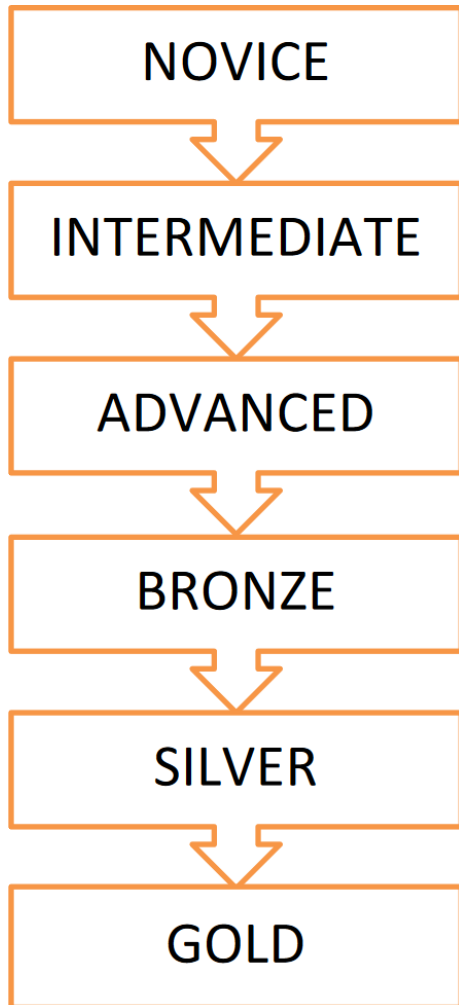


GENERAL GYMNASTICS FLOOR & VAULT COMPETITIONS



GENERAL GYMNASTICS operates under the international FIG Gymnastics for All (GFA) discipline rules and guidelines, which are also fully supported by British Gymnastics.

Within GFA, the FIG encourages the widest possible participation through displays and other non-competitive events. FIG and UEG competitive involvement is delivered by the appropriate disciplines, e.g. MA & WA, which provide competitions involving relevant apparatus.

However, in the UK it is widely accepted that people who engage in gymnastics at participation level, enjoy performing floor sequences and routines, as well as vault. Almost all gymnastics clubs offer these opportunities to their members.

Consequently, although we operate under the GFA umbrella, we are offering a Floor and Vault competition system. We recognise that some gymnasts may at times also take part in very low level Bars or Beam events and, subject to certain conditions, can be still be classed as General gymnasts and participate in F & V events. In keeping with GFA principles, we want to attract wide participation and the following rules are intended to ensure that only gymnasts with similar training opportunities compete against each other.

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Section 1: General Rules and Guidelines

This competition programme is designed and structured for gymnasts participating in General Gymnastics classes. Specifically:

- Gymnasts attending General classes and who are acquiring and improving their skills
- Gymnasts who no longer wish to specialise in Artistic or other FIG or UEG competitive discipline competitions, and have stopped such training (see Transfer Rules)
- Ex high level gymnasts who may now be coaching but still have a high personal skill performance level (see Transfer Rules)

Fairness

To ensure a competitive level playing field, entry levels will be split according to the number of hours of gymnastics involvement undertaken by the gymnast. This includes ALL coached hours in any BG discipline, gymnastics activity such as Cheer, school gym clubs were run by a BG qualified coach, and time part spent in own training during coaching, etc. A category system will apply:

- Novice and Intermediate – category 1 up to 2 hours, category 2 up to 4 hours. (see Section 3 for gymnasts who reduce their training – all levels)
- Advanced, Bronze, Silver and Gold – category 1 up to 5 hours, category 2 over 5 hours to a maximum of 8 hours

Competition organisers, whose decisions are final, may act against clubs whose gymnasts' performance points to non-compliance with the above. Coaches will be required to confirm involvement hours with a signature on the entry form. The GGTC will publish details of a verification / disciplinary process for use where there is reason to believe that these guidelines are not being followed. This will include referral to County GG Committees.

Gymnasts new to competition and continuing the programme

While in most cases gymnasts will start at Key Step or Novice levels, the basic principle is that gymnasts should enter the level appropriate to their ability. As an example, a gymnast who has been attending classes for a long time and can perform B and C skills well, and now decides to enter their first competition, should enter at Intermediate or Advanced level. After their first competition gymnasts can progress through the levels.

Gymnasts who have competed in Artistic or FIG or EUG Performance Discipline competitions (see also section 3)

Gymnasts cannot compete both in Artistic, Acrobatic etc., competitions, and F & V competitions. To do so would place them at a significant advantage and deny the non-performance gymnasts a fair result. However, once no longer active on the performance pathway, gymnasts can transfer into GG F & V competitions, subject to rules regarding how recently apparatus competitions were performed (see transfer rules, below).

Ex high level gymnasts no longer in specific training but working in a club training environment

Even after a long break the standard of these gymnasts will still be far ahead of others. These gymnasts may compete at Gold level Category 2 only.

Section 2: General Entry Rules

Rules for gymnasts moving up within the GG F & V pathway

Note to coaches: Subject to age and hours rules, the gymnast may be entered at any level and SHOULD be entered at the level appropriate to their skill and performance ability

Intermediate to Gold level

- Gymnasts may enter at any of these levels at the coaches discretion
- If the gymnast did not trigger their move up score at their last competition but has since improved significantly, at this time the coach should strongly consider entry at the next level-
- *Note: move up scores for each level will be confirmed by April 2025**

Level	Age rules	Entry eligibility and entry score rules	Score rules regarding moving up
Novice	Age in the year of the competition (minimum age 7 on the day of competition)	Gymnasts who have never competed in a County or Regional competition OR who have scored below 22.50 at Novice Level previously	Once a score of 22.50 has been achieved the gymnast must move up Note – if the gymnast has improved significantly since their last Novice event you should consider Intermediate entry even if the previous score was under 22.50
Intermediate	Age in the year of the competition (minimum age 7 as in Novice above)	Gymnasts who have already competed at Intermediate and scored below TBC Gymnasts who have scored 22.50 or higher at Novice	Once a score of TBC has been achieved the gymnast must move up
Advanced	Age in the year of the competition	Gymnasts who have already competed at Advanced and scored below TBC Gymnasts who have scored TBC or higher at Intermediate	Once a score of TBC has been achieved the gymnast must move up
Bronze	Age in the year of the competition	Gymnasts who have already competed at Bronze and scored below TBC Gymnasts who have scored TBC or higher at Advanced	Once a score of TBC has been achieved the gymnast must move up
Silver	Age in the year of the competition	Gymnasts who have already competed at silver and scored below TBC Gymnasts who have scored TBC or higher at Bronze	Once a score of TBC has been achieved the gymnast must move up
Gold	Age in the year of the competition	Gymnasts who have already competed at Gold Gymnasts who have scored TBC or higher at Silver	

Section 3: Specific Entry Rules

1. Gymnasts entering General F & V competitions must not be part of an FIG or UEG Performance Discipline squad, which includes being on the NDP (Grades) pathway. Names of gymnasts entering at BSG levels will be passed to the relevant regional TC. These gymnasts will be classed as General gymnasts and will not be able to enter Regional WA / MA / Acro / TG Grades or Voluntary competitions for the next 12 months. If exceptional circumstances arise, application should be made to the GGTC & WTC/MTC/AGTC/TGTC, as applicable, whose joint decision will be final. Applications should include a CV.
2. Gymnasts entering General F & V competitions must not have competed in any FIG or UEG Performance discipline event within the past 12 months. For events more than 12 months ago see Transfer Rules.
3. Gymnasts who have competed in low level apparatus competitions may enter F & V competitions, provided that their apparatus routines consisted only of skills within the GG coaching syllabus. They may only enter at Intermediate Category 2, or above.
4. Gymnasts who reduce their training hours must wait 6 months before entering at a lower category.
5. Gymnasts must be members of British Gymnastics. Proof of membership may be asked for at registration.
6. Entries must be submitted via the gymevent website. Late entries will not be accepted. The correct entry fee and separate participation fee, if applicable, must be transferred by BACS.
7. In age group competitions different ages may be grouped together depending on numbers entered, as decided by the Competition Organiser.
8. Each club will be required to nominate a judge for the event, who must have given their permission to be nominated.
9. Coaches have responsibility for ensuring the good behaviour of their supporters.
10. Floor Music: Competitors may not use any form of original music from Andrew Lloyd - Webber, Disney, Pixar or Cirque du Soleil.
11. Music must be in a format compatible with uploads, uploaded onto the gymevent website by the music closing date. A compatible back up copy should be brought to the competition by the coach

Section 4: Transfer Rules

1. Gymnasts who have competed in Artistic or FIG or UEG Performance Discipline events more than 12 months prior to the General competition may apply for transfer to General Gymnastics to the Regional GGTC, who will decide on acceptance and level.
2. A gymnastics CV must accompany all applications.
3. Once within GG, no return to the Artistic or FIG or UEG Performance disciplines will be permitted for 12 months after the F & V competition. Ex high level performers may compete at Gold Category 2 level only.
4. GGTC decisions on these matters shall be final.

Section 5: Coaching Qualifications

- The nominated lead coach must hold a qualification at Level 2 or above in General Gymnastics or Artistic Gymnastics.
- Coaches must hold an Award appropriate to the skills being performed by the gymnast.
- Level 1 coaches may assist a more highly qualified coach but only to the level to which they are qualified.
- ASC coaches may assist but only for those skills for which they are certificated and must be directly supervised by a L2 or higher coach.
- Only the coaches nominated on the entry forms will be allowed onto the arena.
- Coaches must hold current BG membership, proof of which may be asked for at registration.

Section 6: Dress Code

- Coaches must wear a tracksuit or tracksuit bottoms or full coverage dark coloured leggings &, a collared polo shirt or club T-shirt which should have a neckline of a professional nature and be full length. No vest tops allowed, and suitable footwear must be worn.
- Judges must wear navy / black jacket, navy / black skirt or trousers, white blouse / shirt.
- Jewellery, body piercing, and adornments are not permitted. Rings that cannot be removed must be sufficiently covered with protective tape.
- Long hair should be tied back appropriately to a suitable length for safety.
- Long fingernails present a risk to the gymnast and the coach and should therefore be kept reasonable length with no adornments.
- Dress code for Gymnasts: Leotards, full-length one-piece leotard (unitard), shorts and close-fitting T-shirt, leotard with leggings/footless tights or shorts will be allowed. For further guidance refer to the Dress Code on the BG web site. Bandages / supports where possible should be skin coloured, sports bras may be worn but must be skin coloured or same colour as leotards and in keeping with the overall look of the gymnast's attire.
- Gymnasts should work in bare feet. For reasons of safety covering the face or the head is not allowed.

Section 7: Welfare

- Event organisers will make every effort for a Welfare Officer to be present.
- The coach has a duty to ensure that the participant is adequately prepared for the event. During warm-up, judges may ask for a move to be removed if seemed unsafe to execute.
- It is the responsibility of the Competition Organiser / Welfare Officer as well as the coach NOT to let gymnasts continue to compete if they are showing signs of injury.
- It is the responsibility of the club to ensure that all parents/carers are aware of BG policy regarding photography and videoing taken at events.
- Coaches and officials are not permitted to video or photograph gymnasts, routines or any activity within the competition arena. Unless agreed with the organisers for educational purposes (e.g. GCSE or A Level evidence)
- Accredited photographers may be present at events. By entering an event, participants accept that they may be photographed.

Section 8: Judging

- The object of this competition structure is to encourage skill performance of high quality. The judging system will reinforce this, meaning that simple skills performed well may score higher than more advanced skills executed poorly. When constructing routines, technical execution should be a primary consideration for coaches and gymnasts.
- To re-enforce the above, marks will be deducted for poor execution during the whole routine. All moves and all links will attract deductions when performed poorly or not at all. These deductions will be 0.1, 0.3, or 0.5 depending on severity. Falls will be deducted at 1.0.
- Where possible, judged and evaluated Intention Sheets will be available to coaches for performance feedback information after the competition has closed. Scores will not be altered.
- For advanced levels and above music must be used by female gymnasts. The human voice may be used as a musical instrument without words: Examples of the 'human voice' as an acceptable instrument are: humming, vocalising without words, whistling, chanting. Music using words will incur a penalty of 1.00 mark. Music produced by Disney, Andrew Lloyd Webber and Cirque Du Soleil is not permitted.
- Specific Floor judging see section 11
- Specific Vault judging see section 13

Section 9: Floor criteria

NOVICE		INTERMEDIATE		ADVANCED		BRONZE		SILVER		GOLD	
Max Skills	10	Max Skills	10	Max Skills	10	Max Skills	10	Max Skills	10	Max Skills	10
Max N° of skills from a group	5	Max N° of skills from a group	6	Max N° of skills from a group	6	Max N° of skills from a group	6	Max N° of skills from a group	6	Max N° of skills from a group	6
Skills Value	A	Skills Value	A,B	Skills Value	A,B,C	Skills Value	A,B,C ,D	Skills Value	A,B,C ,D,E	Skills Value	A,B,C,D, E,F
Special Requirements		Special Requirements		Special Requirements		Special Requirements		Special Requirements		Special Requirements	
1 x Skill Group 1	0.5	1 x Skill Group 1	0.5	1 x Skill Group 1	0.5	1 x Skill Group 1	0.5	1 x Skill Group 1	0.5	1 x Skill Group 1	0.5
1 x Skill Group 2	0.5	1 x Skill Group 2	0.5	1 x Skill Group 2	0.5	1 x Skill Group 2	0.5	1 x Skill Group 2	0.5	1 x Skill Group 2	0.5
1 x skill Group 3	0.5	1 x skill Group 3	0.5	1 x skill Group 3	0.5	1 x skill Group 3	0.5	1 x skill Group 3	0.5	1 x skill Group 3	0.5
2x12m matting		2x12m matting		12mx12m floor area		12mx12m floor area		12mx12m floor area		12mx12m floor area	
Floor length (seconds)	Max 75	Floor length (seconds)	Max 90	Floor length (seconds)	60-90	Floor length (seconds)	60-90	Floor length (seconds)	60-90	Floor length (seconds)	60-90
Music	No	Music	No	Music (Girls only)	Yes	Music (Girls only)	Yes	Music (Girls only)	Yes	Music (Girls only)	Yes
Choreography	No	Choreography (Girls only)	Yes	Choreography (Girls only)	Yes	Choreography (Girls only)	Yes	Choreography (Girls only)	Yes	Choreography (Girls only)	Yes

Score calculation for floor

Difficulty

The D (difficulty) score is calculated from

- the 10 highest counting skills (to the benefit of the gymnast)
- the value for each Element group requirement

Additional skills will receive no value.

Execution

The E (execution) score will be out of 10. Deductions for poor execution will be taken from that.

Deductions are 0.1, 0.3, 0.5 or 1.0 (for a fall)

Penalties

Penalties will be applied to the score for -

- Exceeding the maximum time limit: 0.50
- Using prohibited music: 1.0
- Not submitting intention sheets at the specified time: 0.3
- Lack of respect for officials and fellow competitors: 0.3

The final score will be Difficulty + Execution - Penalties

Example 1:

Routine contains 10 skills of "A" value that cover all three element groups. Difficulty: 1.0 (value) + 1.5 (groups) = 2.5

Start score will be 12.5

Example 2:

Routine contains 5 skills of "A" value and 4 skills of "B". Only 2 element groups are covered. Difficulty: 1.3 (value) + 1.0 (groups) = 2.3

Penalty: 1.0 (short routine)

Start score will be 11.3

Section 10: Floor skill groups and levels

Group 1: Jumps, Leaps, Turns

A Elements (0.1)	B Elements (0.2)	C Elements (0.3)	D Elements (0.4)	E Elements (0.5)	F Elements (0.6)
Stag leap or jump		Split leap or jump (150°)	Split leap or jump (180° split)	Change leg split leap or jump (180° split)	Change leg side split leap (Johnson) (180° split)
			Side leap (180° split)		
Tuck jump	Tuck jump ½ turn	Tuck jump full turn			
			Sissone		Ring Jump (foot head height)
Cat leap	Cat leap ½ turn	Cat leap full turn			
Straight jump	Jump ½ turn	Jump full turn	Jump 1 ½ turn	Jump double turn	
Star jump	Scissor kick		Straddle jump	Shushunova	1/2 turn Shushunova
Half turn on Toes	1/2 Spin	Full Spin	1½ Spin	Double spin	
	W jump (leg at 45°)	W jump (leg at 90°)			
			Jump to Prone	Jump 1/2 Turn to Prone	
			1/2 wolfe spin	Full wolfe spin	
			Full spin 1 leg extended 45°	Full spin 1 leg extended 90°	Full spin 1 leg Shoulder height

Group 2: Strength & Balances

A Elements (0.1)	B Elements (0.2)	C Elements (0.3)	D Elements (0.4)	E Elements (0.5)	F Elements (0.6)
1 leg balance	Arabesque	Y scale (leg above waist height)	Y Scale (leg at shoulder height)		
Japana (up to 45° chest)	Japana (flat back, chest to floor)	Japana Swim Through			
Bridge					
Splits (F or S)		Needle stand – must be 180° split	3 way splits		
Front support	Press up		Fall to Prone Jump to Straddle Stand		
Back Support	Fall to prone push to Front Support	Swedish Fall			
Piked V sit (hand supp.)	Piked V sit (no supp.)	Tuck 'Russian' Lever	Straddle 'Russian' Lever	Full V 'Russian' lever	Mana
Dish shape (arms down)	Dish shape (arms up)				
Arch Shape		Tucked top planche (knees resting on inside of arms)		Tucked top planche (knees in front of elbows)	Tucked top planche (knees behind elbows)
Frog balance					
½ lever (1 foot on floor)	1/2 lever (pike/straddle)		Straddle stand press to h/stand	Straddle lever to handstand	Healey turn
Shoulder stand (hip supp)	Shoulder stand (no support)			From splits, lift to handstand	Endo roll (handstand to handstand)
	Single Leg Circle	Half Double Leg Circle	Double Leg Circle		

Group 3: Rotations

A Elements (0.1)	B Elements (0.2)	C Elements (0.3)	D Elements (0.4)	E Elements (0.5)	F Elements (0.6)	
Forward Roll	Forward Roll to straddle stand	Forward roll to pike stand				
Back Roll to straddle stand	Back Roll to pike stand	Back Roll through h/stand	Back roll to Handstand	Back Roll to h/stand 1/2 turn		
	Handstand F roll (straight arms)	H/stand F Roll straddle exit	H/stand FR piked exit			
Handstand return to feet	Handstand ½ turn	Handstand full pirouette	Handstand 1½ pirouette	Handstand double pirouette		
Bunny Hop / Jump - (High)	Tuck Bunny Hop to Handstand -(exit optional)		Pike Bunny Hop to Handstand - (exit optional)			
	Forward walkover					
Bridge kickover	Backward walkover	Tic toc	Valdez	Pike Back somi		
		Flic to 2 feet	Tucked Back Salto	Straight back somi		Straight back somi 1/2 twist
	Dive C/wheel (must show flight)	Flic to 1 foot				Straight back somi 1/1 twist
Cartwheel (side to side)		Free Cartwheel				
1 Arm Cartwheel	Cartwheel ¼ turn out			Side somi		
Cartwheel ¼ turn in (Front to Back)	Roundoff			Free Forward Walkover		
Egg roll (leg shape optional)						
Circle ('teddy bear') roll 360°			Tucked Front Salto	Pike Front Salto		
				Straight Front Salto	Front somi 1/2 twist	
		Handspring to 2 feet	Flyspring		Front somi 1/1 twist	
		Handspring to 1 foot				

Section 11: Floor scoring & General deductions

General guidelines for floor

- Deductions will be 0.1, 0.3, 0.5 and 1.0 marks for a fall
- For each additional skill over the maximum allowance per group the skill will receive no value (chronological order)
- Skills can be repeated but they will receive no value and may incur execution deductions
- Unless otherwise stated all Group 2 balances should be held for minimum of 2 seconds
- C value and above handstand skills must be held 2 seconds
- For each missing skill below the minimum requirement a penalty of 1.0 will be incurred
- Intermediate Level and above, Intention sheets must be submitted prior to the competition, or 0.3 penalty will be incurred per gymnast
- Lack of respect for competition officials and fellow competitors will incur a penalty of 0.3 per incident
- Use of Words, Disney, Andrew Lloyd Webber music a 1.0 penalty will be incurred by gymnast

General Deductions: Floor	Small	Medium	Large	Major
Deductible each skill				
Bent legs	0.10	0.30	0.50	
Legs apart	0.10	0.30	0.50	
Bent arms	0.10	0.30	0.50	
Body shape	0.10	0.30	0.50	
Fall				1.00
Lack of height in jumps and leaps	0.10	0.30		
Not holding a held skill		0.30 (less than 2 seconds)	0.50 (not held)	
Landing or touching with one foot or one hand outside the floor area	0.10			
Touching with feet, hands, foot and hand, or with any other part of the body, outside of the floor area or landing directly outside the floor area	0.30			
Each missing skill below minimum requirement				1.00
Coaches Prompting (each time max 3.0)			0.50	
Exceeding the maximum time limit			0.50	
Pausing each time (3 seconds or more)	0.10			
Artistry (max 1.50 marks)				
Intermediate level and above:				
Lack of Choreography	0.10	0.30		
Lack of use of levels	0.10	0.30		
Advanced level and above:				
Out of time with music	0.10	0.30		
Lack of musicality	0.10	0.30		
Novice & Intermediate level lack of travel along the 12m floor strip (Steps between skills are not deductible Novice level only)			0.50	
Advanced level and above not using whole floor area			0.50	

Section 12: Vault criteria

Novice	Intermediate	Advanced	Bronze	Silver	Gold
Straight jump on to land, then handstand flat back (arms from behind). Cat 1 Under 10's No flight off the hands required, Cat 2 & Cat 1 Over 11's 2nd flight out of the Handspring 2.5	Straight jump on to land, then handspring flat back (arms from behind). 2nd flight out of the handspring Cat 1 Under 10's ONLY 2.5				
Handspring flat back Cat 1 Over 11's & Cat 2 ONLY 3.0	Handspring flat back 3.0	Handspring flat back 2.5			
		Handspring to feet 3.5	Handspring 3.5	Handspring 3.5	Handspring 3.5
		1/2 on to feet 3.0	Handspring 1/2 on OR 1/2 off 4.0	Handspring 1/2 on OR 1/2 off 4.0	Handspring 1/2 on OR 1/2 off 4.0
				Handspring 1/2 on & 1/2 off 4.5	Handspring 1/2 on & 1/2 off 4.5
					H/spring Full 4.8
					Handspring 1/2 on & Full off 5.0

Vault Heights

	Novice, Intermediate & Advanced		Bronze, Silver & Gold
	Jump	Mat pile	Vault
Up to 10 years	60cm	90cm	110cm
11+ Years	90cm	110cm Novice Cat1 (90cm)	120cm

Maximum **execution score** 10.00, **Routine construction:** D Score+ (E Score-Deductions) = Final Score, **Vault** (2.5)+ (10-2.0 Deductions)=**10.5 Final Score**

Section 13: Vault Deductions & Penalties

GENERAL GUIDELINES FOR ALL VAULTS

- Two attempts are allowed from the vaults listed above. Best score counts. Empty runs (gymnast runs but does not touch the apparatus) – void vault after 2 attempts.
- Gymnasts deemed not competent during warm up will be required to perform one of the alternatives, more suitable, vaults. Judges to advise
- Tall gymnasts may vault higher than specified when using full apparatus. This must be advised on the entry form
- Judges are looking for good technique and body form in the flight on, the action on and repulsion from vault, the flight off, and the landing
- Any physical assistance by the coach to deal with an unexpected problem on the day will incur a 2.00 deduction. Where the gymnast depends on support to perform the vault, the vault will be void. A simpler vault should be performed
- Any twisting vaults that have not completed more than 90% will be downgraded to the lower twisting vault
- Vault height – Age in year of competition

Jump on and kick to handspring flat back vaults

Phase	Execution Faults	Small	Medium	Large	Major
Straight Jump	Lack of height	0.10	0.30		
	Length of jump	0.10	0.30		
	Double bounce on board			0.50	
Landing on block	Landing over the 60cm line	0.1	0.30	0.50	
	Landing on 1 Foot			0.50	
	Hands on block				1.00
	Steps on landing (each time)	0.10			
Leading to Handstand	Stepping backwards or forwards before handstand so hands reach end of block	0.00			
		0.10	0.30		
	Failing to join legs	0.10	0.30	0.50	
	Shape leading to handstand, e.g. arms not from behind				1.00
	Forward roll		0.30 Fingers	0.50 Hands	
	Hands on safety mat (instead of block)				
Exit from handstand	Shape coming from handstand	0.10	0.30	0.50	
	Legs apart coming from handstand	0.10	0.30		
	<i>*(Novice Cat 1 11+ and Novice Cat 2 only)</i> <i>In Handspring lack of flight from hands*</i> <i>Falling back on the block*</i>			0.50 0.50	
Landing on safety mat		0.30			

General Deductions

Phase	Execution Faults	Small	Medium	Large	Major
Deductible in each phase	Bent legs	0.10	0.30	0.50	
	Legs apart	0.10	0.30	0.50	
	Bent arms	0.10	0.30	0.50	
	Body shape	0.10	0.30	0.50	
	1 footed take off from springboard				1.00
	Double bounce on board			0.50	

Mat pile and vaulting table

Phase	Execution Faults	Small	Medium	Large	Major
1 st & 2 nd Flight	Lack of height	0.10	0.30	0.50	
	Lack of flight	0.10	0.30	0.50	
Contact	Lack of turn of hands in half on skills	0.10 (1° -30°)	0.30 (31° -60°)	0.50 (60° -90°)	
Contact	Hand shuffle or slide	0.10	0.30		
Contact	Passing the handstand position not through the vertical.	0.10	0.30	0.50	
2 nd Flight	Lack of extension in preparation for landing.	0.10	0.30		
2 nd Flight	Low landing positions with hips below the knees.			0.50	
2 nd Flight	Incomplete twist for 2nd flight in half off or full off vaults	0.10 (1° -30°)	0.30 (31° -60°)	0.50 (60° -90°)	