Apparatus Groups:

Men :	all categories	Parallel bars
		Floor
		Vault
		Horizontal Bar
Women:	all categories	Floor
		Vault
		Uneven Bars
		Beam

COMMON RULES

- Each athlete may choose to perform one or more apparatuses but only within the selected group.
- All elements of value A taken from the current International Code of Points (C.d.P.), UNLESS OTHERWISE STATED IN THE TABLES, are to be considered worth 3 points.
- All elements of value B taken from the current International Code of Points (C.d.P.), UNLESS OTHERWISE STATED IN THE TABLES, are to be considered worth 4 points.
- For individual exercises, the maximum time is 30 seconds (excluding balance beam: see below).
- For the SENIOR category only, the maximum time is 1 minute for all apparatuses.
- MUSIC is prohibited for all apparatuses and all categories except for BOTH MALE and FEMALE FLOOR EXERCISE.

3. COMPOSITION of EXERCISES and EVALUATION METHODS

a) Elements to be included in free exercises for each apparatus:
5 (five) chosen from those proposed in the attached tables, with a maximum of 3 gymnastic elements (balance positions, waves, turns, artistic jumps) for the balance beam and floor exercise.
For vault, one single jump executed and repeated 2 times (only the best counts), taken from the related table with differentiated starting scores.

b) The elements presented will be considered executed only if the total penalties do not exceed 0.40 points for elements worth 1 point, 0.50 for elements worth 2 points, and 0.80 for elements worth 3 points. Elements worth 4 points will be considered null if executed with a fall.
Example: Element worth 1 point with penalties above 0.30 – null element.
Element worth 4 points with a fall – null element.

c) The elements must be written in the order of presentation on the appropriate forms that will be submitted to the judges.

d) Extra elements will not be evaluated except for general faults committed (e.g., falls).

e) Elements written in one sequence but executed in another will not be considered valid.

f) **Each element may be presented only once, even if included in different series. Therefore, it will be evaluated only once for its technical value!**

Examples:

The athlete performs: round-off + flic + back jump and cartwheel + backward roll + flic – in this case, the round-off, 1 flic, the jump, the turn, and the backward roll backward will be evaluated!

4. Rankings

INDIVIDUALS:

- For each Age Category and for each Apparatus.
- Absolute: by age category, sum of points obtained in 3 (three) apparatus out of 4 (four).

FOR CLUBS:

- Sum of the best 3 (three) absolute results for each age category.

In case of a tie: for the Young 2, Young 1, and Junior categories, the younger athlete prevails
for the Senior and Master categories, the older athlete prevails.

5. SAMPLE FORM

(To be filled out and submitted to the judges by the coach before the exercise is performed)

NOT DELIVERING THE FORM AT THE TIME OF THE ATHLETE'S CALL RESULTS IN A FIXED PENALTY OF 1 POINT.
THE INDICATED ELEMENTS WILL BE EVALUATED IN THE WRITTEN SEQUENCE!!!
ELEMENTS PRESENTED IN A DIFFERENT ORDER FROM THE WRITTEN ONE WILL BE DISQUALIFIED!!!

CLUB:		
ATHLETE:	No.	APPARATUS:

Progr. Elem.	DESCRIPTION or SYMBOL	VALUE
1		
2		
3		
4		
5		

ALLOWANCE (where applicable)	TOTAL VALUE	TOTAL PENALITIES

TOTAL

FLOOR

The exercise is conducted on a lane with a maximum length of 15 m, or on an air track with a height of 20 cm, 15 m long, or, if available, on the entire space measuring 12 x 12 m.

POINTS 1	POINTS 2	POINTS 3	POINTS 4
- pivot 180°	- Pivot 360°	- Pivot 540°	- Pivot 720°
- stretched jump with a 180° turn	- stretched jump with a 360° turn	- stretched jump with a 540° turn	- Enjambee with change
- Lateral roll of 360°	- Dive + forward roll	- Backward roll to handstand, arms bent	- Forward straight salto
- Forward roll	- Backward roll with arms extended, body tucked, free landing	- from standing to handstand without push on the legs	- Forward tucked salto, arrival on a leg followed by another element
- Backward roll	- Backward roll starting from seated position, legs always straight	- Round-off	- Backward pike or straight salto
- Push with both legs with supported on hands, arriving with hips vertical	- handstand + forward roll	- Enjambée Sagittal or lateral (choose one)	- Backward roll to vertical, arms extended
- Handstand with leg change	- handstand + descent with chest forward	- front split	- handspring arriving on 1 or both legs (choose one) without arching the back
- Seated with legs apart, forward bending of the torso, face down	- cartwheel	- Handstand with 180°	- Front flik-flak
- Cat jump	- Sagittal split executed with both legs	- pike jump with legs together	- Back flik-flak
- Forward or backward wave (choose one)	- Sissonne landing in arabesque	- pike jump with separation leg + 180° turn	- handspring with 360° turn
	- Cat jump with 180° turn	- Cat jump with 360° turn	- Hands-free cartwheel
	- Cossack jump	- pike forward salto	- handstand from straddle pike sitting support (from a straddle pike sitting support press to handstand with straight legs)
	- pike jump with leg separation	- pike Backward salto	- forward or backward salto with 360° turn
	- Forward and/or backward walkover		

VAULT

TABLE (height 125 cm.) OR MATS (height 100 cm.)

POINTS 12

Mats – Dive and roll with arrival in standing position (body in flight phase in straight attitude)

POINTS 13

Mats – Handspring landing in supine position without flight phase in the second part

POINTS 14

Mats – Handspring landing in supine position with evident ascent phase in the second part

POINTS 15

Mats – Roll landing in standing position without arching the back

POINTS 16

Mats – Round-off with a minimum rotation of 145° at hand support and evident ascent phase in the second part.

POINTS 17 - From points 17 only with the table

Handspring

POINTS 18

Round-off with a minimum rotation of 145° at hand support and evident ascent phase in the second part.

POINTS 19

Round-off + 180° evident after hand lift and continuation of the rotary motion on the same side

POINTS 20

Yurchenko (Round-off on the springboard and flic-flac on the table)

POINTS 20

All jumps from the current International Code of Points of equal value or greater than “B” ON THE INTERNATIONAL CODE.

BALANCE BEAM

For the YOUNG 2, YOUNG 1, and MASTER categories: low beam (50 cm. from floor). For the JUNIOR and SENIOR categories on a low beam or, with a bonus of 1 point, on a high beam (120 cm. from floor). The use of a springboard is only allowed for exercises performed on the high beam. Length: minimum of 2 beams; Time: maximum 30 seconds. Exercises at the end of the indicated time will be considered concluded, and only the exercise performed will be evaluated.

POINTS 1	POINTS 2	POINTS 3	POINTS 4
ENTRIES: - with a step - straddle pike sitting-support - with a push from both feet landing in a tucked position	**ENTRIES:** - with a push from one foot landing in arabesque - straddle pike sitting-support + 180° - with hands supporting, pushing from the lower limbs and landing with feet halfway or outside of the hands themselves. - Forward roll arriving freely	**ENTRIES:** - forward roll arriving standing - straddle pike sitting-support + 360° - with a push from both feet and landing in arabesque held for 2 seconds - Side to the beam: with a push from both feet, jump onto the beam after completing 180° AL - Stretched jump with 180°	**ENTRIES:** - forward salto - handstand and free descent on the beam in any position
ELEMENTS: - forward roll arriving freely - backward roll arriving freely - candle - 2 forward leg swing (right and left) + 2 leg swing outward (right and left) - cat jump - scale held for 2 seconds - 3 small hops with feet together, with free arm movement but different for each hop - tucked jump (knees at hip height) - forward or backward wave (one or the other)	**ELEMENTS:** - forward roll arriving standing - backward roll arriving standing - cartwheel - handstand - leg hold for 2 seconds forward beyond 90° - Scissor leap (forward split with extended legs) - stretched jump + tucked jump - pivot 180° on 1 forefoot + 180° on 2 - forward or backward wave starting and landing on the forefeet (one or the other) - Sissonne	**ELEMENTS:** - forward roll + cartwheel - forward walkover - backward walkover - tic-tac - handstand (legs position free) held for 2 seconds - assembly + sissonne + arabesque held for 2 seconds - enjambee - pivot 360° on one forefoot (other leg free) - cat jump with 180° - straight jump with 270° - tucked jump with 180° AL	**ELEMENTS:** - forward roll without hands - round-off - handstand with take-off and return in straddle pike sitting - handspring on 1 or 2 (choose one of the two for arrival) - flic-flac - enjambee with change - tucked jump with 270° (knees at hip height) - pike jump - Cossack - free cartwheel
EXITS: - straight jump, even with 180° AL - tucked jump - from a quadruped position, forward swing of 1 leg, backward leg swing of the same	**EXITS:** - 1/2 cartwheel, handstand, push and courbette - with a push from 2 feet, pike jump (legs together or apart) - tucked jump with 1/2 turn	**EXITS:** - round-off (even without hands) - handspring - stretched jump with 360° - handstand with pivot on one arm and landing side to the beam	**EXITS:** - handspring with 180° AL - forward salto or backward salto - lateral hauerbach

PARALLEL BARS

POINTS 1	POINTS 2	POINTS 3	POINTS 4
- Support with bent legs to the chest	- Swing between bars horizontally	- pike body position (90° for 2 seconds) (straddle body position legs together))	- Straddle body position (90° for 2 seconds) (legs apart)
- Transition in upright support on one bar (at least 4 steps)	- Forward roll	- 45° swing	- From armpit suspension, back-front dorsal to armpit suspension
- Transition in upright support on 2 stages (at least 4 steps)	- Backward swing with change of front in straddle	- Vertical support on the shoulders	- Swing to the handstand (can also be just a PASSING but evident)
- Swing with sitting on 1 bar	- Horizontal exit forward	- Short kippe	- Back roll with straight body
- External sitting on the right and left	- Horizontal exit backward	- Back swing arriving with feet on the bars	- Long kippe
- Swing with support of legs apart on the bars	- Forward or backward swing with arm bending	- Kippe from armpit support to upright support	- Descent from handstand stopped at least at 45° (2 seconds)
- Change of front from a straddle seat		- with springbord push and roll (entry)	- Forward swing support arriving with feet on the bars
		- Back exit at 45°	- Facing one stage, long kippe in support (on one bar))
		- Forward exit with a 1/4 internal turn	- Back exit with change of front
		- From the handstand transition, perform a 1/4 external turn, then exit the apparatus by pushing off the stage to surpass the other stage located centrally	- handstand exit + 1/4 internal turn
		- handstand and internal or external turn	- tucked or pike salto exit

HORIZONTAL and UNEVEN PARALLEL BARS

If the exercise is performed also on the high stage of the parallel bars: 1 POINT bonus for an exercise with at least 1 bar change and 2 elements performed on the top bar (including the exit).

POINTS 1	POINTS 2	POINTS 3	POINTS 4
- Roll to support from the ground (bent legs)	- roll to support with straight legs (entry)	- Abdominal turn behind	- Free abdominal turn
- Pendulum from support (in popliteal cavity)	- From swing starting with one foot on the ground, insert into popliteal cavity (on one leg). (entry)	- One-leg insertion, in popliteal cavity hold (entry)	- One leg insertion (entry)
- Back swing under horizontal support (also in exit)	- From the front support, swing one leg to the sagittal straddle position.	- Flicker time continuing in swing (only high bar or high stage of the uneven bar)	- Two-leg insertion (entry)
- From the support with legs apart on the sagittal plane, change of front.	- Back swing at least horizontal.	- With palm of the hands handle, from support with legs apart, forward turn on the sagittal plane. (forward roasting)	- Kippe
- Entry pushing on the springboard and arrival in support with arms extended	- Back swing to horizontal with a half turn (exit)	- With dorsal of the hands handle, from support with legs apart, backward turn on the sagittal plane. (back roasting)	- Back swing at 45°
- Forward roll with straight legs in exit	- Backward roll on the high stage with push of one foot in support on the lower stage.	- Change of front at horizontal ending with mixed handle.	- Forward roll with legs together (forked or bent legs)
	- Exit with legs apart or together from the lower stage or low bar (feet on the bar)	- Exit with legs apart (feet on the bar), from the high stage or high bar	- Change of front at horizontal with subsequent change of handle
	- Exit in a flicker	- Exit in a flicker + 1/2 turn	- 1/2 grand vault (from S.S. support swing at least horizontal, with arrival straight body at least horizontal opposite)
		- Pendulum from support to support with straight leg	- starting with feet on the bar, turn around the bar with bent or straight legs
			- Exit with legs apart or together (feet on the bar) with 1/2 turn
			- Exit in backward salto taken from forward swing