

CLUB CHAMPIONSHIPS RULES

STAGE 4 ADVANCED | TIN

Uncoded = 0.10 A = 0.10 B* = 0.20 Moves of higher value are not permitted <i>*Dance elements only</i>	Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 16 Code of Points [2025- 2028] Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS – 5 highest elements including dismount - BEAM/FLOOR – 6 highest elements including dismount BEAM/FLOOR – 2 acrobatic + 2 dance + 2 optional FLOOR 1 acro line (2 x directly connected elements - no flight required) Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded A element may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.			
Short Exercises	On Beam & Floor, an exercise with less than 6 elements will be deducted 1.00 for each missing element. On Bars, an exercise with less than 4 elements will be deducted 1.00 for each missing element.			
	Vault	Bars	Beam	Floor
Apparatus	Piled mats to height of 60cm, 90cm or 120cm 1 x springboard	FIG Bars Regulations with: A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty, but must not block the judges' view.	A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional).	FIG Floor Regulations except acro lines where an acro line will be considered to be 2 x directly connected elements no salto or flight required.
Requirements	DV 2.30 Handspring Flat Back onto Pile of Safety Mattresses at a choice of 60cm, 90cm or 120cm to suit the gymnast. 2.00 penalty for coach support. Applies to each vault. Best score of 2 performed vaults. (No deduction if only 1 vault performed)	Low Bar only routine A Gymnast should fulfil 3 of the 4 CR's (Maximum awarded 1.5): - Upstart (no penalty if stop after) - Close bar circle element (back hip circle allowed) - Cast to minimum horizontal - A dismount coded or listed uncoded A or listed uncoded elements only allowed B/C/D or more or elements not listed as uncoded – no DV or CR Maximum D Score 2.00	A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR's (Maximum awarded 2.00): Connection 2 Dance elements (can be same or different) Minimum ½ spin on one foot - Leap or jump with 180° split (cross or side) or straddle - Acro element backwards (must be performed on the beam) - Acro element forwards / sideways (must be performed on the beam) A or listed uncoded elements only allowed with the exception of B dance elements B*/C/D or more – no DV or CR Maximum D Score 2.70	A Gymnast should fulfil all 4 of the CR's (Maximum awarded 2.00): A dance passage of 2 leaps / hops – No split required (can be the same or different) - Acro line with min 2 elements (non-flighted allowed) - Acro elements forwards / sideways & backwards (non-flighted allowed) - Full spin A or listed uncoded elements only allowed with the exception of B dance elements B*/C/D or more – no DV or CR Maximum D Score 2.70
Uncoded Permitted Elements (receive 0.1 DV)		Chin up circle over mount Float swing (from board or floor, back to board or floor) Cast Straddle or pike on undershoot dismount from LB Squat on LB jump forwards to land as dismount	Any mount Tuck jump Stretched or arched jump Stretched jump ½ Changement ½ spin on one foot Forward roll Backward shoulder roll Cartwheel rebounding straight jump dismount Roundoff Dismount Handspring dismount Cartwheel to handstand drop down dismount (side of beam)	Cat leap ½ Tuck jump Changement Stag leap Backward walkover Forward walkover Tic-toc Backward roll to pike stand or handstand Cartwheel
Notes	No other vaults are permitted at this level.	See clarifications.	Any mount may be used and be given value 'A' Coaches are encouraged to be present for all dismounts, but must be present for any salto dismount	No jumps to prone are permitted at this level
Barred Elements		'A' or listed uncoded elements only permitted	Any acro elements above 'A'	No Saltos are permitted at this level.

CLUB CHAMPIONSHIPS RULES

STAGE 4 ADVANCED | ZINC

Uncoded = 0.10 A = 0.10 B* = 0.20 Moves of higher value are not permitted <i>*Dance elements only</i>	Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 16 Code of Points [2025- 2028] Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic + 3 dance + 2 optional FLOOR - 1 acro line (2 x directly connected flighted elements - no salto required) – Penalty 1.00 for a routine with no acro lines Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded 'A' element may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.			
Short Exercises	On Beam and floor, an exercise with less than 6 elements will be deducted 1.00 for each missing element. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element.			
	Vault	Bars	Beam	Floor
Apparatus	Piled mats to height of 60cm, 90cm or 120cm 1 x springboard	FIG Bars Regulations with: A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty, but must not block the judges' view.	A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional).	FIG Floor Regulations except acro lines where an acro line will be considered to be 2 x directly connected flighted elements no salto required.
Requirements	DV 2.50 Handspring Flat Back onto Pile of Safety Mattresses at a choice of 60cm, 90cm or 120cm to suit the gymnast. Or DV 2.50 ½ on to stand Or DV 3.00 Yurchenko prep to stand Both onto Pile of Safety Mattresses at a choice of 60cm, 90cm or 120cm to suit the gymnast.	A Gymnast should fulfil 4 of the 5 CR's (Maximum awarded 2.0): - Upstart (no penalty if stop after) - Close bar circle element (back hip circle allowed) - Cast to within 45° handstand - Any bar change LB – HB - A dismount coded or listed uncoded A or listed uncoded elements only allowed B/C/D or more or elements not listed as uncoded – no DV or CR Maximum D Score 3.00	A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR's (Maximum awarded 2.00): Connection 2 different Dance elements Minimum ½ spin on one foot - Leap or jump with 180° split (cross or side) or straddle - Acro element backwards (must be performed on the beam) - Acro element forwards / sideways (must be performed on the beam) A or listed uncoded elements only allowed with the exception of B dance elements B*/C/D or more – no DV or CR Maximum D Score 3.00	A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR's (Maximum awarded 2.00): A dance passage of 2 different leaps / hops - 1 with 180° split (cross or side) or straddle - Acro line with min 2 flighted elements - Mixed series minimum 2 directly connected elements - Acro elements forwards / sideways & backwards - Full spin A or listed uncoded elements only allowed with the exception of B dance elements B*/C/D or more – no DV or CR Maximum D Score 3.00
Uncoded Permitted Elements (receive 0.1 DV)	2.00 penalty for coach support. Applies to each vault. Best score of 2 performed vaults. (No deduction if only 1 vault performed)	Squat onto low bar (There will be no penalty for performing a jump from LB to HB) ¾ Giant from LB to HB Straddle or pike on undershoot dismount Chin up circle over mount Cast above horizontal Float swing (from board or floor, back to board or floor) Straddle, pike dismount from LB or HB Squat on LB jump forwards to land as dismount	Any mount Tuck jump Stretched or arched jump Stretched jump ½ Changement ½ spin on one foot Forward roll Backward shoulder roll Cartwheel rebounding straight jump dismount Roundoff Dismount Handspring dismount Cartwheel to handstand drop down dismount (side of beam)	Cat leap ½ Tuck jump Changement Stag leap Backward walkover Forward walkover Tic-toc Backward roll to handstand
Notes	No other vaults are permitted at this level.	See clarifications. Penalty 1.00 for not using both bars The coach must stand between the bars for any transition.	Any mount may be used and be given value 'A' Coaches must be present for any salto dismount. Penalty 1.00 if coach not present	No jumps to prone are permitted at this level Penalty 1.00 for no acro lines. No acro lines with 2 saltos are permitted.
GBR Bonus (in addition to FIG) Only awarded if performed without a fall		0.3 – Upstart performed without a stop (awarded once) 0.3 – Cast to within 30° handstand 0.1 – Stuck dismount	0.2 – Connection 2 different dance elements one with 180° split leap or jump 0.2 – Acro elements in different directions (fwd/swd & bwd) on the beam	0.2 each – Salto backwards & forwards