Rules

https://drive.google.com/file/d/1ucBwi6rYj3CfJWOh-3zAubjXjvj-Gz6H/view?usp=sharing
https://drive.google.com/file/d/1OaXwpnuZe5mduOlGKVrx9uhIc3lI7P-a/view?usp=drive_link

FLOOR EXERCISE

Routine Duration

• Maximum: 90 seconds (1:30)
• Creativity in music* & outfit encouraged

**Music with vocals is allowed.*

Composition Requirements

A complete routine includes (at least) one element from every element group. There are 5 groups. Each group is worth 0.5 for your difficulty score.

1. **Non-Acrobatic Elements** (strength, balance, flexibility holds)
2. **Jumps, Leaps, Hops** (dance elements with technique)
3. **Turns on 1 leg / Pirouettes** (min. 360°, unless Beginner)
4. **Forward/Sideward Acrobatic elements** (rolls, front handsprings, front saltos*)
5. **Backward Acrobatic elements** (back handsprings, back saltos*)

* Saltos may be optional or mandatory depending on level

Level Guidelines

These guidelines are intended to help athletes choose the level that best matches their abilities.
They are not strict composition requirements. The exact required elements and rules will be published later.

However, **the minimum number of elements per level is fixed.**

Beginner

• Saltos are optional.
• Simple acrobatic elements (rolls, cartwheels, handstands).
• Turns one on leg may be 180°.
• **Minimum 5 elements; 6 highest count.**

Intermediate

• Saltos are **encouraged**, not required.
• Acro should be a step above Beginner
(e.g., walkovers, round-offs, simple handspring variations).
• Leaps should show an attempt toward a 180° split.
• **Minimum 6 elements; 7 highest count.**

Advanced

• Saltos are **expected** (any direction).
• Acro lines should show higher difficulty (twisting is allowed).
• Neat, 180° splits in leaps are expected.
• **Minimum 7 elements; 8 highest count.**

There are bonuses to earn at every level. These will also be published later.

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VAULT

Competition Format

All-Around Competition
• The athlete performs **one or two vaults**
• The **highest score** counts for the All-Around

Qualification for event finals & during event finals
• Athletes perform **two vaults**
• Final score: the average of the two vaults

General rules:
• If you compete two vaults, you must use the same take off (springboard/trampoline) in both vaults.

Level Guidelines

These guidelines are intended to help athletes choose the level that best matches their abilities.
They are not strict composition requirements. The exact required elements and rules will be published later.

Beginner

• Straight jump vaults, squat-on, basic handspring
• Vault height may be lowered

Intermediate

• Handspring vaults
• Vaults with simple turns
• Some salto vaults may be allowed

Advanced

• Handspring variations
• Tsukahara-style / Yurchenko-style
• Salto vaults permitted
• For apparatus final: two different vaults should be shown

BALANCE BEAM

Routine Requirements

A complete routine includes (at least) one element from every element group. There are 5 groups. Each group is worth 0.5 for your difficulty score.

1. **Jumps, Leaps, Hops** (dance elements with technique)
2. **Turns on 1 leg / Pirouettes** (min. 360°, unless Beginner)
3. **Strength Holds** (strength or flexibility positions)
4. **Acrobatic Elements** (with and without flight)
5. **Dismounts**

Level Guidelines

These guidelines are intended to help athletes choose the level that best matches their abilities.
They are not strict composition requirements. The exact required elements and rules will be published later.

However, **the minimum number of elements per level is fixed.**

Beginner

• Simple acrobatics and jumps (rolls, handstand attempt, straight jump).
• Turns may be 180°.
• Dismount without salto
• **Minimum 5 elements; 6 highest count.**

Intermediate

• Acro should be a step above Beginner
(e.g., walkovers, cartwheels, 1 sec handstand hold).
• A dismount with salto is encouraged
• Jumps and leaps should show some height (90-135 degrees)
• **Minimum 6 elements; 7 highest count.**

Advanced

• Making at least one combination is **expected**
• Aerials and flips are allowed and encouraged
• Leaps should show height and an attempt toward a 180° split (135-180 degrees).
• **Minimum 7 elements; 8 highest count.**

There are bonuses to earn at every level. These will also be published later.

PARALLEL BARS

Routine Requirements

1. **Elements starting in upper arm position**
2. **Long swings in hang on 1 or 2 bars and underswings**
3. **Strength holds on support one or two bars**
4. **Elements through (hanging) swing below one or two bars.**
5. **Dismounts**

Level Guidelines

These guidelines are intended to help athletes choose the level that best matches their abilities.
They are not strict composition requirements. The exact required elements and rules will be published later.

Beginner

• The bars will be set on a lower level
• 4 elements
• No flight or turn skills
• Mostly support + basic swings
• Simple dismount
• **Minimum 4 elements; 6 highest count.**

Intermediate

• At least one turn or small flight
• Clear swing amplitude (swing at least above horizontal)
• More demanding dismount encouraged
• **Minimum 5 elements; 7 highest count.**

Advanced

• Flight element expected
• Higher-level swing/support skills allowed (swings to handstand)
• Advanced salto dismount recommended
• **Minimum 6 elements; 8 highest count.**

General Penalties

• Out-of-level skills: 0.5
• Missing dismount: 0,5
• Fall: 1.0
• Small mistake: 0,1
• Medium mistake: 0,3
• Large mistake: 0,5
• Out-of-bounds (Floor): 0.1–0.3

Full penalty tables follow in the final version.

Judging Panels

Each panel consists of:

D-Panel (Difficulty)

• Recognises elements
• Checks composition requirements
…and calculate the D-score

E-Panel (Execution)

Looks at:
• Form
• Technique
• Rhythm & artistry
• Landings
…and calculate the E-score

Final Score = D-score + E-score
