

CLUB CHAMPIONSHIPS RULES

STAGE 4 ADVANCED

TIN COMPETITION RULES

	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): <ul style="list-style-type: none">Upstart (no penalty if stop after)Close bar circle element (back hip circle allowed)Cast to minimum horizontalA 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): <ul style="list-style-type: none">Connection 2 Dance elements (can be same or different)½ spin on one footLeap or jump with 180° split (cross or side) or straddleAcro 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	Suggested music length 1 minute A Gymnast should fulfil all 4 of the CR's (Maximum awarded 2.00): <ul style="list-style-type: none">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)Mixed series minimum 2 directly connected elementsAcro elements forwards / sideways & backwards (non-flighted allowed)Full spinFlighted Acro element 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 Cast to within 45° handstand 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 Backward roll with optional exit 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 COMPETITION RULES

	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 Gymnast should fulfil 4 of the 5 CR's (Maximum awarded 2.0):	A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional). A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR's (Maximum awarded 2.00):	FIG Floor Regulations except acro lines where an acro line will be considered to be 2 x directly connected flighted elements no salto required. A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR's (Maximum awarded 2.00):
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 3.00 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.	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Connection 2 different Dance elements 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	<ul style="list-style-type: none"> 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 (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 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 Backward roll with optional exit Cartwheel
Notes	No other vaults are permitted at this level.	See clarifications. Penalty 1.00 for not using both bars if using both bars. The coach must stand between the bars for any transition.	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
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 0.3 – Using both bars 0.1 – Stuck dismount	0.2 – Connection 2 different dance elements one with 180° split leap or jump	0.1 – Dance passage with 180° split 0.2 – Acro line minimum 2 connected flighted elements 0.2 each – Salto backwards & forwards