

HERTFORDSHIRE GYMNASTIC ASSOCIATION



Hertfordshire Grades 1, 2, 3, 4, 5 & 6 for Girls Rules 2023

1. Grading to be organised by the HGA Artistic Competition Organiser.
2. At least two judges per piece of apparatus, the qualifications of these are at the discretion of the Judging Convenor.
3. Gymnasts who achieve an overall score of **42.00** have deemed to have passed the Grade.
4. The HGA Artistic Competition Organiser will maintain a record of all passes and will issue certificates to each successful gymnast.
5. Badges may be purchased at a cost of which is determined by the HGA Executive Committee.
6. The entry fee to the grading will be determined by the HGA Executive Committee.
7. These grades are aimed at lower-level artistic development gymnasts. Copper and higher gymnasts cannot be entered for these grades.
8. The gymnast may enter the grades at any level, upward progression will be at her coach's discretion.
9. Gymnasts must be 6 years or over in the year of competition to enter these grades.

GENERAL INFORMATION

Judging Specific deductions are shown for each routine/vault that make up a HGA Grade.

All other deductions will be taken from the general penalties in the current Code of Points.

Protests are not allowed. If, at the end of a grading, the gymnasts overall score is 0.20 less than the required pass mark; it can be raised, at the discretion of the Judging Convenor.

Head Judge deductions - coaching/signalling/shouting during performance of an exercise **by ANYONE (including members of the audience) 5.00.**

Coach touching a gymnast during performance (unless required to do so, by the exercise) 1.00

Responsibilities of Coaches - The senior coach from each club in attendance on the day of the grading is held responsible for the actions of coaches and gymnasts in their charge.

Should the Judging Convenor or Artistic Competition Organiser approach your coach because of concern about the safety or behaviour of either coach or gymnast you **MUST** take the required action.

HGA Grading may be the first competition a gymnast is entered for and Club Leaders are advised to discuss with parents and gymnasts their expected behaviour on the day. British Gymnastics policy of photography should be explained to parents/spectators of your gymnasts.

Gymnasts are expected to wear well fitting leotards and be neat and tidy.

Coaches should wear a polo or T-shirt with tracksuit bottoms and trainers.

Jewellery – British Gymnastics have a ZERO tolerance of the wearing of jewellery. This applies to coaches as well as gymnasts. The wearing of any kind of jewellery is forbidden when at competitions or whilst training. The only exception to this rule is where wedding bands cannot be removed from the finger, in this case the wedding ring must be covered by tape to ensure safety.

VAULT:

Grade 1 Platform approx 30cm – 1 springboard

Grade 2 Red block approx 60cm with safety mats at the end to height of block – 1 springboard

Grade 3 Mattresses to the height of approx. 60/70cm high – 1 springboard

Grade 4 Mattresses to the height of approx. 80cm high – 1 springboard

Grade 5 Vaulting table / blocks with safety / landing mats approx 100cm - 1 springboard

Grade 6 Vaulting table minimum height 100cm – 1 springboard

BARS:

Grades 1 to 3 Single bar

Grades 4 to 6 Asymmetric bars

BEAM:

Grades 1 to 6 Beam height approx 125cm high

FLOOR:

12m x 12m floor area. Music – Clubs may use their own choice of music for all Grades.

If music is not used the FIG penalty of 1.00 will be applied Music time: Maximum 60 seconds

Grade 1

Difficulty Value – 2.00

Platform approx. 30 cm high - 1 springboard.

The highest score from 2 attempts will be counted

Run and hurdle step with 2 footed take off from springboard to land on the platform - walk to the end - jump off with 2 feet to land with control

Phase	Execution Faults	Penalties				
		0.10	0.30	0.50	>0.50	
From board to stand	Poor co-ordination of arm swing	x	x			
	Shoulders in front of feet	x	x			
	Rebound not immediate	x	x			
	Rebound not from 2 feet				1.00	
	Failure to maintain straight body shape	x	x			
	Lack of height in jump	x	x	x		
	Bent legs in jump	x	x	x		
	Legs separated in jump	x	x			
	Landing on platform with feet apart	x				
	From platform to stand	Insufficient height	x	x	x	
Failure to maintain straight body position		x	x			
Poor co-ordination of arm swing/incorrect body shape		x	x			
Jump not from 2 feet					1.00	
Lack of height in jump		x	x	x		
Bent legs in jump		x	x	x		
Legs separated in jump		x	x			
Deviation from straight direction		x				
Landing		Legs separated	x			
		Movement to maintain balance: slight hop or adjustment of feet	x			
	Extra arms swings	x				
	Additional trunk movements	x	x			
	Body posture fault	x	x			
	Extra steps (per step, max 8)	x each				

	Very large step or jump (guideline - more than 1 metre)	x	
	Deep squat		x
	Support on mat with 1 or 2 hands		1.00
	Fall on mat to knees or hips, or against platform		1.00
	Fall on or against apparatus		1.00
General	Insufficient dynamics	x	x
	Lack of body tension in any phase	x	x

Grade 2

Difficulty Value – 2.00

Red block approx 60 cm high with safety mats to height of block- 1 springboard.

Run and hurdle step with two footed take off from springboard to straight jump to land on block, kick to handstand and push to flat back

The highest score from 2 attempts will be counted

Phase	Execution Faults	Penalties			
		0.10	0.30	0.50	>0.50
From board to stand	Poor co-ordination of arm swing	x	x		
	Shoulders in front of feet	x	x		
	Rebound not immediate	x	x		
	Rebound not from 2 feet				1.00
	Failure to maintain straight body shape	x	x		
	Lack of height in jump	x	x	x	
	Bent legs in jump	x	x	x	
	Legs separated	x	x		
	Landing on platform with feet apart	x			
Repulsion	Shoulder angle on contact with block	x	x		
	Bent arms	x	x	x	
	Repulsion from hands on safety mats (and not block)			x	
Flight phase from block to	Bent legs	x	x	x	
Safety mats	Failure to maintain straight body position	x	x		
	Insufficient height	x	x	x	
	Insufficient length	x	x		
	Legs separated in flight phase	x	x		
Landing on safety mats	Landing with hands still touching the block			x	
	Landing on mats with legs separated	x			
	Failure to land on flat back (landing in dish)	x	x		
General	Insufficient dynamics	x	x		
	Lack of body tension in any phase	x	x		

Grade 3

Difficulty Value – 2.00

Mattresses to the height of approx. 60/70cm high – 1 springboard.

Handspring to flatback

The highest score from 2 attempts will be counted

Phase	Execution Faults	Penalties			
		0.10	0.30	0.50	>0.50
First Flight	Poor technique - Hip angle	x	x		
	Arch	x	x		
	Legs separated	x	x		
	Knees bent	x	x	x	
Repulsion Phase	Poor technique - Shoulder angle on contact with platform	x	x		
	Staggered/alternative hand placement	x	x		
	Failure to pass through vertical	x			
	Bent arms	x	x	x	
Second Flight	Insufficient height	x	x	x	
	Insufficient length	x	x		
	Legs crossed	x			
	Legs separated	x	x		
	Knees bent	x	x	x	
Landing	Failure to land on flat back (landing in dish)	x	x		
	Landing on back with legs separated	x			
General	Insufficient dynamics	x	x		
	Lack of body tension in any phase	x	x		

Grade 4

Difficulty Value – 2.00

Mattresses to the height of approx. 80cm high – 1 springboard.

Handspring to flatback

The highest score from 2 attempts will be counted

Phase	Execution Faults	Penalties			
		0.10	0.30	0.50	>0.50
First Flight	Poor technique - Hip angle	x	x		
	Arch	x	x		
	Legs separated	x	x		
	Knees bent	x	x	x	
Repulsion Phase	Poor technique - Shoulder angle on contact with platform	x	x		
	Staggered/alternative hand placement	x	x		
	Failure to pass through vertical	x			
	Bent arms	x	x	x	
Second Flight	Insufficient height	x	x	x	
	Insufficient length	x	x		
	Legs crossed	x			
	Legs separated	x	x		
	Knees bent	x	x	x	
Landing	Failure to land on flat back (landing in dish)	x	x		
	Landing on back with legs separated	x			
General	Insufficient dynamics	x	x		
	Lack of body tension in any phase	x	x		

Grade 5

Difficulty Value – 2.00

Vault table with safety mats approx. 100cm high – 1 springboard.

Handspring to flat back

The highest score from 2 attempts will be counted

Phase	Execution Faults	Penalties			
		0.10	0.30	0.50	>0.50
First Flight	Poor technique - Hip angle	x	x		
	Arch	x	x		
	Legs separated	x	x		
	Knees bent	x	x	x	
Repulsion Phase	Poor technique - Shoulder angle on contact with platform	x	x		
	Staggered/alternative hand placement	x	x		
	Failure to pass through vertical	x			
	Bent arms	x	x	x	
Second Flight	Insufficient height	x	x	x	
	Insufficient length	x	x		
	Legs crossed	x			
	Legs separated	x	x		
	Knees bent	x	x	x	
Landing	Failure to land on flat back (landing in dish)	x	x		
	Landing on back with legs separated	x			
	Landing with hands still touching the vaulting table		x		
General	Insufficient dynamics	x	x		
	Lack of body tension in any phase	x	x		

Grade 6

Difficulty Value – 2.00

Handspring to stand using vaulting table minimum height minimum 100cm – 1 springboard.

The highest score from 2 attempts will be counted

Phase	Execution Faults	Penalties			
		0.10	0.30	0.50	>0.50
First flight	Poor technique Hip angle	x	x		
	Arch	x	x		
	Legs separated	x	x		
	Knees bent	x	x	x	
Repulsion phase	Poor technique Shoulder angle	x	x		
	Staggered/alternate hand placement	x	x		
	Failure to pass through vertical	x			
	Arms bent	x	x	x	
Second flight	Legs separated	x	x		
	Knees bent	x	x	x	
	Body position - insufficient stretch	x	x		
	Insufficient height	x	x	x	
	Insufficient length	x	x		
	Deviation from straight direction	x			
Landing	Legs separated	x			
	Movement to maintain balance - slight hop or adjustment of feet	x			
	Extra arms swings	x			
	Additional trunk movements	x	x		
	Body posture fault	x	x		
	Extra steps (per step, max 8)	x each			
	Very large step or jump (guideline - more than 1 metre)		x		
	Deep squat			x	
	Support on mat with 1 or 2 hands				1.00
	Fall on mat to knees or hips, or against platform				1.00
	Fall on or against apparatus				1.00
General	Insufficient dynamics	x	x		

BARS

GRADE 1

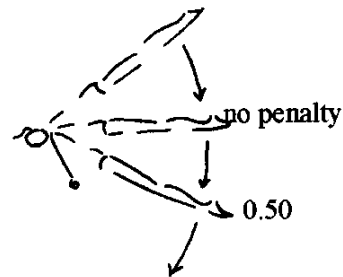
Exercise is performed on single low bar

Difficulty Value 3.50

2 springboards may be used for mount if required

Routine	Value
Upward circle	1.00
Cast to horizontal, return to bar	1.00
Cast to horizontal	1.00
Push away to stand	0.50
Penalties	
Element not attempted	2.00 + VM
Failing to complete an element	VM (plus any execution penalties)
Upward circle not executed smoothly	0.10 / 0.30
Poor body shape	0.10 / 0.30
Arms bent in casts	0.10 / 0.30 / 0.50
Legs separated	0.10 / 0.30
Knees bent at any time	0.10 / 0.30 / 0.50
Extra swing	0.50 each place

Landing penalties as per current code of points



BARS

Exercise is performed on single low bar

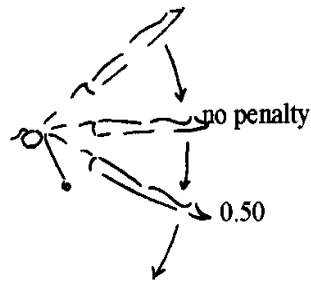
GRADE 2

Difficulty Value 3.50

2 springboards may be used for mount if required

<u>Routine</u>	<u>Value</u>	<u>Specific Deductions</u>
Upward circle	0.50	Element not attempted 2.00 + VM Failing to complete an element -VM (plus any execution penalties)
Cast to horizontal, back hip circle	1.00	Upward circle not executed smoothly 0.10 / 0.30
Cast to horizontal, push away to stand	1.00	Arms bent in casts 0.10 / 0.30 / 0.50 Body piked in back hip circle 0.10 / 0.30
Coach to lift gymnast to high bar		Legs separated 0.10 / 0.30
1 chin, 1 leg lift	0.50 each	Knees bent at any time 0.10 / 0.30 / 0.50 Extra swing 0.50 each place Chin – arms not bent to 90 ° 0.10 / 0.30 / 0.50 Leg lift – legs not lifted to horizontal 0.10 / 0.30 / 0.50 Poor body shape in element 0.10 / 0.30

Landing penalties as per current code of points



BARS

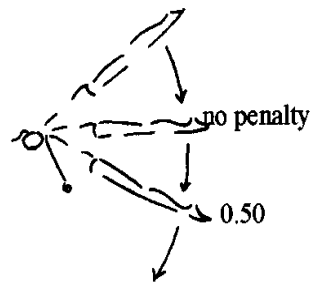
Exercise is performed on single low bar

GRADE 3

Difficulty Value 3.50

Routine	Value	Specific Deductions
Upward circle to front support	0.50	Element not attempted 2.00 + VM Failing to complete an element -VM (plus any execution penalties)
Cast to horizontal, back hip circle	1.00	Upward circle not executed smoothly 0.10 / 0.30
Cast straddle on undershoot to stand	1.00	Arms bent in casts 0.10 / 0.30 / 0.50 Body piked in back hip circle 0.10 / 0.30
Coach to lift gymnast to high bar		Legs separated 0.10 / 0.30
2 chins, 1 leg lift	0.50 chins/0.50 leg	Knees bent at any time 0.10 / 0.30 / 0.50 Hips not rising in undershoot 0.10 / 0.30
N.B Cast penalties do not apply for undershoot		Extra swing 0.50 each place Chins – arms not bent to 90 ° 0.10 / 0.30 / 0.50 Leg lift – legs not lifted to horizontal 0.10 / 0.30 / 0.50 Poor body shape 0.10 / 0.30

Landing penalties as per current code of points



BARS

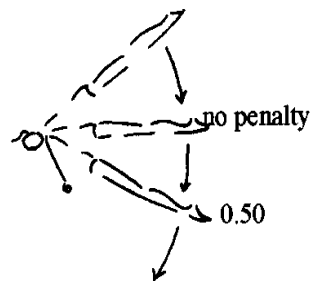
Exercise performed on asymmetric bars

GRADE 4

Difficulty Value - 3.50

Routine	Value	Specific Deductions
Upward circle to front support	0.50	Element not attempted 2.00 + VM
Cast to horizontal, back hip circle	1.00	Failing to complete an element VM (plus any execution penalties)
Squat two feet on, stretch jump off to land	1.00	Upward circle not executed smoothly 0.10 / 0.30
		Arms bent in casts 0.10 / 0.30 / 0.50
Coach to assist gymnast to high bar – circle up (Routine will continue once in front support)		Body piked in back hip circle 0.10 / 0.30
		Feet/knees not together in squat on 0.10
Cast, straddle on undershoot off to stand	1.00	Poor body shape in stretch off low bar 0.10 / 0.30
		Legs separated 0.10 / 0.30
N.B Cast penalties do not apply for squat on or undershoot		Knees bent at any time 0.10 / 0.30 / 0.50
		Hips not rising in undershoot 0.10 / 0.30
		Extra swing 0.50 each place

Landing penalties as per current code of points



BARS

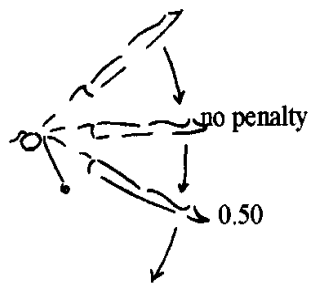
Exercise performed on asymmetric bars

GRADE 5

Difficulty Value - 3.50

Routine	Value	Specific Deductions
Upward circle to front support	0.50	Element not attempted 2.00 + VM
Cast to horizontal, back hip circle	0.50	Failing to complete an element VM (plus any execution penalties)
Squat two feet on to catch high bar	0.50	Upward circle not executed smoothly 0.10 / 0.30
Swing forward and $\frac{3}{4}$ giant to circle high bar	1.00	Arms bent in casts 0.10 / 0.30 / 0.50
Cast, straddle on undershoot off to stand	1.00	Body piked in back hip circle 0.10 / 0.30
		Feet/knees not together in squat on 0.10
N.B Cast penalties do not apply for squat on or undershoot		$\frac{3}{4}$ giant not executed smoothly 0.10 / 0.30
		Legs separated 0.10 / 0.30
		Knees bent 0.10 / 0.30 / 0.50
		Hips not rising in undershoot 0.10 / 0.30
		Extra swing 0.50 each place

Landing penalties as per current code of points



BARS**Exercise performed on asymmetric bars****GRADE 6**

Difficulty Value - 3.50

Routine	Value	Specific Deductions
Upward circle to front support	0.50	Element not attempted 2.00 + VM
Cast to 45°	0.50	Failing to complete an element VM (plus any execution penalties)
Into back hip circle	0.50	Arms bent in casts 0.10 / 0.30 / 0.50
Squat two feet on to catch high bar	0.50	Body piked in back hip circle 0.10 / 0.30
Swing forward and ¾ giant to circle high bar	0.50	Feet/knees not together in squat on 0.10
Cast, straddle/pike on undershoot with ½ turn	1.00	¾ giant not executed smoothly 0.10 / 0.30
to stand		Legs separated 0.10 / 0.30
		Knees bent at any time 0.10 / 0.30 / 0.50
N.B Cast penalties do not apply for squat on or undershoot		Hips not rising in undershoot 0.10 / 0.30
		Extra swing 0.50 each

Landing penalties as per current code of points

BEAM

GRADE 1

Difficulty Value 3.50 - Each element = 0.50

1. Jump to front support, lift 1 leg over to sit astride beam
2. Show V sit position - optional exit to stand on beam
3. Stretch jump
4. 1/2 turn on two feet
5. Arabesque leg to 45° (show position)
6. 1/2 turn in crouch position
7. Star jump from end of beam to stand

The above elements can be performed in any order and should include dance steps to make an artistic beam performance

SPECIFIC DEDUCTIONS

Element not attempted 2.00 + VM

Insufficient pike in V sit 0.10 / 0.30

Legs bent in arabesque 0.10 / 0.30

Chest not lifted in arabesque 0.10 / 0.30

Poor body shape in jumps 0.10 / 0.30 / 0.50

Landing penalties as per current code of points

Failing to complete element VM (plus any execution penalties)

Lack of height in jumps 0.10 / 0.30

Turns not on toes 0.30

Back not straight in crouch position 0.10 / 0.30

Artistry Penalties

Insufficient variation in rhythm 0.10

Confidence 0.10

Personal style 0.10

BEAM

GRADE 2

Difficulty Value - 3.50 - Each element = 0.50

1. Jump to front support, lift 1 leg over to sit astride beam, optional exit to stand on the beam
2. Stretch jump change feet
3. 1/2 spin on 1 foot on toes
4. Arabesque (held for 2 seconds) leg to 45°
5. 1/2 turn in crouch position
6. Cat leap
7. Straddle jump from end of beam to stand

The above elements can be performed in any order and should include dance steps to make an artistic beam performance

SPECIFIC DEDUCTIONS

Element not attempted 2.00 + VM

Lack of height in jump 0.10 / 0.30

Lack of stretch in jump 0.10 / 0.30

Chest not lifted in arabesque 0.10 / 0.30

Poor shape cat leap 0.10 / 0.30 / 0.50

Lack of height jumps 0.10 / 0.30

Landing penalties as per current code of points

Failing to complete element VM (plus any execution penalties)

Balance not held for 2 seconds 0.30

Legs bent in arabesque 0.10 / 0.30

Back not straight in crouch position 0.10 / 0.30

Poor shape in straddle jump 0.10 / 0.30 / 0.50

Turns not on toes 0.30

Artistry Penalties

Insufficient variation in rhythm 0.10

Confidence 0.10

Personal style 0.10

BEAM

GRADE 3

Difficulty Value - 3.50 - Each element = 0.50

1. Squat on, 1/4 turn in crouch position
2. Forward roll to stand
3. 1/2 spin on 1 foot on toes
4. Attitude balance - hold 2secs
5. Tuck jump
6. 1/2 turn on two feet
7. Round off dismount from end of beam to stand

The above elements can be performed in any order and should include dance steps to make an artistic beam performance

SPECIFIC DEDUCTIONS

Element not attempted 2.00 + VM

Feet touching side of beam on squat on 0.30

Lack of control in spin 0.10 / 0.30

Lack of height in tuck jump 0.10 / 0.30

Turns not on toes 0.30

Landing penalties as per current code of points

Failing to complete element VM (plus any execution penalties)

Forward roll not smoothly executed 0.10 / 0.30

Balance not held for 2 seconds 0.30

Poor body shape in jumps 0.10 / 0.30 / 0.50

Poor shape in round off dismount 0.10 / 0.30

Artistry Penalties

Insufficient variation in rhythm 0.10

Confidence 0.10

Personal style 0.10

BEAM

GRADE 4

Difficulty Value - 3.50 - Each element = 0.50

1. Squat on, 1/4 turn in crouch position
2. Forward roll to stand
3. Stretch jump immediate jump change feet
4. Split leap with min 135°
5. 1/2 spin on 1 foot on toes
6. Step to handstand with first leg to vertical
7. Round off dismount from end of beam to stand

The above elements can be performed in any order and should include dance steps to make an artistic beam performance

SPECIFIC DEDUCTIONS

Element not attempted 2.00 + VM

Failing to complete element VM (plus any execution penalties)

Feet touching side of beam on squat on 0.30

Forward roll not smoothly executed 0.10 / 0.30

Poor body shape in leaps / jumps 0.10 / 0.30 / 0.50

Lack of height in leaps / jumps 0.10 / 0.30 each

Jumps not connected 0.50

Turns not on toes 0.30

If 1st leg doesn't reach vertical in handstand 0.10/0.30

If 2nd leg doesn't reach horizontal in handstand 0.30 or VM

Poor shape in round off dismount 0.10/0.30

Landing penalties as per current code of points

Artistry Penalties

Insufficient variation in rhythm 0.10

Confidence 0.10

Personal style 0.10

BEAM

GRADE 5

Difficulty Value - 3.50 - Each element = 0.50

1. Squat, Straddle or any other coded element
2. Forward roll to stand
3. Tuck jump
4. Split leap, cat leap (split leap should show 135° split) 0.5 for each element – must be connected
5. 1/2 spin on 1 foot on toes
6. Kick to handstand
7. Handspring or Front salto dismount from end of beam to stand

The above elements can be performed in any order and should include dance steps to make an artistic beam performance

SPECIFIC DEDUCTIONS

Element not attempted 2.00 + VM

Forward roll not smoothly executed 0.10/0.30

Poor body shape in leaps / jumps 0.10 / 0.30 / 0.50

Turns not on toes 0.30

Poor shape in handspring dismount 0.10/0.30

Landing penalties as per current code of points

Failing to complete element VM (plus any execution penalties)

Lack of height in jumps / leaps 0.10 / 0.30

Leaps not connected 0.50

Failure for both feet to reach vertical in handstand 0.30 or VM

Lack of height in front salto dismount 0.10 / 0.30

Artistry Penalties

Insufficient variation in rhythm 0.10

Confidence 0.10

Personal style 0.10

BEAM

GRADE 6

Difficulty Value - 3.50 - Each element = 0.50

Exercise must contain a minimum of 7 elements to be awarded full DV, but must include the below.

1. Acrobatic element (rolls/holds not permitted for this CR)
2. Dance series of 2 elements
3. Large leap or jump with split of 180°
4. Full spin
5. Forwards or backward salto dismount

Elements may include un coded elements as shown in the current voluntary OOA rules

Time limit: 60secs.

The above elements can be performed in any order and should include dance steps to make an artistic beam performance

SPECIFIC DEDUCTIONS

Less than 7 elements - short exercise 2.00

Element not attempted 2.00 + VM (cannot also take the short exercise deduction)

Failing to complete element VM (plus any execution penalties)

Series not connected 0.50

Landing penalties as per current code of points

Artistry Penalties

Insufficient variation in rhythm 0.10

Confidence 0.10

Personal style 0.10

FLOOR

GRADE 1

Difficulty Value - 3.50 each element = 0.50

1. Forward roll to straddle sit
2. Teddy bear roll
3. Shoulder balance - show position
4. Stretch jump 1/2 turn
5. Cartwheel
6. Star jump
7. Cat leap

The above elements can be performed in any order and should include dance steps to make an artistic floor performance

SPECIFIC DEDUCTIONS:

Element not attempted 2.00 + VM

Forward roll not executed smoothly 0.10 / 0.30

Lack of body tension in shoulder balance 0.10 / 0.30

Legs not passing through vertical in cartwheel 0.10 / 0.30

Failing to complete element VM (plus any execution penalties)

Teddy roll not executed smoothly 0.10 / 0.30

Legs not within 10° of vertical in shoulder balance 0.10 / 0.30

Artistry penalties

Lack of expressiveness 0.10

Failure to engage the audience 0.10

No relationship of music and movement 0.10 / 0.30

General penalties

Bent knees 0.10 / 0.30 / 0.50

Leg or knee separations 0.10 / 0.30

Lack of height 0.10 / 0.30

Bent arms 0.10 / 0.30 / 0.50

Poor body shape in dance elements 0.10 / 0.30 / 0.50

Landing penalties as per code of points

Throughout entire exercise penalties

Head, trunk, shoulder and arm positions 0.10 (taken once only)

Feet not pointed / relaxed / turned in / flat 0.10 (taken once only)

FLOOR

GRADE 2

Difficulty Value - 3.50 (each element = 0.50)

1. Handstand forward roll to straddle sit
2. Backward roll to optional exit to feet
3. Stretch jump full turn
4. Cat leap
5. Tuck Jump
6. Cartwheel immediate cartwheel (0.5 value for each)

The above elements can be performed in any order and should include dance steps to make an artistic floor performance

SPECIFIC DEDUCTIONS:

Element not attempted 2.00 + VM

Failure to reach vertical in handstand 0.30 or VM

Legs not passing through vertical in cartwheels 0.10 / 0.30

Poor rhythm in connection between cartwheels 0.10

Failing to complete element VM (plus any execution penalties)

Backward roll not executed smoothly 0.10 / 0.30

Stop between cartwheels 0.50

Artistry penalties

Lack of expressiveness 0.10

Failure to engage the audience 0.10

No relationship of music and movement 0.10 / 0.30

General penalties

Bent knees 0.10 / 0.30 / 0.50

Leg or knee separations 0.10 / 0.30

Lack of height 0.10 / 0.30

Landing penalties as per code of points

Bent arms 0.10 / 0.30 / 0.50

Poor body shape in dance elements 0.10 / 0.30 / 0.50

Throughout entire exercise penalties

Head, trunk, shoulder and arm positions 0.10 (taken once only)

Feet not pointed / relaxed / turned in / flat 0.10 (taken once only)

FLOOR

GRADE 3

Difficulty Value 3.50 (each element = 0.50)

1. Handstand forward roll optional exit to feet
2. Show bridge position, kick over to stand
3. Stretch jump full turn
4. Split jump with 135°
5. Cartwheel immediate one handed cartwheel (0.5 value each)
6. Full spin

The above elements can be performed in any order and should include dance steps to make an artistic floor performance

SPECIFIC DEDUCTIONS:

Element not attempted 2.00 + VM

Failure to reach vertical in handstand 0.30 or VM

Legs not passing through vertical in cartwheels 0.10 / 0.30

Poor rhythm in connection between cartwheels 0.10

Failing to complete element VM (plus any execution penalties)

Exit from forward roll not executed smoothly 0.10 / 0.30

Stop between cartwheels 0.50

Artistry penalties

Lack of expressiveness 0.10

Failure to engage the audience 0.10

No relationship of music and movement 0.10 / 0.30

General penalties

Bent knees 0.10 / 0.30 / 0.50

Leg or knee separations 0.10 / 0.30

Lack of height 0.10 / 0.30

Landing penalties as per code of points

Bent arms 0.10 / 0.30 / 0.50

Poor body shape in dance elements 0.10 / 0.30 / 0.50

Throughout entire exercise penalties

Head, trunk, shoulder and arm positions 0.10 (taken once only)

Feet not pointed / relaxed / turned in / flat 0.10 (taken once only)

FLOOR

GRADE 4

Difficulty Value 3.50 (Each element = 0.50)

1. Star jump, Immediate jump full turn (0.5 value for each)
2. Handstand forward roll into cartwheel (0.5 value for each)
3. Full spin
4. Backward walkover
5. Split leap (minimum 135° split)

The above elements can be performed in any order and should include dance steps to make an artistic floor performance

SPECIFIC DEDUCTIONS:

Element not attempted 2.00 + VM

Failure to reach vertical in handstand 0.30 or VM

Stop between roll and cartwheel 0.50

Poor rhythm in connection between roll and cartwheel 0.10

Failing to complete element VM (plus any execution penalties)

Jumps not connected 0.50

Artistry penalties

Lack of expressiveness 0.10

Failure to engage the audience 0.10

No relationship of music and movement 0.10 / 0.30

General penalties

Bent knees 0.10 / 0.30 / 0.50

Leg or knee separations 0.10 / 0.30

Lack of height 0.10 / 0.30

Landing penalties as per code of points

Bent arms 0.10 / 0.30 / 0.50

Poor body shape in dance elements 0.10 / 0.30 / 0.50

Throughout entire exercise penalties

Head, trunk, shoulder and arm positions 0.10 (taken once only)

Feet not pointed / relaxed / turned in / flat 0.10 (taken once only)

FLOOR

GRADE 5

Difficulty Value - 3.50 , (each element = 0.50)

1. Split jump to 135° immediate star jump (0.5 value each)
2. Show splits on floor (anyway)
3. Cartwheel 1/4 turn to immediate back walkover (0.5 value each)
4. Round off
5. Tuck jump with full turn

The above elements can be performed in any order and should include dance steps to make an artistic floor performance

SPECIFIC DEDUCTIONS:

Element not attempted 2.00 + VM

Stop between cartwheel and walkover 0.50

Jumps not connected 0.50

Failing to complete element VM (plus any execution penalties)

Poor rhythm in connection between cartwheel and walkover 0.10

Poor rhythm between jumps 0.10

Artistry penalties

Lack of expressiveness 0.10

Failure to engage the audience 0.10

No relationship of music and movement 0.10 / 0.30

General penalties

Bent knees 0.10 / 0.30 / 0.50

Leg or knee separations 0.10 / 0.30

Lack of height 0.10 / 0.30

Landing penalties as per code of points

Bent arms 0.10 / 0.30 / 0.50

Poor body shape in dance elements 0.10 / 0.30 / 0.50

Throughout entire exercise penalties

Head, trunk, shoulder and arm positions 0.10 (taken once only)

Feet not pointed / relaxed / turned in / flat 0.10 (taken once only)

FLOOR

GRADE 6

Difficulty Value - 3.50, each element = 0.50

Exercise must contain a minimum of 7 elements to be awarded full DV, but must include the below.

1. Acro series with one flight element
2. Full spin
3. Dance passage of 2 elements
4. Leap showing 180° of split
5. Backward acro element (may be included in item no. 1)

Elements may include un coded elements as shown in the current voluntary OOA rules

Time limit: 60secs.

The above elements can be performed in any order and should include dance steps to make an artistic floor performance

SPECIFIC DEDUCTIONS:

Less than 7 elements - short exercise 2.00

Element not attempted 2.00 + VM

Stop during acro series 0.50

Dance elements not connected as per code of points 0.50

Failing to complete element VM (plus any execution penalties)

Poor rhythm in series connection 0.10

Artistry penalties

Lack of expressiveness 0.10

Failure to engage the audience 0.10

No relationship of music and movement 0.10 / 0.30

General penalties

Bent knees 0.10 / 0.30 / 0.50

Leg or knee separations 0.10 / 0.30

Lack of height 0.10 / 0.30

Landing penalties as per code of points

Bent arms 0.10 / 0.30 / 0.50

Poor body shape in dance elements 0.10 / 0.30 / 0.50

Throughout entire exercise penalties

Head, trunk, shoulder and arm positions 0.10 (taken once only)

Feet not pointed / relaxed / turned in / flat 0.10 (taken once only)