible for ensuring that their gymnasts are appropriately prepared for the elements they perform.

The judges have the authority to stop a gymnast from performing or continuing an exercise if they consider it necessary for the gymnast's safety. Safety always takes priority over the completion of a routine or the competition result.

3. Competitions

The compulsory system may be used for the following competitions.

3.1 Team Competition

A team consists of a maximum of 5 gymnasts.

3.2 All-Around Competition

- The gymnast competes on all six apparatus.
- The scores from all six apparatus are added together.
- The gymnast with the highest total score is the winner of the All-Around competition.

3.3 Apparatus Finals

- Gymnasts may compete for individual titles on each apparatus.
- The gymnast with the highest final score on the apparatus is the winner.
- In the event of a tie, the applicable competition regulations and, where relevant, FIG tie-breaking rules shall be used.

4. Gymnasts and Coaches

Gymnasts and coaches must behave in a fair, respectful and sporting manner throughout the competition.

The general rules concerning gymnasts and coaches are based on the current version of FIG Code of Points, unless otherwise specified in these regulations.

Gymnasts must:

- Follow the competition schedule and instructions from officials.
- Wear appropriate competition attire.
- Be ready to compete when called.

- Present themselves to the judges before and after each routine.
- Perform only the compulsory routine declared for that exercise.
- Follow all safety requirements.
- Behave respectfully towards judges, officials, coaches and other gymnasts.

Coaches must:

- Ensure that their gymnasts are ready to compete.
- Inform the judging panel which compulsory exercise the gymnast will perform.
- Follow the rules concerning assistance and spotting.
- Not communicate with or disturb judges while they are evaluating a routine.
- Behave in a respectful and sporting manner.
- Follow instructions given by the competition management and judging panels.

5. Judges

The judging system is based on the principles of the current version of FIG Woman's Artistic Gymnastics Code of Points, adapted to the compulsory exercises 1–10 system. Judges must evaluate every gymnast fairly, independently and consistently.

5.1 Superior Jury / Competition Jury

The Superior Jury controls the competition and ensures that the competition is conducted according to these regulations.

The Superior Jury is responsible for:

- The superior jury is appointed by the Faroese Gymnastic Federation.
- Supervising the judging panels.
- Ensuring that the competition rules are correctly applied.
- Dealing with unusual situations during the competition.
- Handling official inquiries and complaints.
- Making decisions when an issue cannot be resolved by the apparatus judging panel.

Complaints and Inquiries

- Any official complaint concerning a score or decision must be submitted in writing during the competition.
- The complaint must be submitted by an authorised coach or team representative.
- The Superior Jury must consider the complaint and, whenever possible, make a decision before the medal ceremony.

- Complaints submitted after the competition will normally not change the official competition results.
- Other complaints or matters concerning the competition may subsequently be reviewed by the Head of Artistic Gymnastics of the Faroese Gymnastics Federation.

5.2. D-Judges – Difficulty

The responsibilities of the D-Judges are based on the current version of FIG Code of Points and will follow relevant changes made to the FIG Code.

The D-Judges are primarily responsible for determining what the gymnast performed.

In the compulsory system, the D-Judges shall:

- Confirm which compulsory exercise the gymnast is performing.
- Check that the required elements have been performed.
- Recognise the difficulty and value of the elements.
- Identify missing, additional or incorrect elements.
- Apply applicable neutral deductions and special deductions.
- Determine the correct D-Score according to the compulsory routine regulations.

The D-Judges must evaluate the content of the routine independently from the quality of execution.

5.3. E-Judges – Execution

The responsibilities of the E-Judges are based on the current version of FIG Code of Points and will follow relevant changes made to the FIG Code. The E-Judges are responsible for determining how well the gymnast performed the exercise. The E-Judges evaluate technical execution, body position, amplitude, control and landing. The E-judges will not deduct the exercises for dynamics, artistry, rhythm, or footwork on vault, uneven bars, balance beam, or floor exercise.

Execution deductions are generally classified according to the FIG Code of Points:

Small error	0.10
Medium error	0.30
Large error	0.50
Fall	1.00

Error	Small 0.10	Medium 0.30	Large 0.50
Deductions for aesthetic and execution errors			
Bent arms or bent knees	●	●	
Leg or knee separations	●	Shoulder with or more	
Legs crossed during elements with twist	●		
Insufficient height of elements	●	●	
Insufficient exactness of tuck or pike position in single salto, without twist	90° Hip/knee angle	>90° Hip/knee angle	
Insufficient exactness of tuck or pike position in double salto	●		
Failure to maintain stretched body position	●	●	
Hesitation during performance of elements	●		
Attempt without performance of an element		●	
Deviation from straight direction	●		
Body and/or leg position in elements (non dance) - Body alignment - Feet not pointed/relaxed - Insufficient split in acro elements (non-flight)	●		
Precision	●		
Landing Faults	If there is no fall the maximum landing deduction may not exceed 0.80		
Feet apart on landing	●		
Extra arm swing	●		
Lack of balance	●	●	
Extra steps, slight hop	●		
Very large step or jump		●	
Body posture fault	●	●	
Deep squat			●
Brushing/touching apparatus/mats with hands, but not falling		●	
Support on mat/apparatus with 1 or 2 hands			-1.00
Fall on mat to knees or hips			-1.00
Fall on or against apparatus			-1.00
Failure to land feet first on landing from an element			-1.00
Failure to land feet first or in prescribed position from an element			No Value
Take-off outside the border markings			No value
Failure to acknowledge D-judges before and/or after exercise		●	
Spotting assistance (help)			●
Non-permitted presence of spotter			●

5.4. Final Score

Unless otherwise stated for a specific compulsory routine, the gymnast's Final Score is calculated as:

$$\text{Final Score} = \text{D-Score} + \text{E-Score} - \text{Neutral Deductions}$$

- The D-Score represents the recognised content and difficulty of the exercise.
- The E-Score represents the quality of execution.
- Neutral deductions may be applied for violations such as time, line, behaviour, attire or other competition requirements.
- The Final Score cannot be lower than 0.00 points.

5.5 Example 1

For Woman's Floor – Exercise 8, the routine has a fixed D-Score of 10.50 points. The E-Judges then deduct execution errors from 10.0, and any Neutral Deductions (ND) are deducted at the end.

Example – Exercise 8

Assume the gymnast completes all four sections correctly, so the D-Judges recognise the full exercise.

Judging	Score / Deduction	Explanation
D-Score	10.50	All required elements completed and recognised
E-judge 1	8.30	1.70 execution deductions
E-judge 2	8.10	1.90 execution deductions
E-Score	8.20	Average of the E-judges
ND	-0.30	Gymnast steps outside the floor area
Final Score	Total: 18.40	10.50 + 8.20 - 0.30

So on the scoreboard it would appear as:

D: 10.50	E: 8.20	ND: 0.30	Final: 18.40
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What the D-Judges do in this example:

Exercise 8 — 10.5 points

Consistent salto & shape

1	1.8	Round off flick flac straight salto 1/2	
2	1.6	Handspring front piked	
3	1.5	Round off flick flac back piked	
4	1.7	Dance passage: (A + B or B + A) element from COP (connection)	
5	0.7	1½ Turn (540°)	
6	1.0	Aerial walkover	
7	1.0	B element from COP	
8	1.2	C element from COP	
		With music	
	10.5	Total	

The D-Judges check that the gymnast performs the prescribed Exercise 8 and that all required elements are recognised. Since everything is performed and recognised, the gymnast receives the full: D = 10.50

What the E-Judges do:

The E-Judges start from 10.00 and deduct for execution errors throughout the exercise. For example, the E-Judge 1 could arrive at 8.30 like this:

10.00 Start score	Explanation
-0.10	Bent knees during straight salto ½
-0.30	Insufficient height in front piked salto
-0.10	Legs apart during flick flac
-0.10	Small step on landing from back piked salto
-0.30	Insufficient split in dance passage
-0.10	Lack of control in 1½ turn
-0.10	Bent leg during aerial walkover
-0.10	Insufficient amplitude in B element
-0.20	Body position error in C element
-0.30	Large step on final landing
-1.70	Total deductions

The individual E-Judge

deductions can differ slightly, which is why the panel's E-Score is calculated according to the judging-panel rules.

ND – Neutral Deductions

ND is separate from the D- and E-Scores. For example, if the gymnast steps outside the Floor Exercise boundary: ND = 0.30

ND = 0.30	Gymnast steps outside the floor exercise boundary
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D-Judges – Incomplete exercise

The D-Judges are responsible for determining whether all required elements of the compulsory exercise have been completed. If the gymnast does not fulfill every required element within an exercise, the value of that element is deducted from the D-Score. In addition, a ND = 0.50 is applied for not completing the full prescribed exercises.

Example – One Element Missing

In this example, the gymnast performs Women's Floor Exercise 8, but completely misses Element No. 6 – Aerial Walkover, which has a value of 1.00 point.

The gymnast therefore loses the value of the missing element from the D-Score and receives an additional 0.50 Neutral Deduction (ND) for not completing the full prescribed exercise.

Judging	Score
Original D-Score	10.50
Element 6 not completed	-1.00
Recognised D-Score	9.50
E-Score	8.20
Incomplete routine deduction	-0.50
Neutral Deduction	-0.30
FINAL SCORE	17.20

D: 9.50	E: 8.20	ND: 0.30+0.50 = 0.80	FINAL: 17.20
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5.7 Important Rule

- An exercise is only awarded its full value when all required elements within that exercise are completed and recognised.
- If one or more required elements in the exercise are missing or not completed, the gymnast loses the full value of that element.
- In addition, whenever the gymnast does not complete the full prescribed compulsory exercise, a 0.50 Neutral Deduction (ND) is applied.

5.8. Line and Time Judges

The responsibilities of the Line and Time Judges are based on the current version of FIG Code of Points.

Line Judges

Line Judges observe whether the gymnast goes outside the permitted competition area where boundary lines apply. They report any line violations to the D-Judges.

Time Judges

Time Judges control the duration of exercises and other applicable time limits. They report any time violations to the D-Judges. Applicable deductions are made according to these regulations and, where relevant, the current FIG Code of Points.

6. Warm-Up Rules

The general warm-up will be conducted in accordance with the regulations of the Faroese Gymnastics Federation. Before the competition begins on each apparatus, gymnasts are entitled to an official warm-up period. The following warm-up rules apply:

Apparatus	Warm-up
Floor Exercise (FX)	3 minutes of warm-up time for the group/team.
Balance Beam (BB)	Each gymnast may practise the compulsory routine once.
Uneven Bars	Each gymnast may practise the compulsory routine once.
Vault (VT)	Each gymnast is allowed 1 practice vault in Team and All-Around competitions and 2 practice vaults in Apparatus Finals.

The warm-up is intended to allow the gymnast to prepare safely for the apparatus. Additional attempts or additional warm-up time are not permitted unless authorised by the Superior Jury due to exceptional circumstances.

7. Competition Procedure

The following procedure applies to every routine:

1. The coach must inform the judging panel which compulsory exercise the gymnast will perform.
2. The gymnast must wait for the signal from the D-Judge before entering the apparatus and beginning the exercise.
3. After receiving the signal, the gymnast presents himself to the D-Judge with a clear salute.
4. The gymnast then begins the exercise.
5. The gymnast must perform the compulsory exercise according to the published requirements for that level and apparatus.
6. The exercise ends after the gymnast has completed the final element or dismount.
7. After completing the exercise, the gymnast must present himself to the D-Judge with a final salute.
8. The gymnast must then leave the competition area without unnecessarily delaying the competition.

An exercise that starts before the signal from the D-Judge may be subject to a deduction according to the applicable competition regulations.

8. Application of the FIG Code of Points

- These regulations are intended to provide a simplified competition and judging system for the Faroese Woman's Compulsory exercises 1–10.
- They do not replace the complete FIG Code of Points.
- Where a situation is not specifically covered by these regulations, the current FIG Woman's Artistic Gymnastics Code of Points shall be used as guidance.
- The Faroese Gymnastics Federation has the authority to interpret these regulations and to make necessary amendments or clarifications.
- The regulations may be updated when changes are made to the FIG Code of Points or when adjustments are considered necessary for the development of Woman's Artistic Gymnastics in the Faroe Islands.

Vault

D-jury

Error	Small 0.10	Medium 0.30	Large 0.50
Landing or touching with one foot or one hand outside the landing area.	•		
Touching with feet, hands, foot and hand or with any other part of the body outside of the landing area.		•	
Landing directly outside the landing area.		•	
Exceeding 25 meter run for vault.			•
Failure to use vault board safety collar for round off entry vaults.	Score of 0,00 for the vault		

E-jury

Error	Small 0.10	Medium 0.30	Large 0.50
First Flight Phase			
Body alignment	•	•	
Bent knees	•	•	•
Leg or knee separations	•	•	
Support Phase			
Staggered hand placement	•		
Bent arms / shoulder angle	•	•	•
Failure to pass through vertical	•		
Second Flight Phase			
Excessive snap	•	•	
Height	•	•	•
Exactness of tuck/pike position in salto	•	•	
Exactness of tuck/pike position in salto with twist	•		
Body alignment in stretched salto	•		
Body alignment in stretched salto with twist	•	•	
Failure to maintain stretched body position	•	•	
Insufficient or no extension (tuck/pike vaults)	•	•	
Bent knees	•	•	•
Leg or knee separations	•	•	

Exercise 1 — 1.0 points

1	1.0	Short run-up, straight jump from springboard to landing on mat (40 cm)	
	1.0	Total	

Exercise 2 — 2.0 points

1	2.0	Jump to handstand onto a raised mat surface (minimum 40 cm) fall to a straight lying position on the back.	
	2.0	Total	

Exercise 3 — 3.0 points*Plinth with 1-2 springboard (minimum height around 80 cm)*

1	3.0	Handspring	
2	3.0	Handspring fwd. with ½ turn (180°) on - repulsion of	
	4.	Total	

Exercise 4 — 4.0 points*Pegasus with 1-2 springboard (minimum height 110 cm)*

1	4.0	Handspring	
2	4.0	Handspring fwd. with ½ turn (180°) on - repulsion of	
3	4.5	Round-off, flic-flac on – repulsion off	
	4.0-4.5	Total	

Exercise 5 — 5.0-5.5 points*Pegasus with 1-2 springboard (minimum height 115 cm)*

1	5.0	Handspring	
2	5.0	Handspring fwd. with ½ turn (180°) on – repulsion of	
3	5.5	Round-off, flic-flac on – repulsion off	
	5.0-5.5	Total	

Exercise 6 — 6.0-6.5 points*Pegasus (minimum height 120 cm)*

1	6.0	Handspring	
2	6.0	Handspring fwd. with ½ turn (180°) on – repulsion of	
3	6.5	Round-off, flic-flac on – repulsion off	
	6.0-6.5	Total	

Exercise 7 — 7.0-7.5 points*Pegasus (minimum height 125 cm)*

1	7.0	Tsukahara	
	7.5	Round-off, flic-flac on – tucked salto bwd off (Yurchenko)	
	7.0-7.5	Total	

Exercise 8 — 8.0-8.7 points*Pegasus (minimum height 125 cm)*

1	8.0	Tsukahara tucked with ½ twist (180°) off	
2	8.3	Tsukahara piked	
3	8.5	Round-off, flic-flac on – piked salto bwd off	
4	8.7	Handspring fwd. on – tucked salto fwd. off	
	8.0-8.7	Total	

Exercise 9 — 9.0-10.5 points*Pegasus (minimum height 125 cm)*

1	9.0	Tsukahara tucked with 1/1 twist (360°) off	
2	9.5	Tsukahara straight	
3	10	Round-off, flic-flac on – straight salto bwd off	
4	10.5	Handspring fwd. on – piked salto fwd. off	
	9.0-10.5	Total	

Exercise 10 — 11.0-12.0 points*Pegasus (minimum height 125 cm)*

1	11.0	Tsukahara straight salto 1/2 twist (180°) bwd off	
2	11.0	Handspring fwd. on – piked salto ½ twist (180°) fwd. off	
3	11.0	Round-off, flic-flac on – straight salto 1/2 twist (180°) bwd off	
4	12.0	Round-off, flic-flac on – straight salto 1/1 twist (360°) bwd off	
	11.0-12.0	Total	

Uneven Bars

E-jury

Error	Small 0.10	Medium 0.30	Large 0.50
Adjusted grip position	•		
Brush on mat		•	
Hit on apparatus with feet			•
Hit on mat with feet (fall)			-1.00
Poor rhythm in elements	•		
Insufficient height of flight element	•	•	
Under rotation of flight elements	•		
Insufficient extension in kips	•		
Intermediate swing			•
Empty swing			•

Exercise 1 — 1.0 points

Basic swing

1	0.5	5 bwd. swings and 4 fwd. swings from the low or high bar. (minimum 45°)	
2	0.5	Dismount: On the 5th bwd. swing jump down to stand.	
	1.0	Total	

Exercise 2 — 1.7 points

Basic swing & support

1	0.2	Mount: Pull over (low bar)	
2	0.2	Cast (below horizontal)	
3	0.3	Hip circle bwd. (hips touching bar)	Hips touching bar
4	0.2	Cast (below horizontal)	
5	0.4	Hip circle fwd (hips touching bar) or mill circle	
6	0.4	Dismount: Fwd. roll to L-hang (2 sec) to stand	
	1.7	Total	

Exercise 3 — 2.5 points

Cast & circle development

1	0.2	Mount: Pull over	
2	0.6	Cast to horizontal 90°	
3	0.3	Hip circle bwd.	Hips touching bar
4	0.6	Cast too horizontal 90°	
5	0.4	Hip circle fwd.	Hips touching bar
6	0.4	Dismount: Underswing dismount	
	2.5	Total	

Exercise 4 — 3.1 points

Introduction to transitions

1	0.2	Mount: Glide kip to support on LB	
2	0.6	Cast to horizontal 90°	
3	0.3	Hip circle bwd.	Hips touching bar
4	0.8	Squat on, jump to high bar	
5	0.2	Pull over	
6	0.6	3 x Tap swing	
7	0.4	Dismount: Release with ½ to stand.	
	3.1	Total	

Exercise 5 — 4.9 points

Kip & high bar work

1	0.8	Mount: Glide kip to support on LB	
2	0.6	Cast to horizontal 90°	
3	0.7	Clear hip (below horizontal)	
4	0.8	Squat/pike on, jump to high bar	
5	0.8	Glide kip to support on HB	
6	0.6	3x Tap swing	
7	0.6	Dismount: Salto bwd. tucked	
	4.9	Total	

Exercise 6 — 6.7 points

Handstand progression

1	0.8	Mount: Glide kip to support on LB	
2	1.0	Cast to 45° from handstand	
3	0.7	Clear hip	
4	0.6	Squat/pike on, jump to high bar	
5	0.8	Glide kip to support on HB	
6	1.0	Baby giant	
7	0.8	Cast to 45° from handstand	
8	1.0	Dismount: Salto bwd. piked	
	6.7	Total	

Exercise 7 — 8.8 points

Consistent handstand shapes

1	0.8	Mount: Glide kip to front support	
2	1.3	Cast to handstand	
3	1.5	Sole circle bwd.	(Piked or straddle)
4	0.6	Underswing on LB with counter movement fwd in flight to hang on HB	(Support of feet)
5	0.8	Glide kip to support on HB	
6	1.3	Cast to handstand	
7	1.0	Giant swing circle bwd. in regular grip	
8	1.5	Dismount: Salto bwd. straight	
	8.8	Total	

Exercise 8 — 9.8 points*Fluid connections*

1	0.8	Mount: Glide kip to front support	
2	1.3	Cast to handstand	
3	1.5	Clear hip to handstand	
4	0.6	Underswing on LB with counter movement fwd in flight to hang on HB	(Support of feet)
5	0.8	Glide kip to support on HB	
6	1.3	Cast to handstand	
7	2.0	2x giant circle bwd. in regular grip	
8	1.5	Dismount: Salto bwd. straight	
	9.8	Total	

Exercise 9 — 10.9 points*Pre-elite structure*

1	0.8	Mount: Glide kip to front support	
2	1.3	Cast to handstand	
3	1.5	Clear hip to handstand	
4	0.9	Underswing on LB with counter movement fwd in flight to hang on HB	(Support of feet)
5	0.8	Glide kip to support on HB	
6	1.3	Cast to handstand	
7	2.4	Giant swings bwd in regular grip 1/1 turn	
8	2.0	Dismount: Swing fwd to salto bwd straight 1/1 twist (360°)	
	10.9	Total	

Exercise 10 — 12.0 points*Elite preparation & amplitude*

1	0.8	Mount: Glide kip to front support	
2	0.9	Underswing on LB with counter movement fwd in flight to hang on HB	(Support of feet)
3	0.8	Glide kip to support on HB	
4	1.3	Cast to handstand	
5	2.0	Gienger or Jaeger salto	
6	1.5	Glide kip to support on HB	
7	2.0	Cast to handstand 1/2	
8	2.7	Dismount: Giant circle bwd. in regular grip to double tucked	
	12.0	Total	

Beam

Exercise 1 — 1.0 points

Basic support & balance (Height = 90 cm)

1	0.1	Mount: Jump to front support	
4	0.2	Balance hold (2 sec)	
2	0.2	Straight walk forward (minimum 3 steps)	
3	0.2	½ turn (180°)	
5	0.3	Dismount: Straight jump of beam	
	1.0	Total	

Exercise 2 — 1.7 points

Basic support & balance (Height = 100 cm)

1	0.1	Mount: Jump to front support	
2	0.2	Balance hold (2 sec)	
3	0.3	Split leap (90°)	
4	0.4	Handstand	
5	0.2	½ turn (180°)	
6	0.2	Straight jump	
7	0.3	Dismount: Round off	
	1.7	Total	

Exercise 3 — 2.3 points

Introductory turns & jumps (Height = 110 cm)

1	0.1	Mount: Jump to front support	
2	0.2	Balance hold (2 sec)	
3	0.5	Split leap (minimum 90°)	
4	0.4	Handstand	
5	0.2	½ turn (180°)	
6	0.6	Cartwheel	
7	0.3	Dismount: Round off	
	2.3	Total	

Exercise 4 — 3.6 points

Balance & rotation (Height = 115 cm)

1	0.3	Mount: A element from COP	
2	1.0	Walkover Bwd	
3	0.5	Split leap (minimum 90°)	
4	0.7	Split jump	
5	0.2	½ turn (180°)	
6	0.6	Cartwheel	
7	0.3	Dismount: Round off	
	3.6	Total	

Exercise 5 — 4.2 points*Dance & non-flight acro (Height = 120 cm)*

1	0.3	Mount: A element from COP	
2	0.6	Full (1/1) turn	
3	0.6	Split leap	
4	0.7	Split jump	
5	1.0	Walkover Bwd.	
6	0.6	Cartwheel	
7	0.6	Dismount: Fwd or Bwd salto	
	4.2	Total	

Exercise 6 — 5.6 points*Flight preparation (Height = 125 cm)*

1	0.3	Mount: A element from COP	
2	0.6	Full (1/1) turn	
3	1.2	A + A dance elements from COP	
4	0.7	Split jump	
6	1.0	Walkover Bwd.	
5	1.2	Flick flac	
7	0.6	Dismount: Fwd or Bwd salto	
	5.6	Total	

Exercise 7 — 7.3 points*Flight introduction (Height = 125 cm)*

1	0.3	Mount: A element from COP	
2	0.6	Full (1/1) turn	
3	1.5	A + B dance elements from COP	
4	0.7	Split jump	
6	1.5	Walkover Fwd.	
5	1.2	Flick flac	
7	1.5	Dismount: B element from COP	
	7.3	Total	

Exercise 8 — 10 points*Consistent flight (Height = 125 cm)*

1	1.0	Mount: B element from COP	
2	0.6	Full (1/1) turn	
3	1.5	A + B or B + A dance elements from COP	
4	0.7	Split jump	
5	1.2	Flick flac	
6	1.5	Walkover Fwd.	
7	2.0	Salto bwd.	
8	1.5	Dismount: B element from COP	
	10	Total	

Exercise 9 — 11.0 points*Pre-elite beam (Height = 125 cm)*

1	1.0	Mount: B element from COP	
2	0.6	Full (1/1) turn	
3	1.5	A + B or B + A dance elements from COP	
4	0.7	Split jump	
5	1.2	Flick flac	
6	2.5	Handspring fwd.	
7	2.0	Salto bwd.	
8	1.5	Dismount: B element from COP	
	11.0	Total	

Exercise 10 — 12.0 points*Advanced flight & connections (Height = 125 cm)*

1	1.0	Mount: B element from COP	
2	0.6	Full (1/1) turn	
3	1.5	A + B or B + A dance elements from COP	
4	0.7	Split jump	
5	1.2	Flick flac	
6	3.0	Front areal	
7	2.0	Salto bwd.	
8	2.0	Dismount: C element from COP	
	12.0	Total	

Floor

Exercise 1 — 1.6 points

Basic movement & shapes

1	0.1	Forward roll	
2	0.2	Cartwheel	
3	0.2	Handstand (2 sec)	
4	0.3	½ turn (180°) on one foot	
5	0.3	Bridge hold (2 sec)	
6	0.5	Split + Spagat + Split	
		No-music	
	1.6	Total	

Exercise 2 — 2.7 points

Introduction to acro

1	0.3	Forward roll	
2	0.2	Cartwheel	
6	0.6	Bridge kick-over to stand	
7	0.2	Handstand (2 sec)	
3	0.2	Back extension roll	To near handstand
4	0.9	Dance passage: Split jump >45°+ Catspring (connection)	
5	0.3	½ turn (180°) on one foot	
		No-music	
	2.7	Total	

Exercise 3 — 3.7 points

Hand support & connections

1	0.4	Round off	
2	0.3	Back extension roll to handstand	
3	0.6	Back walkover	
3	0.6	Handspring fwd. to one feet	
5	0.4	Press to handstand	
6	0.9	Dance passage: Split leap >45° + catspring (connection)	
7	0.5	Full turn (360°) on one foot	
		No-music	
	3.7	Total	

Exercise 4 — 5.2 points

Walkover & rotation

1	0.6	Round off flick flac	
2	0.6	Back extension roll	
3	0.5	Full turn (360°) on one foot	
4	0.9	Handspring fwd. One foot + handspring fwd. two feet. (connection)	
5	0.5	Press to handstand (2 sec)	
6	1.5	Dance passage: Split leap + split jump (connection)	
7	0.6	Salto fwd. tucked	
		Music is optional	
	5.2	Total	

Exercise 5 — 6.0 points*Flight introduction*

1	1.0	Round off flick flac salto tucked	
2	0.6	Front handspring to two feet	
3	0.6	Salto fwd. tucked	
4	1.8	Dance passage: Change leg split leap + split leap (connection)	
5	0.5	Full turn (360°) on one foot	
6	0.7	Salto fwd. piked	
7	0.8	Round off 2x flick flac	
		With music	
	6.0	Total	

Exercise 6 — 6.5 points*Salto preparation*

1	1.2	Round off flick flac 2x salto piked	
2	0.6	Front handspring to two feet	
3	0.7	Salto fwd. piked	
4	1.8	Dance passage: Change leg split leap + split leap (connection)	
5	0.5	Full turn (360°) on one foot	
6	0.6	Free (aerial) cartwheel	
7	0.9	B element from COP	
8	0.7	Round off flick flac salto tucked	
		With music	
	6.5	Total	

Exercise 7 — 8.6 points*Salto introduction*

1	1.2	Round off flick flac bwd. Straight salto	
2	1.4	Handspring front tucked	
3	1.7	Dance passage: (A + B or B + A) element from COP (connection)	
4	0.5	Full turn (360°) on one foot	
5	0.6	Free (aerial) cartwheel	
6	1.0	B element from COP	
7	1.2	C element from COP	
8	1.0	Round off flick flac 3x	
		With music	
	8.6	Total	

Exercise 8 — 10.5 points*Consistent salto & shape*

1	1.8	Round off flick flac straight salto 1/2	
2	1.6	Handspring front piked	
3	1.5	Round off flick flac back piked	
4	1.7	Dance passage: (A + B or B + A) element from COP (connection)	
5	0.7	1½ Turn (540°)	
6	1.0	Aerial walkover	
7	1.0	B element from COP	
8	1.2	C element from COP	
		With music	
	10.5	Total	

Exercise 9 — 11.2 points*Pre-elite floor*

1	2.2	Round off flick flac straight salto bwd 1/1 twist	
2	2.0	Handspring front layout	
3	1.5	Round off flick flac back piked	
4	1.7	Dance passage: Change leg split leap + split leap (connection)	
5	0.8	3/2 turn (540°) on one foot	
6	1.2	Illusion Turn	
7	1.0	Switch leap ½ turn	
8	0.8	Straddle jump ½ turn	
		With music	
	11.2	Total	

Exercise 10 — 12.0 points*Elite floor*

1	2.7	Round off flick flac double salto backward tucked	
2	2.1	Handspring fwd. front layout 1/1 twist	
4	1.7	Dance passage: Switch split leap + split leap (connected)	
5	1.0	2/1 turn (720°) on one foot	
6	1.2	Illusion Turn	
7	1.0	Switch leap ½ turn	
8	0.8	Straddle jump ½ turn	
3	1.5	Round off flick flac straight salto backward	
		With music	
	12.0	Total	