



STAGE 4 ADVANCED

Floor

Routine performed on 12m x 12m sprung floor - no music or choreography required

8 Skills required – DV as per SG Intermediate F&V Rules [available here](#)

Routines must be agreed with coaches in advance and submitted on a tariff sheet

Composition Requirements

Gymnasts must include the following in their routines:

- At least 1 x Acro line with minimum 2 connected elements
- 1 x Flexibility Element
- Minimum of 2 x Leaps / Jumps
- 1 x Balance Element

ELEMENT	DESCRIPTION	VALUE
Round off 2 backflips		0.5
Handspring to 1 foot: handspring to 2 feet	Must be connected	
Backward roll to Handstand ½ turn		
Handstand Full Pirouette	Max 4 Hand changes (-0.1 for each extra movement)	
Tic Toc		
Free Cartwheel		
Straddle Lever to Handstand		
W jump with full turn		
Cat Leap with full turn		
Split leap with ¼ turn		
Straddle Jump		
Fouetté Hop	To Land in brief arabesque	0.4
Roundoff Back Flip		
Back flip step out to one foot	May be connected to cartwheel	
Handspring to one foot		
Handspring to two feet		
Handstand with Hold	2 second hold	
Backward Walkover		
Forward Walkover		
Backward roll to handstand	With straight arms (Bent arm action will incur a deduction 0.1 or 0.3)	
Handstand forward roll to pike stand	Straight arms and legs throughout	
Splits	Any Direction	
One Handed Cartwheel		
Straddle Lever or L Hold	2 second hold	
Split Leap or split jump	Minimum 120°	
Sissonne	Minimum 120°	
Cat leap ½ turn		
W jump ½ turn		0.3
Bridge Walkout		
Handstand Forward Roll	To stand	
Backward roll to front support	Straight arms throughout	
Round off		
Handstand lower to bridge with feet together, raise one leg vertical	As per NDP Grade 6 exit optional	
Forward Roll to Straddle Stand		
Forward Roll to Pike Stand		
From Straddle Stand lift to Handstand		
Full Spin		
Straight jump with full turn		
Cat Leap		
W jump		0.2
Backward Roll to stand		
Backward roll to Straddle Stand		
Bridge 1 leg raised	Leg at minimum 45°	
Y balance or Side Scale	2 second hold- Free Leg may be held	
Handstand	Legs together show position hold not necessary	
Cartwheel		
Japana or Pike Fold		
Headstand with straight legs	2 second hold – Return to stand	
Caterpillar	As per NDP grade 6 Beam	



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Vault

Springboard to Vault Table at optional height: 105cm, 115cm or 125cm

Vault A Difficulty Value 2.00 Squat On – immediate Straight Jump Off	Vault B Difficulty Value 2.30 Handspring OR ½ On over Table	Vault C Difficulty Value 2.50 ½ On, ½ Off over Table
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Bars

Routine A – Low Bar Difficulty Value 2.00 Float Swing + return to springboard Chin Up & Circle Over Cast to Minimum Horizontal Backward Hip Circle Cast into: Straddle / Piked Undershoot OR Forward Circle Down to land	Routine B – Uneven Bars Difficulty Value 2.50 Chin Up & Circle Over Cast to Minimum Horizontal Backward Hip Circle Squat On – ¾ Giant LB to HB Cast into: Straddle / Piked Undershoot	Bonuses Skills added into routine Upstart 0.3 Cast above 45° 0.3 Sole Circle 0.3 Performance bonuses All Connections 0.3 Stuck Dismount 0.3
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Beam

Competition-height beam with 30cm crash mats underneath + landing mat for dismount

Routine must include 3 steps sideward alongside skills.

0.3 Bonus awarded for stuck dismount.

Routine A – Difficulty Value 2.00 Jump to Front Support mount ½ Spin on one foot Straight Jump – Tuck Jump connected Kick to Handstand OR Cartwheel Split Jump Dismount: Run into Straight Jump OR Round Off OR Handspring	Routine B – Difficulty Value 2.50 Squat On OR Straddle Lever mount Full Spin on one foot Tuck Jump – Wolf Jump connected Cartwheel OR Backward Walkover Split Jump Dismount: Handspring OR Tuck Front OR Tuck Back Somi
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