

# Help Desk

## Women's Artistic National Compulsory Elite Levels 4,3,2,1

This Help Desk relates to Compulsory Exercises Only (NOT Voluntary's)

### GENERAL

### Compulsory Elite Level Pass Marks

Level 4 – 50.00

Level 3 – 50.00

Level 2 – 50.00

Level 1 – 48.00

- There is no individual pass mark for Range and Conditioning.
  - All pass marks are subject to review following the 2014 National Final Competition.
  - For 2014 only, gymnasts who do not achieve a pass mark but finish in the top 4 in their regional qualifying competition may be included in their regional team at National Finals. If they achieve the pass mark at the National Final competition they can move to the next level the following year.
1. Can Level 4 be done out of age in the regions? **Yes.**
  2. With Compulsory 1, the British Espoir will now have only one age group. Will British Challenge remain with the 2 age groups? If so will first year Espoirs still be able to do the Challenge next year? **The British Espoir will still have two age groups because gymnasts passing Compulsory 1 in June will be able to take part in the British Championships in December of the same year. \*\*For 2014, as Compulsory 1 is taking place on weekend of 31st May/1st June and the Challenge Cup on 21st/22nd June, gymnasts can be entered for both and if they fail Compulsory 1 they can take part in the Challenge Cup (3 weeks later) giving them another opportunity to qualify for the British. The entry fees for Challenge will NOT be refunded if the gymnast passes Level 1 and therefore does not compete at the Challenge event. The decision to enter both events or not is that of the coach – dual entries will be accepted on the basis that the coach understands that the entry fee is non-refundable.**
  3. Directionality concerns which leg to step out on for connections required on Floor, Beam, R&C. If this does cause a problem can allowances or different connections be considered? i.e. forward walkover, change leg flick to 2 on beam: can consideration be given for the leap and forward walkover to be done in either order? **We must follow the FIG Code of Points; so no change to the rules, sorry.**
  4. In general – to receive a bonus does the requirement need to be completed without a fall? **Yes.**
  5. I am trying to find out if it is possible for a gymnast to do a National Grade in March (possibility of National Finals) working towards Compulsory 2 in June and if ready compete there as well. I can't find anything in the handbook regarding this other than they can do club grades if they fail compulsory 2. **Gymnasts can only compete one grade a year.**
  6. Is there a minimum score to pass on R&C anymore? **No.**
  7. If a gymnast has passed Compulsory 2 but has not passed Compulsory 1, can they take part in the Challenge Cup? **All old rules have gone. If a gymnast passes Compulsory 2 but has not done a British Championships then they can decide to do Compulsory 1 or Challenge Cup. If they fail Compulsory 1 they can do Challenge Cup.**

8. How will a gymnast become eligible via the Challenge Cup to compete in a British Championships? **If a gymnast attains the required qualifying score from the Challenge then they will move to the British Championships.**
9. As well as attaining a certain score from the Challenge Cup, do gymnasts also have to pass Compulsory 1 to move to the British Championships? **No.**
10. Can a gymnast pass Compulsory 1 in June and take part in a British Championships the same year if they are an Espoir? **Yes – in 2014 Compulsory 1 will take place in June and the Espoir British in December.**
11. Split Leap – does it matter on what entry is used into split leap? Is there a deduction for using bent leg flick technique? **No - deductions are only taken for lack of split according to the diagrams (in the National Elite Compulsory Level document on GymNet) as well as height and amplitude of jumps.**
12. Please note the videos were taken some time ago (summer 2013), and there may have been slight alterations to apparatus matting set up since they were taken. Do not expect to only refer to the videos but always double check what is written in the National Compulsory Elite Levels document on GymNet/updates in the helpdesk, as this is the reference point that we will always refer to as correct.
13. The 180° splits no tolerance in Beam and Floor - does that apply to every skill requiring a 180° splits or do gymnasts just need to show one skill with 180° in the whole routine? **This rule applies to the skills stated in the National Elite Compulsory Level document where an indication is clearly visible next to the descriptions.**
14. On the first page of the handbook about judging it says that if the D Score is negative then the gymnast gets 0.00 for the D Score and all other penalties come off the final score. Does this mean that if you have deducted 4.00 in D Score and the gymnast does another move that it doesn't count (i.e. she loses the VM) do you take that from the final score instead? Or do you only deduct VM from the D-Score and all other penalties, such as non-attempt at an element or a series break, come off the final score? Or is it just normal neutral penalties that come off the final score? **You deduct VM where technical requirements are not met, any other deductions for non-attempt, series break, out of tolerance elements are neutral deductions from the final score. E panel deductions are from 10.00 as normal.**

## Procedure for calculating the Final score

Who take what from where?

The aim is to avoid having a negative D score. If it becomes negative award 0.00 D score.

The principle for taking the value of the element and deductions in the case of Compulsory Levels 2014 is based on the following:

- The technical requirements of the element being completed successfully to be credited with the value (VM). This is indicated in the text
- Other situations that are decided by the D judges which are FIG considerations or specific criteria laid down in the Compulsory levels text, for example stops in connection, no tolerance in split jumps on beam and floor, holds in beam and R & C
- FIG execution deductions, taken by E judges e.g. bent arms , bent legs, insufficient tuck/ pike/straight position etc and artistry deductions on floor and beam

**Final score = D score + E score + Bonus - Penalties**

<p>Value of element (VM)</p> <p>Element not completed to the technical requirement</p> <ul style="list-style-type: none"> <li>• Technical requirements of elements are indicated in the text e.g. L3 beam mount</li> <li>• Spins incomplete</li> </ul>	D judges deduction	From D score
<p>Faults considered by D judges but are taken as neutral deductions (penalties)</p> <ul style="list-style-type: none"> <li>• Elements considered as non-attempt</li> <li>• No tolerance in split elements indicated in text</li> <li>• Stop in connections</li> <li>• Holds</li> </ul>	Taken by D judges	Record as penalties and take from final score
<p>E score</p> <p>FIG deductions for execution e.g.</p> <ul style="list-style-type: none"> <li>• Bent arms, bent legs</li> <li>• Body posture</li> <li>• Insufficient tuck/pike/straight in elements</li> <li>• Height</li> <li>• Flight</li> <li>• Rotation</li> <li>• Falls</li> <li>• Artistry beam and floor</li> </ul>	Taken by E judges	From 10.00

Comp 3

CV	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4
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0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4
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0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5									

## VAULT - Applies to all levels:

Is a 0.5 bonus awarded for having an additional mat regardless of the E judges deductions? **Yes.**

### Level 4

1. With regards to the Level 4 vault it states in the handbook that it's 80cm and a 20cm mat for 0.50 bonus but in the apparatus set up following it states that it's 80cm for a bonus. Which one is correct?

Level 4 vault set up is as follows:

- Gymnastic landing mat placed on the floor 20cm
  - Crash mat/safety mat on top to a height of 60 cm
  - A further crash mat / safety mat 20cm can be placed on top of that for a 0.5 bonus
  - The only other mat in the construction is the one for the gymnasts to fall on to.
2. What will be deduction for arm swing position on Compulsory 4 vault? **Please reference the deductions section of table in the National Elite Compulsory Level document on GymNet.**

### Level 3

1. Is there a deduction for bent legs on the springboard? **They should bend going on to the board, straighten in the board and stay straight off the board. Any deviation from this will attract a penalty.**

Applicable to Level 3 & 2 – what happens if a gymnast hits their head on the mats throughout the first flight (being too low) as there is no specific deduction for this? What would this fall under? **If the result of them touching the mat with their head is a fall on the landing then 1 mark will be taken for the fall and any causable deductions will be taken in first flight. If they made contact with their head, 0.3 for brush on apparatus (as per FIG COP) will also be taken. If the gymnast does make it to their feet and then fall onto their front/back then any relevant deductions will be taken but there will be not be 1 mark deduction as no fall.**

### Level 2

1. Is there a deduction for first arm bent in the ½ on for tsuk and in round off for yurchenko? **Yes.**
2. Is the yurchenko pad optional on Level 2? **The Yurchenko pad is not optional. It must be used for ALL Compulsory Level Vaults, and this is stated in the National Elite Compulsory Level document on GymNet**
3. Can you confirm what the Vault for Compulsory 2 is as the provisional guide says yurchenko to stand, fall and handspring to stand, fall but in the November Clinic you showed us tsuk also? Do you have to do 2 different vaults? **The Compulsory 2 vault options are Yurchenko OR Tsukahara OR Handspring to land on the mat and fall not jump to the required mat. Gymnasts only compete one vault.**

Applicable to Level 3 & 2 (NOT 1) - Is the round off mat in Level 3 still allowed to be placed 10cm on to the back of the springboard? **Softer/thicker round off hand placement mat can be positioned up to 10cm onto the bottom of the springboard.**

### Level 1

1. Compulsory 1 – open tuck. At what degree hip angle would an attempted open tuck be judged as a regular tuck? (and so judged with relevant deductions) **Open means 180 at the hip. Any closing of the angle moves it into the tuck position with their FIG Code of Point deductions.**

## BARS

### Level 4

1. The exercise stops being judged once the gymnast has passed through the vertical line of the second giant. If a shoulder angle is put in to slow down after vertical then there is no deduction, but if it is before the vertical then there will be. How much? **The deduction would be 0.1 > 0.3.**
2. Are giants supposed to be scooped or flat? The answer was given that line needs to go through handstand but can be scooped on the way up. What are the deductions? **The deduction would be 0.1 > 0.3.**

### Level 3

1. Can the situation with the bonus be confirmed?
  - 2 successful swing ½ turns need to be completed in connection to get the full 1.0 bonus. **Yes.**
  - 1 successful swing ½ turn will give 0.5 bonus. Is this regardless of whether there is a fall on the basis the swing turn was completed well, and in a good shape. **The swing ½ turn must be followed by a successfully completed backward giant to receive a 0.5 bonus.**
  - If fall after first swing ½ turn, should you carry with another swing ½ turn and will this give you a 0.5 bonus? **Following a fall the gymnast can get on and do a second swing ½ turn followed by a successfully completed backward giant to receive a 0.5 bonus.**
  - If a gymnast's falls on the first ½ swing turn can they re-mount and do 2 x swing ½ turns in connection to receive the 1.0 bonus? **No. Only 2 swing ½ turns to be attempted in any one routine.**

### Level 2

1. Can you please confirm what matting is correct for Compulsory Level 2 because there is a difference between the video and what is written in the National Compulsory Elite Levels document? **The apparatus layout is as it states: single bar, supplementary soft landing mat (that is the normal 10cm mat generally used for landings off bars) and safety/crash mat - laid directly onto the floor to depth 20cm; therefore there will be no biscuit matting used. The video was shot some time ago and the matting set up was changed after the video was shot.**

### Level 2 & 1

1. Are extra skills on bars allowed to construct the routine i.e. giants, swing turns for Levels 2/1 (and 3), is this ok? If so, I presume they will just be open to deductions but receive no value? **Extra skills are allowed on bars (Levels 3/2/1). They will be open to deductions.**

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## BEAM - Applies to all levels:

1. At some point Amanda confirmed that leg can go in front or behind when linking leaps and jumps - **Yes this is correct.**
2. A concern has been raised that there is insufficient time to incorporate all of the elements + artistry into 1 minute 30 second routine. **The time limit for beam is stated as 1m 30s and everyone has been working to get inside this time. If we find it impossible to get inside this time all will suffer the penalty and it will be reviewed and changed if necessary for next year.**

## Level 4

### Amendment to National Compulsory Elite Levels document on GymNet

#### Addition to General Table:

- Within the exercise there must be on jump/leap with 180° split (no tolerance). Any other split jumps/leaps are subject to FIG deductions

DELETE ↓

Split Leap (180° split)	No tolerance - VM & E Panel deductions
Split jump rebound extended stretch jump (no value) pause/pose, straddle jump (cross beam - <b>side split action**</b> )	One of the jumps must be 180° split - no tolerance - VM & E panel deductions

\*\* delete

1. Split jump, straight jump – is the straight jump extended or will there be deductions for any extension? Or is it purely meant to be straight? **See the video, straight jump with arms extended.**
2. Mounts - is the gymnast allowed to sit on the beam before doing the Russian lever? **Yes.**

## Level 3

1. What is the deduction if the arabesque is not even shown after the sissone? **> 0.3 deduction.**
2. Forward Walkover into cartwheel – can gymnasts add an extra step before cartwheel? **No – they can swing the free leg through into the cartwheel.**
3. Amendment to description on pg 26 – “3 leap & jump series: Split leap (180° split no tolerance), Split jump/straddle jump (180° split no tolerance). Sissone to finish in arabesque”. **The 180° no tolerance rule has been changed and will apply to 2 of the 3 elements in this series.**

## Level 2

1. Full spin, full spin – can this be any spin done in any order? i.e. back spin done first before forward spin? Or does it have to start with a forward spin? **Either can come first.**
2. Can you confirm height of landing for dismount? **100cm - 80cm safety mat on top of the regular 20 cm gymnastic landing mat.**
3. Forward walkover, switch change leap, back flic to 2 – if the gymnast pauses with the leg held from the forward walkover, what will be the deduction? **0.1.** If the gymnast puts the foot down on the beam from the forward walkover before the cartwheel, what will be the deduction? **0.3 – this is a break in the series. We are looking for smooth transitions throughout the series.**
4. A clarification on the description on pg 28 – “Connection of minimum two different leaps/jumps/hops, one of which is a change leg leap (180° no tolerance)”. **The 180° split no tolerance will apply to the change leg leap only in the series.**
5. Backward series of 3 elements looking at 3 flick combination – there is a concern about the severity of deductions for a gymnast who misses her feet on the second flick. The query has been raised this would cost the gymnast the value of the move through non attempt, plus a fall, plus the series break. **The deductions relating to falls are outlined below:**
  - If a gymnast falls on the first flick she would get a 1.0 deduction for the fall and 1.0 for the connection

(1st-2nd flick).

- If she falls on the second flick she would get a 1.0 deduction for the fall and 1.0 deduction for not joining to the 2nd-3rd flick
- If she falls on the 3rd flick she would get a 1.0 deduction for the fall.
- If she falls on the 1st then 2nd then 3rd meaning there is no attempt at connections, she would get 1.0 for each fall and 1.0 for each connection making 5 marks deduction.

### Level 1

1. Dismount – it was said that there will be no deductions for steps back on landing - does this even include normal FIG landing deductions? **Landing with steps backwards attract no deductions.** But there will be deductions for landing at the side? **Yes – FIG Code of Points deductions.**
  2. If a gymnast does free cartwheel flick layout, would this cover the f/s move, acro series and get the 3 series bonus? **Yes.**
  3. If you do spin with leg up does this count as an additional C dance element and the spin or do they need another spin? **If they can achieve a C with this skill they do not need to do another spin.**
  4. A clarification on the description on pg 30 – “Leap series minimum 2 different elements (must include minimum 1 x C leap)”. **The 180° split no tolerance rule will apply to one element in the series.**
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## FLOOR

1. Are leaps allowed to be done immediately after tumblers to control landings and eradicate landing deductions? **No (apart from Level 4 tumble – Jump into round off, 3 flicks, optional jump).**
2. Floor penalty for corner dance - does this apply to Compulsory Levels? **As per FIG Code of Points artistry deductions applicable.**
3. What entry is allowable for free walkover/free cartwheel (Levels 4,3,2)? **It can come from a dance passage or element, maximum of 3 steps but not a run.**

### Level 4

1. Handspring to one – is the leg join going to be judged? **No - lack of flight from hands is the important factor.**
2. If a jump is not attempted on the end of the tumble for any reason would you still give the value of that series? Same question with the Comp 3 – 3 flicks/tuck back? Therefore does every single element of a tumble series need to be completed to give the value or even attempt of the series? **Every element of a series must be attempted for the value of the series to be rewarded.**
3. The handspring to one, handspring to two, dive roll - most seem to do forward roll. Do they lose the value of that whole acro line or do we just deduct for lack of height in the roll? **Deduct for lack of flight 0.10 > 0.30 (as for handsprings p. 31)**

### Level 3

1. Leg at horizontal spin/spin - gymnasts can be so concerned about getting the second spin around that they dropped the horizontal spin leg too early - do they lose the value of the move/the whole spin series? **Leg below horizontal – take value of the move (following FIG principal for devaluing)**

## Level 1

1. If the additional supplementary mat is used for the double back somersault, does it have to stay on the floor or can it be removed? **It can be removed without penalty as long as the gymnast's performance is not interfered with.**
- 

## RANGE & CONDITIONING – Applies to all levels:

1. The statement in the white box on pg 42 of the National Elite Compulsory document: DELETE – ‘Splits with no tolerance. Missing 180° split or straddle – D panel VM’.

\*\*The no tolerance rule will not be applied throughout Range & Conditioning routines.

## Level 4/3

1. From front support to handstand needs to be a continuous movement and go through a toe point. If there is a pause/stop what is the deduction? **0.1 > 0.3.**
2. Must go through shoulder stand in the forward roll (hip angle through vertical) – if this is not achieved what is the deduction or is this a requirement to get the value of the move? **0.1 > 0.3 deduction.**
3. Clarification is required on hand position for the pike fold (can hands be on the floor or do they need to be off, as has been the case previously)? **Hands FLAT on floor, fingers facing backwards.**
4. On bridge kick to handstand, it is desired to go straight to handstand and legs join, and so do not go past the vertical. What is the deduction if kick to handstand splits and then join the legs? **It is desired to go straight to handstand and legs join. The deductions will be 0.3 for going through a split handstand.**
5. Is the 0.3 deduction for a no hold taken by the D or E panel? Do they also lose the 0.5 for value of the move? **Neutral deductions taken from final score. See chart in General section “Procedure for calculating the Final score”.**

## Level 2/1

1. On needle scale, hands need to be on the floor and rotated backwards. What is the deduction if not? **Hands need to be FLAT on floor, fingers facing backwards. If not, deduction taken will be 0.1 > 0.3.**
2. Backward roll to handstand – what is the deduction if roll down from one leg or put hands on the floor on entry? **0.1 > 0.3.**
3. It was confirmed there should be no stand up from finishing pike fold before backward roll to handstand. However, if a gymnast does will this incur a deduction? **Yes – 0.1.**
4. What is the deduction for lack of flight in the hop or what exactly determines the hop through backward roll to handstand? **To back roll to handstand on straight arms the little fingers lead the skill. For the hop to be rewarded the hands must move simultaneously from their turned in position to a forward facing position with dynamics.**
5. On backward walkover to splits – what is the deduction if brush feet, flex foot, or have to use hop action to get leg through to splits? **0.1 > 0.3.**

6. “Slide feet up to pike fold, lift to handstand, legs together”
  - a. The written word is what the coach should read first. This is backed up with the diagrams and the video. If there is any ambiguity the written word should be considered correct.
  - b. In this instance the feet should slide up THROUGH pike fold but with no foot support on the floor, and continue with lift to handstand, legs together. The diagram is incorrect.