

Inclusive Artistic Gymnastics

Provisional Code of Points



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INTRODUCTION

Disclaimer

This is a provisional code of points, a concept, which may be adjusted over time as it is used and tweaked. We encourage receiving feedback and are pro-active in keeping the code up to date and as balanced as possible. Updates of this code can be followed by the version number as mentioned on the front page.

Goal and Setting

This Code of Points provides guidelines for the evaluation of gymnastics routines. One of its main goals is to combine the sports of Women's Artistic Gymnastics (WAG), and Men's Artistic Gymnastics (MAG) with an emphasis on inclusivity: gymnasts of all genders compete along one another. Additionally, creativity, artistry and expression are stimulated and applauded.

This Code of Points is largely based on the [Women's Artistic Gymnastics Code of Points](#) and the [Men's Artistic Gymnastics Code of Points](#) provided by World Gymnastics. Although the scope should be wide enough to cover everything necessary to evaluate routines, in case of missing information, discrepancies or unclarities, either one of the World Gymnastics codes shall be consulted. Such solutions may be presented at the judges' or organizing committee's discretion.

This code is aimed at Senior Gymnasts up to intermediate level competition (beginner-advanced in this code). Element values and other scoring guidelines have been adjusted accordingly. Many elements are rated higher than in either of the World Gymnastics codes, in an effort to stimulate variation, expression, artistry and more freedom regarding the difficulty of the routine. Customized Tables of Elements are found as an attachment to this Code of Points.

On all apparatus, a middle ground between WAG and MAG was intended to be found where possible. Additional routine evaluation standards and guidelines were added, removed or adjusted to emphasize inclusivity and expression. Examples (but not limited to) are:

- a) Optional music with or without lyrics for Floor Exercise
- b) No strict clothing guidelines
- c) Strength (MAG) and artistry (WAG) combined in most apparatus

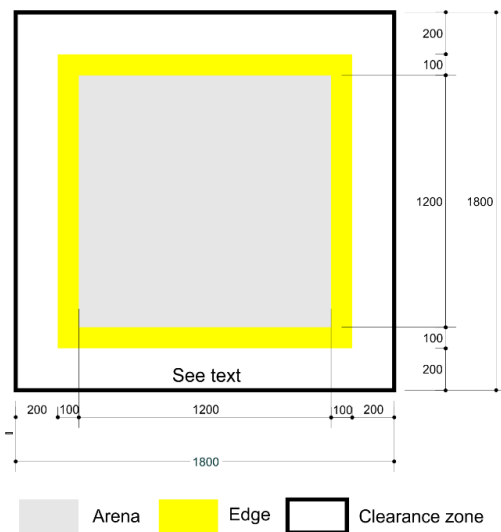
Generally, the gymnast has more freedom to perform true to their expression.

APPARATUS SELECTION & SPECIFICATIONS

As a starting point for this code, four apparatus, in line with MAG and WAG respectively, were selected in order to combine the two World Gymnastics disciplines: Floor Exercise, Balance Beam, Parallel Bars and Vault.

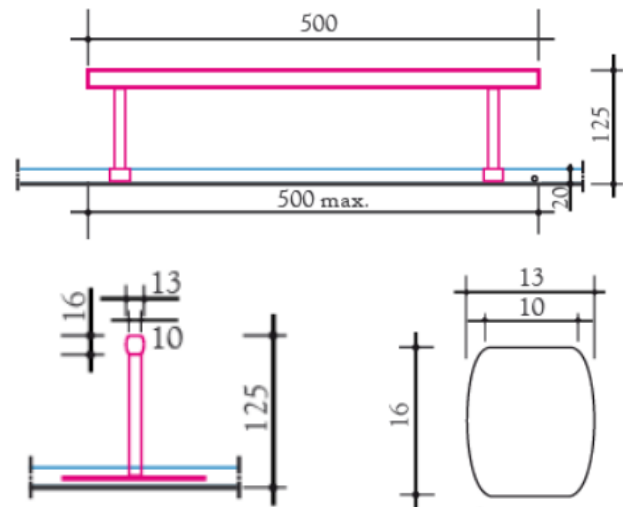
Floor Exercise

The Floor area is 12m x 12m, sprung, and layered with carpet. There is an edge and clearance zone marked around the Floor area, for the gymnast's safety.



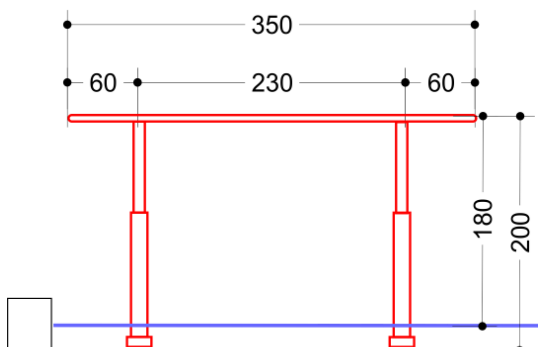
Balance Beam

The balance beam is 5m long, 10cm wide on top, (at most 13cm wide in the middle) and is set at a height of 125cm measured from the floor to the top of the beam.



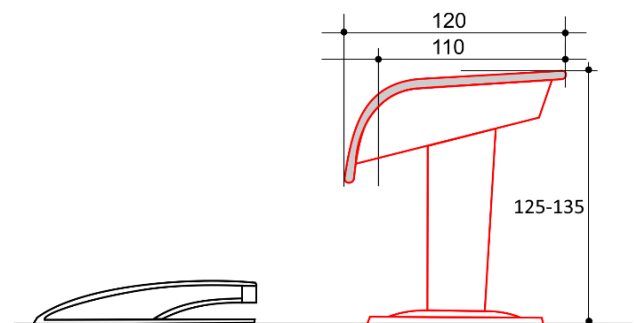
Parallel Bars

The parallel bars are set at a height of 180cm measured from the ground to the top of the bars. The distance between the bars may be adjusted by the gymnast, between 42cm and 52cm.



Vault

The vault has a runway of at most 25m. Any springboard or mini trampoline (neutral deduction) may be used. The vaulting table (optional) is set at any height between 125cm and 135cm.



GENERAL REGULATIONS

Determining the Final Score

- a) The final score on each apparatus is made up of 4 components:
 - i) Difficulty score (D-score)
 - ii) Execution score (E-score)
 - iii) Bonus (B)
 - iv) Neutral deductions / penalties (N)
- b) The final score is determined by the following sum: $\text{Final Score} = D + E + B - N$, where the D- and E-scores are added together with the Bonus, and the Neutral deductions are subtracted
- c) The D-score is made up of 3 components:
 - i) The Element Group (EG) fulfillments (except for Vault)
 - ii) The sum of the highest-valued elements, according to the level requirements
 - iii) The connection value (CV) on Floor and Balance Beam
- d) The E-score starts at 10.0 points, from which execution deductions will be taken to result in the finalized E-score
- e) The B-score is the sum of all bonuses granted by the judges for a single routine. It is made up of any combination of: Special Bonus (max 0.5), Vault Bonus (0.2 or 0.4) and Stick Bonus (0.2).

All-Around, Event Qualification and Event Final Scores

- f) An All-Around score will be calculated as the sum of all apparatus scores (Floor, Parallel Bars, Vault, Beam) of a single gymnast
- g) In case two vaults are performed:
 - i) For the All-Around: the best of the two scores count towards the All-Around score
 - ii) For the Event Qualification and Event Final: the average of the two scores is the final score for Vault
- h) In case only one vault is performed:
 - i) The single vault score counts towards the All-Around score
 - ii) The gymnast cannot qualify to the Vault Event Final, when only one vault is performed in the Vault Event Qualification
 - iii) The gymnast cannot win in the Vault Event Final, when only one vault is performed in the Vault Event Final

D-Score Regulations

- a) The EG-value is the sum of values awarded for fulfilled element groups
 - i) On each apparatus (except Vault), 5 element groups are specified (I, II, III, IV, V)
 - ii) A gymnast is awarded 0.5 points for that element group if at least 1 element from that group is performed successfully. The minimum skill-difficulty to fulfill the requirement depends on the level (see [Level-Specific Regulation](#) section)
 - iii) A gymnast can perform any amount of elements from a single element group
 - iv) On Parallel Bars and Beam, the dismount (EG V) always counts towards the D-score
- b) To the EG-value, the sum of the values of the highest-valued elements performed is added. The amount of elements counted, depends on the level.
 - i) On Parallel Bars and Beam, the dismount (EG V) always counts towards the D-score
 - ii) Repeated elements only count once towards the D-score
 - iii) Each of the elements is rated a letter AA or A–H, that grant the following values

AA*	A	B	C	D	E	F	G	H
0.1	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8

- iv) *AA (Additional A) are additional elements that can only be performed in the Beginner level
 - v) Any element not found in the designated element table for that apparatus, shall be submitted to the judges prior to the exercise. Such elements will be valued at the judges' discretion
- c) On Floor Exercise and Balance beam, Connection Value (CV) may be added to the D-score. The amount of CV credited to certain skills, depends on the competition level and is covered in the [Level-Specific Regulation](#) section

E-Score Regulations (Technical Directives)

a) Execution deductions can be taken in the following 4 ways:

i) Small error (-0.1)

- 1) Any minor deviation from the perfect end position and from perfect technical execution
- 2) Any minor adjustments to hand, foot, or body position
- 3) Any other minor violations against aesthetic and technical performance expectations

ii) Medium error (-0.3)

- 1) Any distinct or significant deviation from the perfect end position and from perfect technical execution
- 2) Any distinct or significant adjustments to hand, foot, or body position
- 3) Any other distinct or significant violation against aesthetic and technical performance expectations

iii) Large error (-0.5)

- 1) Any major or severe deviation from the perfect end position and from perfect technical execution
- 2) Any major or severe adjustments to hand, foot, or body position.
- 3) Any full intermediate swing (unless in the Table of Elements)
- 4) Any other major or severe violations against aesthetic and technical performance expectations

iv) Fall (-1.0)

- 1) Any fall on or from the apparatus during an element without having reached an end position that permits continuation with at least a swing or that otherwise fails to display a momentary control of the element during landing or regrasp
- 2) **-1.0** is the maximum landing deduction for an element **with** a fall, and including all steps, touches, or support on the floor or mat leading up to the fall. Other execution deductions incurred for the element (height, landing extension, insufficient twist) still apply
- 3) **-0.8** is the maximum landing deduction for an element **without** a fall. Other execution deductions incurred for the element (height, landing extension, insufficient twist) still apply

- b) The following general deductions may be taken on all apparatus. Additional, specific deductions are listed within each apparatus-specific section. In some cases, a (large) error may result in non-recognition of the element (**NR**) - the element will not count toward the D-score

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Insufficient split	>0° - 20°	>20° - 45°	>45°
Precision (exact turns and twists in leaps)	•	If turn or twist not fully completed: downgrade element	
Non-distinct positions (tuck, pike, straight)	•	•	
Adjust or correct hand or grip position each time	•		
Walking in handstand or hopping (each step or hop)	•		
Touching apparatus or floor with legs or feet (no fall)			•
Hitting apparatus or floor (no fall)			•
Interruption of exercise without fall			•
Bent arms, bent legs or legs apart	>0° - 45°	>45° - 90°	>90°
Poor posture or body position or postural corrections in end positions	•		
Saltos with knees or legs apart	≤ shoulder width	> shoulder width	
Legs apart on landing	≤ shoulder width	> shoulder width	
Unsteadiness, minor adjustment of feet, or excessive arm swings on landing	•		
Loss of balance during any landing with <u>no fall</u> or hand support (<u>Maximum -0.8</u> total for steps and hops)	0.1 per small step, slight imbalance, or small hop	0.3 per large step or hop, or touching the mat with 1 or 2 hands	
Landing with hips below knees (low landing)			•
Fall or support with 1 or 2 hands during any landing			-1.0
Fall during any landing without feet contacting mat first			-1.0 & NR
Atypical straddle		•	
Other aesthetic errors	•	•	•

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Deviations in swings to or through handstand or in circle elements	>15°–30°	>30°–45°	>45° & NR
Angular deviations from perfect hold positions	>5°–20°	>20°–45°	>45° & NR
Incomplete twists (acrobatic elements)	up to 30°	>30°–60°	>60°–90° >90°: NR
Lack of height or amplitude on salto and flight elements	•	•	
Additional or intermediate hand support	•	•	
Duration of hold parts (2 sec.)		less than 2 sec.	no stop: NR
Interruption in upward movement	•	•	
Lowering of legs on any element to handstand or hold parts	0°–15°	>15°–30°	>30°–45° >45°: NR
Unsteadiness in or fall from handstand	•	swing or big disturbance	
Fall from or onto apparatus			-1.0
Intermediate swing or layaway		half swing or layaway	full swing
Assistance by spotter in the completion of an element			-1.0 & NR
Lack of extension in preparation for landing (pike down)	•		
Other technical errors	•	•	•

Bonus

- a) On Floor Exercise, Balance Beam and Parallel Bars, the following Special Bonuses may be awarded
- i) For each of the listed categories below, the gymnast may receive 0.1 bonus, **for a maximum total of 0.5 Special Bonus**
 - ii) These bonuses do not come with strict regulations or objective measures, and instead are awarded at the judges' discretion

Bonus	Examples	Amount
Originality	Original skills: butterflies, flairs, special scales/holds, interdisciplinary sports, breakdance, original mounts, etc.	0.1
Artistry	Choreography, dance, body involvement, connection to music	0.1
Expression	Special outfit, style, make-up, facial expression	0.1
Entertainment	Connection to the judges, audience	0.1
Perseverance	Close calls, saves, pulling through difficult routine	0.1

- b) On Vault, the following Special Bonuses may be awarded
- i) Only one of the two may be awarded (i.e. vaults from different groups, are by definition different vaults, but only one of the bonuses applies, not both the 0.2 and 0.4 are granted)
 - ii) In case of a bonus, it is applied to **both vaults** performed
 - 1) For the All-Around score: the best of the two scores counts, and will include the bonus
 - 2) For the Event Qualifier or Final score: the average of the two scores counts, which will both include the bonus that works through the average

Bonus	Description	Amount
Two different vaults	The gymnast performs two vaults, that are different	0.2
Two different vault groups	The gymnast performs two vaults, that come from different Element Groups (I-IV)	0.4

- c) On each event, a **stick bonus** (landing with no movement of the feet) may be awarded
- i) The **stick bonus** may be awarded in addition to any amount of bonuses from point a) or b) of this section
 - ii) On Parallel Bars and Balance Beam: if the dismount is stuck
 - iii) On Floor Exercise: if the final acrobatic element is stuck
 - iv) On Vault: if the vault is stuck
 - 1) If two vaults are performed, and one vault is stuck, the single score will receive the bonus
 - 2) If two vaults are performed, and both vaults are stuck, both scores will receive the bonus

Bonus	Description	Amount
Stick	The gymnast lands a (final) skill with no lifting or movement of the feet (heels or toes)	0.2

Neutral Deductions

- a) On each apparatus, some specific neutral deductions may be incurred. These are listed in the apparatus-specific sections
- b) Performing a routine with a shortage of elements may result in a neutral deduction. The amount of elements required per routine, along with the possible deductions, are listed in the level-specific regulation section
- c) Any misconduct, hindrance of judges or other competitors or mishandling apparatus may incur penalties, partial or complete disqualification. At all times, instructions given by the organisation or judges must be followed

Level-Specific Regulations

- a) AA-elements are only allowed to count towards the D-score in the Beginner level. To fulfill an element group (EG) requirement, skills of a certain minimum value from that EG should be performed in order to get the 0.5 credit towards the D-score

Level	AA-Elements for Difficulty	Element Group Requirement
Beginner	Allowed	AA-element or higher
Intermediate	Not allowed	A-element or higher
Advanced	Not allowed	B-element or higher

- b) The amount of required elements and possible neutral deductions for lack of elements depends both on the apparatus and level. The dismount (except for Vault) is always counted as one of the elements

FLOOR EXERCISE & BALANCE BEAM			
# Elements	Neutral Deduction		
	Beginner	Intermediate	Advanced
0	-10.0	-10.0	-10.0
1	-7.0	-9.0	-9.0
2	-5.0	-7.0	-7.0
3	-3.0	-5.0	-5.0
4	-2.0	-3.0	-4.0
5	0	-2.0	-3.0
6	0	0	-1.0
7	-	0	0
8	-	-	0

PARALLEL BARS			
# Elements	Neutral Deduction		
	Beginner	Intermediate	Advanced
0	-10.0	-10.0	-10.0
1	-7.0	-9.0	-9.0
2	-5.0	-7.0	-7.0
3	-3.0	-5.0	-5.0
4	0	-3.0	-4.0
5	0	0	-3.0
6	0	0	0
7	-	0	0
8	-	-	0

Min. Elements	5	6	7
Max. Elements	6	7	8

Min. Elements	4	5	6
Max. Elements	6	7	8

- c) On Floor Exercise, the following Connection Value (CV) may be awarded and added to the D-score if two elements (of specific type) are performed successfully in connection to each other
- i) *Acrobatic elements performed for CV must be saltos for competition level Advanced (so no back handspring, front handspring, etc. for connection value)
 - ii) **A maximum of 1 connection can be counted within each of the four categories**
 - 1) Direct acrobatic* connections are connections of acrobatic* elements listed in EG IV and EG V that are directly connected to each other without pauses or disturbances
 - 2) Indirect acrobatic* connections are connections of acrobatic* elements listed in EG IV and EG V, for which other (possibly non-acrobatic) elements are performed in between. A requirement is that all the elements connected must be completed within a single acrobatic line, without pauses or disturbances
 - 3) Direct dance connections are connections of dance elements listed in EG II and EG III that are directly connected without any pauses or disturbances
 - 4) Direct mixed connections are connections of an acrobatic* element listed in EG IV and EG V, and a dance element listed in EG II that are directly connected without any pauses or disturbances
 - iii) The connection value of a single connection may be 0.1 or 0.2 depending on difficulty of the elements and competition level
 - iv) Elements may be connected in any order
 - v) Repeated elements may not be used for CV
 - 1) If an element was first performed outside of a connection, and repeated later within a connection, no CV is awarded (chronologically)
 - 2) If an element was performed inside of a connection, and repeated again within a connection, CV is awarded only for the *first* of the connections (chronologically)
 - vi) Elements used for CV do *not* have to be contained within the highest counting elements for the D-score, as long as they are not repeated elements

Level	Bonus	Direct Acrobatic	Indirect Acrobatic	Direct Dance	Direct Mixed
Beginner	0.1	–	–	A–A	A–A; A–B
	0.2	A+–B+	B+–B+	A+–B+	B+–B+
Intermediate	0.1	B–B; B–C	B–B	B–B	A–B; B–B
	0.2	C–C; B+–D+	B+–C+	B+–C+	A+–C+
Advanced	0.1	B–C; B–D; C–C	B–B; B–C	B–B; B–C; B–D; C–C; C–D	A–D; A–E; B–C; B–D; C–C; C–D
	0.2	C–D; D–D; B+–E+	C–C; B+–D+	B+–E+; D+–D+	A–F+; B+–E+; D+–D+

d) On Balance Beam, the following Connection Value (CV) may be awarded and added to the D-score if two elements (of specific type) are performed successfully in connection to each other

i) **A maximum of 1 bonus can be counted within each of the four categories**

- 1) Acrobatic connections are connections of acrobatic elements listed in EG IV and EG V (dismounts) that are directly connected to each other without pauses or disturbances. Combining a mount from EG IV with another acrobatic element is permitted, as long as the mount ends in a standing position on the feet
 - 2) Dance connections are connections of dance elements listed in EG I and EG II that are directly connected without any pauses or disturbances. Combining a mount from EG I with another dance element is permitted, as long as the mount ends in a standing position on the feet
 - 3) Mixed connections are connections of elements selected from different element groups (EG). Any two elements from EG I–V may be combined, as long as they are directly connected to each other without pauses or disturbances
 - 4) Series bonus is an additional bonus of **0.1**, awarded on top of the normal connection values when three or more elements are performed consecutively without pauses or disturbances. The difficulty value of the elements does not matter
- ii) The connection value of a single connection may be 0.1 or 0.2 depending on difficulty of the elements and competition level.
- iii) Elements may be connected in any order
- iv) An element **may be repeated once** for CV
- 1) The Element Difficulty Value is only awarded once
 - 2) The repeated element may either be used within a single, or two separate connections
- v) Elements used for CV do *not* have to be contained within the highest counting elements for the D-score

Level	Bonus	Acrobatic	Dance	Mixed
Beginner	0.1	A-A	AA-A	AA-A
	0.2	A-B;	A-A	A-A
Intermediate	0.1	A-B; B-B	A-A	A-B; B-B
	0.2	B-D	A-B; B-B	A-D; B-D
Advanced	0.1	B-D	B-B; B-C	A-D; B-D
	0.2	D-D; B-E	C-C; B-D	D-D; B-E; A-F

FLOOR EXERCISE

Exercise Description

A Floor Exercise is composed predominantly of acrobatic elements combined with other gymnastic elements such as strength, leaps, turns, jumps, flexibility, handstands, and choreographic combinations, all forming a harmonious rhythmic exercise, performed utilizing the majority of the floor exercise area (12 m x 12 m).

Exercise Presentation

- a) The gymnast is allowed to perform the routine to music allowed, with or without lyrics. Routines without music are also allowed
- b) The maximum duration of the routine is 90 seconds
 - i) When music is used, timing starts upon the gymnast's first movement, after the music started
 - ii) When no music is used, timing starts upon the first movement in preparation of the first performed element within the routine
- c) The gymnast is encouraged (but not required to) to make use of the whole floor area

Element Regulations

- d) The 5 Element Groups on the Floor Exercise are:
 - i) EG I: Non-Acrobatic Elements
 - ii) EG II: Jumps, Leaps and Hops
 - iii) EG III: Gymnastic Turns
 - iv) EG IV: Forward Acrobatic Elements
 - v) EG V: Backward Acrobatic Elements
- e) Each of the EG requirements can be fulfilled by performing an element from that group within the floor area. The minimum difficulty of the element to fulfill the requirement depends on the competition level and can be found in the section on [Level-Specific Regulations](#)
- f) Connection Value (CV) may be awarded and added to the D-score if two elements (of specific type) are performed successfully in connection to each other. Direct and Indirect connections may be performed. The requirements and values of the connections depends on the competition level and can be found in the section on [Level-Specific Regulations](#)

- g) Arabian salto-elements are counted as **forward** saltos, and have the same value as the corresponding forward salto + 1/2t. E.g. an arabian salto tucked is considered the same as a salto forward tucked with 1/2 t. An arabian salto tucked with 1/1 t. is considered the same as a salto forward tucked with 3/2 t.
- h) Salto elements may be performed landing either on 1 (controlled step-out) or 2 legs, but the element is regarded the same in either case: performing the same salto with two different landings will be considered a repeated element

Apparatus-Specific Neutral Deductions (N)

Error	Small (-0.1)	Medium (-0.3)
Landing or touching with one foot or hand outside the floor area	•	
Touching with both feet, hands, foot and hand, or any other body part outside of the floor area		•
Landing directly outside the floor area		•
Exceeding maximum duration of routine		•

Apparatus-Specific Execution Deductions (E)

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Insufficient height in acrobatic elements	•	•	
Lack of flexibility during static elements	•	•	
Pause 2 sec. or more before element or acrobatic series	•		
Uncontrolled momentary landings (also in transitions)	•	•	•
Simple steps or transitions (lack of choreographed steps)	•		
Jump to prone landing after salto			•
Deviation from plane of movement (diagonal)	•	•	

BALANCE BEAM

Exercise Description

The composition of a Balance Beam exercise is based on the movement vocabulary of the gymnast, as well as the choreography of these elements in relationship to the Balance Beam, while establishing a strong sense of variation in rhythm, strength and pace of the movements. It is the balancing of dance elements, acrobatic elements and choreography in order to create a continuous flow, a cohesive whole.

Exercise Presentation

- a) The maximum duration of the routine is 90 seconds
 - i) Timing starts as the gymnast takes off from the springboard or mat to mount the beam
- b) The gymnast is encouraged (but not required to) perform choreography on the beam. Original choreography and variation may be awarded with Special Bonus (see section on [Bonus](#)).

Element Regulations

- c) The 5 Element Groups on the Balance Beam are:
 - i) EG I: Jumps, Leaps and Hops
 - ii) EG II: Turns
 - iii) EG III: Strength Holds
 - iv) EG IV: Acrobatic Elements
 - v) EG V: Dismounts
- d) Within EG I-IV, specific mount elements are listed. They do not constitute a separate element group
- e) Any choreographed mount not listed in the Table of Elements will receive a difficulty rating of A
 - i) Exception: mounts that are submitted to the judges prior to the exercise may be rated differently depending on the difficulty
- f) Each of the EG requirements can be fulfilled by performing an element from that group, on the beam or while mounting the beam. The minimum difficulty of the element to fulfill the requirement depends on the competition level and can be found in the section on [Level-Specific Regulations](#)
- g) Connection Value (CV) may be awarded and added to the D-score if two elements (of specific type) are performed successfully in connection to each other. Acrobatic, dance and mixed connections may be performed. The requirements and values of the connections depends on the competition level and can be found in the section on [Level-Specific Regulations](#)

- h) Elements from EG I (Jumps, Leaps and Hops) may be performed parallel to the beam, which will upgrade the element by one letter (A -> B, B -> C etc.)
- i) The element must be landed parallel to the beam
 - ii) Elements starting parallel to the beam and landing in cross position do not get upgraded\

Apparatus-Specific Neutral Deductions (N)

Error	Small (-0.1)	Medium (-0.3)
Exceeding maximum duration of routine		•

Apparatus-Specific Execution Deductions (E)

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Poor rhythm in connection (stops or hesitation)	•		
Adjustments (unchoreographed steps)	•		
Excessive arm swings	•		
Pause 2 sec. or more	•		
Grasp of the Beam in order to avoid fall			•
Additional movements to maintain balance	•	•	•

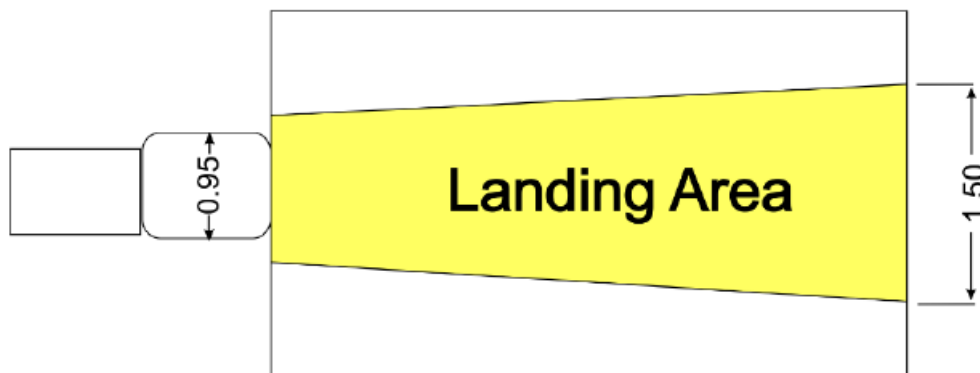
VAULT

Exercise Description

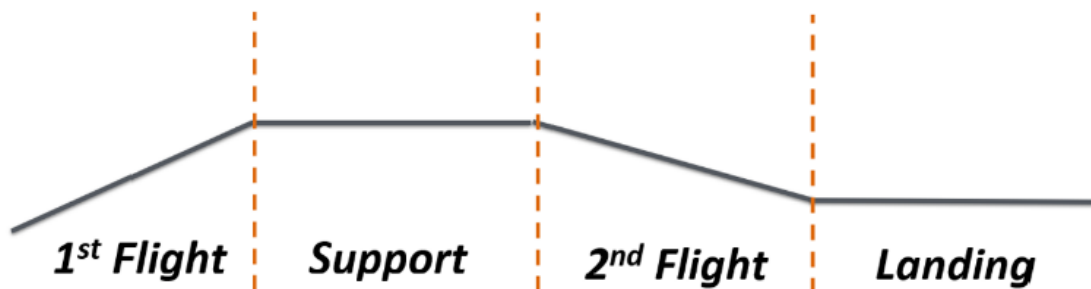
A vault begins with a run and a takeoff from both feet (with or without a round off) to the vault board with legs together. Subsequently, an element listed in the Table of Elements is executed with or without a brief support phase on the vaulting table with two hands. The vault may contain single or multiple turns around the two axes of the body.

Exercise Presentation

- a) The exercise consists of either one or two vaults
 - i) In case of Vault Qualifications or Finals, two vaults must be performed for which the average score of the two vaults counts as the final score
 - ii) In case of an All-Around, one or two vaults may be performed. In case two vaults are performed, the best of the two vault scores counts as the final score
- b) The evaluation of the exercise starts upon the first contact with the springboard
- c) The gymnast may use a total of 3 run approaches to complete their exercise
 - i) A gymnast may use an extra run approach if they started moving in an attempt to perform the vault, but did not touch the springboard, vaulting table or landing mat yet
 - ii) Whether the gymnast performs 1 or 2 vaults in total, they will always get a total of 3 run approaches to complete their exercise
 - iii) Additional attempts beyond 3 run approaches will be deducted (see table below)
- d) The gymnast must take off and land on two feet
 - i) The gymnast must use the designated runway area for their run approach prior to the vault
 - ii) The gymnast must land within the designated landing area (see image below). Landing outside the designated landing area, marked by lines, may result in a neutral deduction (see table below)



- e) A vault consists of 4* phases:
- i) 1st flight phase: from the springboard up to support with two hands on the table
 - ii) Support phase: from the moment of table contact, to the point when the hands leave the table
 - iii) 2nd flight phase: including the push off from the table up to the point of preparation for landing
 - iv) Landing phase: from the preparation for landing to the final standing position
 - v) The E-Jury must take the deductions phase by phase
 - vi) * Vaults without the use of the vaulting table only have 2 phases: Flight Phase and Landing



Element & Apparatus Regulations

- f) The 4 Element Groups on the Vault are:
- i) EG I: Free Vaults (No Vaulting Table)
 - ii) EG II: Forward Entry (Front Handspring) Vaults
 - iii) EG III: Sideward Entry ($\frac{1}{4}$ or $\frac{1}{2}$ Twist in First Flight Phase) Vaults
 - iv) EG IV: Backward Entry (With or Without Twist) (Yurchenko-Style) Vaults
- g) Vaults are not rated using letters AA-H. Each vault has a specific value found in the Table of Elements
- h) If the gymnast performs two different vaults, a bonus of 0.2 is applied, increased to 0.4 if the two vaults also come from different EGs. Stick bonus may also be awarded, see section on [Bonus](#)
- i) A mini-trampoline may be used instead of a springboard, which will result in a -1.0 neutral deduction
- i) In case two vaults are performed, both must be completed using the same type of springboard or mini-trampoline
- j) When using a vaulting table, it may be set to any height of at least 125cm and at most 135cm
- k) Springboards with any type and any amount of springs may be used
- l) For vaults from EG IV, an additional safety mat around the springboard is required
- i) Vaults from EG IV may not be performed using a mini-trampoline

Apparatus-Specific Neutral Deductions (N)

Error	Small (-0.1)	Medium (-0.3)	Large
Landing or touching with one foot or hand outside the landing area	•		
Touching with both feet, hands, foot and hand, or any other body part outside of the landing area		•	
Landing directly outside the landing area		•	
Landing on any body part other than the feet first			NR: 0.0 Score
Performing a vault not present in the Table of Elements, without prior submission to the judges (illegal or invalid vaults)			NR: 0.0 Score
Each additional run approach after the first 3 run approaches			-1.0 Each Time

Apparatus-Specific Execution Deductions (E)

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Passing the handstand position not through vertical	•	•	•
Insufficient height and rise of the body	•	•	•
Lack of extension in preparation for the landing	•	•	•
Angular deviation during support phase (handspring vs. round-off)	$\leq 30^\circ$	$> 30^\circ - 60^\circ$	
Deviation from plane of movement (center line within the designated landing area)	•	•	

PARALLEL BARS

Exercise Description

A contemporary Parallel Bar exercise consists predominantly of swing and flight elements selected from all available Element Groups and performed with continuous transitions through various hang and support positions in such a way as to reflect the full potential of the apparatus.

Exercise Presentation

- a) The maximum exercise duration is 90 seconds
 - i) Timing starts the moment the feet leave the ground during the mounting of the apparatus
- b) A springboard may be used for the mount

Element Regulations

- c) The 5 Element Groups on the Parallel Bars are:
 - i) EG I: Elements Starting in Upper-Arm Position
 - ii) EG II: Swing or Combination Elements in Support on One or Two Bars
 - iii) EG III: (Strength) Holds in Support on One or Two Bars
 - iv) EG IV: Elements Through (Hanging) Swing Below One or Two Bars
 - v) EG V: Dismounts
- d) Elements in group III should be held for at least 2s
 - i) Elements in group II ending in a hold position, which does not need to be held for at least 2s
 - ii) If a combination element in group II for which the hold part is held for at least 2s, both the combination (swing) element from group II as well as the corresponding hold element from group III are credited
- e) For elements which include turns, the turns are not recognized as part of the element if the turn happens after the handstand position or after a hop to handstand. Examples: Felge with inlocation and hop to handstand with turn or giant swing half turn with hop to handstand followed by turns
- f) Unless otherwise indicated, elements that deliberately regrasp in bent arm support are considered to have the same identification number and value as elements which regrasp in upper arm hang. However, elements that are initiated from bent arm support are considered to have the same identification number and value as elements from or through support
- g) Unless otherwise indicated in the difficulty tables, elements performed from or to unusual or rotated grip positions (supinated or pronated) have the same identification number and value as analogous elements performed from or to the usual grip position

Apparatus-Specific Neutral Deductions (N)

Error	Small (-0.1)	Medium (-0.3)
Exceeding the maximum duration of the routine		•

Apparatus-Specific Execution Deductions (E)

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
One leg step or swing on mount (no take-off from 2 feet)		•	
Extra half-swing (forward or backward)		•	
Extra full swing (forward and backward)			•
Each adjustment of the hand(s) during hold elements	•		
Lack of extension at horizontal upon regrasp after flight elements (such as saltos)	•	•	•
Bent legs before horizontal body in giant swings	•		