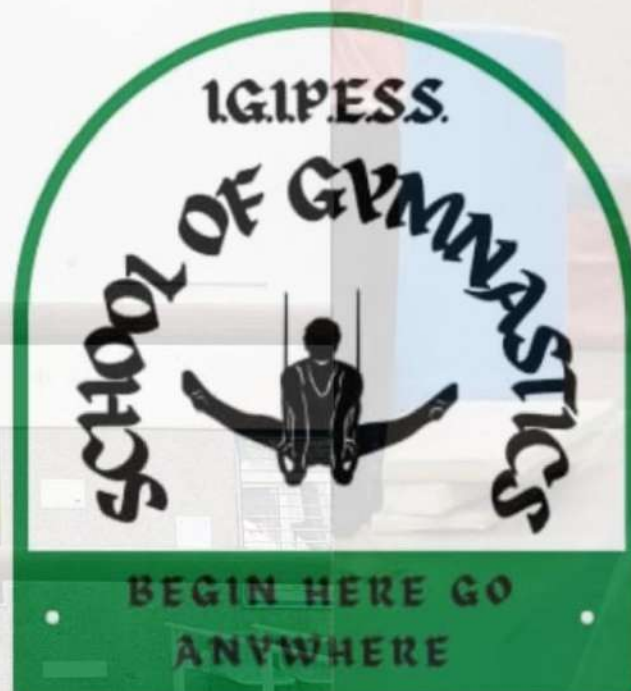


IGIPESS SCHOOL OF GYMNASTICS



**GRASSROOTS
LEVEL
GYMNASTICS
CHAMPIONSHIPS
2023-24**

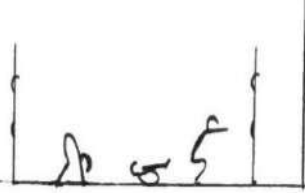
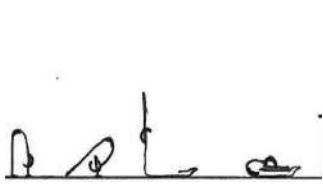
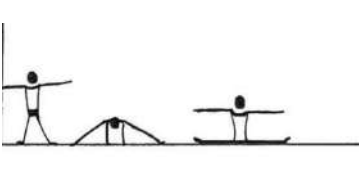

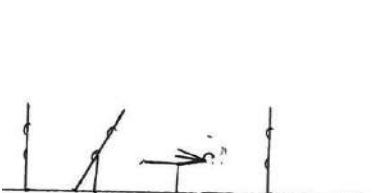


**BOYS AND
GIRLS
ARTISTIC
GYMNASTICS**

**CODE OF POINT 2023-24
(COP)**

Level I

Floor Exercise (Boys)

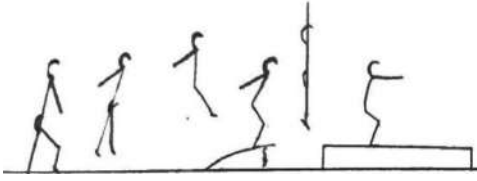
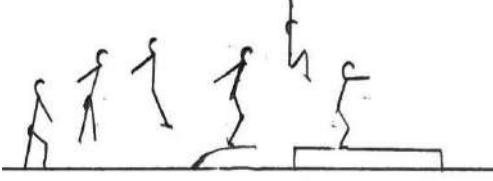

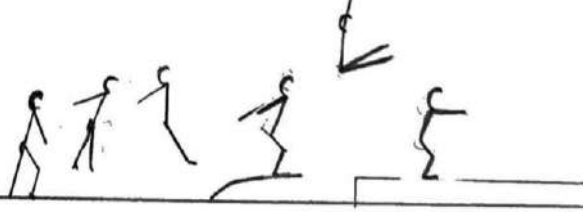
Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.0	2.0	2.0	2.0	2.0
Required Skill	Forward roll	Forward roll to pike Stretch	Split (forward Slide)	Lying Arch	T Balance
					
Technical Description	-Stand straight with hands up. -Bent forward. -Roll forward throughout tuck during landing.	-Placing hands too far or too close to the body and feet. -Bent forward. -Roll forward. -Throughout pike during landing.	-Stand straight with open legs. -Bent Forward in plank position. -Arms straight with split legs till 180°. -Hold in split position- Min. 2 sec.	-lie down in supine position fold arms and legs. -lift the body with maximum arch. -Shoulders min. 90° during Arch. -Hold the arch Min. 2 sec.	-Stand straight with close legs -raise any leg and stand on one. -Raise leg till 90° making T-position. -hold the leg min. 2 sec.
Typical Deduction	➤ Arms Bent - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Legs apart during the performance of the skill-0.30 ➤ Head touches the floor and elbows goes away from the body-0.30	➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed - 0.10 ➤ Legs apart during the performance of the skill-0.30 ➤ Head touches the floor and elbows goes away from the body-0.30	➤ Arms Bent -0.30 (Each time) ➤ Legs Bent 0.30 - (Each time) ➤ Less than 2 sec hold -0.50 ➤ Toes not pointed - 0.10 ➤ Unable to maintain upright position throughout the spilt move-0.30.	➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ Toes not pointed - 0.10 ➤ Less than 2 sec hold - 0.50 ➤ Legs apart during the performance of the skill-0.30.	➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Less than 2 sec hold -0.50 ➤ Toes not pointed - 0.10 ➤ Leg raises less than 90 degree-0.30

NOTE: 1. FLOOR ROUNTINE CONSISTS OF 5 SKILL.

2. ROUNTINE MORE THAN 70 sec -DEDUTION 0.50.

LEVEL I

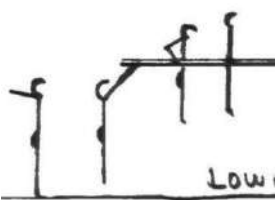
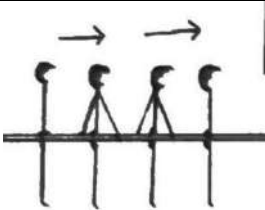
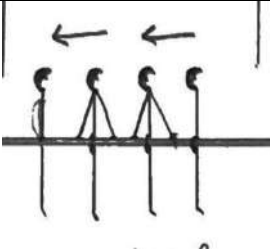
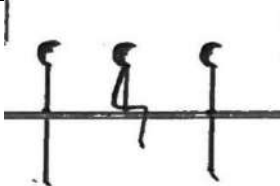
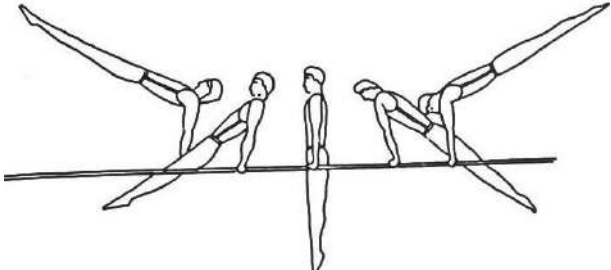
SOFT BOARD (BOYS)

Items	Skill 1	Skill 2	Skill 3	Skill 4
Skill Value	2.0	2.50	3.00	3.50
Required Skill	Vertical jump	Tuck jump	Pike jump	Straddle Jump
				
Technical Description	-Approach run maximum 10m run- hurdle to Take-off from both legs. -Vertical jump with stretched body -Land with both legs on landing mat.	-Approach run maximum 10m run- hurdle to Take-off from both legs. -Vertical jump with tuck body Land with both legs on landing mat.	-Approach run maximum 10m run - hurdle to Take-off from both legs. -Vertical jump with pike body. -Land with both legs on landing mat.	-Approach run maximum 10m run- hurdle to Take-off from both legs. -Vertical jump with Straddle body. -Land with both legs on landing mat.
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent 0.30 (Each time) ➤ Legs Bent 0.30 (Each time) ➤ Fall 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height 0.50 ➤ Improper vertical position in air 0.50 ➤ Feet not contacting board simultaneously 0.30 ➤ Legs apart during the performance of the skill-0.30 ➤ Toes not pointed -- 0.10 	<ul style="list-style-type: none"> ➤ Arms Bent 0.30 (Each time) ➤ Fall 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height 0.50 ➤ Improper Tuck position in air 0.50 ➤ Feet not contacting board simultaneously 0.30 ➤ Legs apart during the performance of the skill-0.30 ➤ Toes not pointed --0.10 	<ul style="list-style-type: none"> ➤ Arms Bent 0.30 (Each time) ➤ Legs Bent 0.30 (Each time) ➤ Fall 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height 0.50 ➤ Improper Pike position in air 0.50 ➤ Feet not contacting board simultaneously 0.30 ➤ Legs apart during the performance of the skill-0.30 ➤ Toes not pointed --0.10 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height - 0.503 ➤ Improper Straddle position in air - 0.50 ➤ Feet not contacting board simultaneously - 0.30 ➤ Toes not pointed -- 0.10

NOTE: - PERFORM ANY ONE SKILL.

Level I





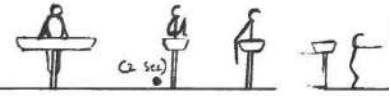
PARALLEL BAR (BOYS)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.0	2.0	2.0	2.0	2.0
Required Skill	Upper Arm Support position on Bars	Single hand alternate forward walking	Single hand alternate backward walking	Tuck Position Hold (2 Sec.)	-Pendulum swing x 3 times.
					
Technical Description	-Jump up to upper arm support position (support allowed). -Hold on to upper arm support position for min. 2 sec.	-From upper arm support position Walk using alternate in forward direction (Min. 4 steps).	-From upper arm support position Walk alternatively in backward direction (Min. 4 steps)	-From upper arm support position, Lift knees at 90 ⁰ (Tuck position) hold for 2 Sec.	- Emphasis on toes flick and heels raise during the forward backward swing. - Shoulders leans slightly forward and backward alternatively. -maintain the Position of the head.

Typical Deduction	<ul style="list-style-type: none">➤ Arms Bent - 0.30. (Each time)➤ Legs Bent -0.30. (Each time)➤ Toes not pointed – 0.10➤ Less than 2 sec hold - 0.50➤ Fall - 1.0➤ Legs apart during the performance of the skill - 0.30➤ Extra arms movement during support position -0.30➤ Steps/uncontrolled landing - 0.50 (Each time)	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed – 0.10➤ Fall - 1.0➤ Legs apart during the performance of the skill- 0.30➤ Steps/ uncontrolled landing - 0.50 (Each time)	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed – 0.10➤ Fall - 1.0➤ Legs apart during the performance of the skill - 0.30➤ Steps/ uncontrolled landing - 0.50 (Each time)	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed – 0.10➤ Less than 2 sec hold - 0.50➤ Fall - 1.0➤ Legs apart during the performance of the skill - 0.30➤ Extra arms movement - 0.30➤ Steps/ uncontrolled landing - 0.50 (Each time)	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed – 0.10➤ Fall 1.0➤ Legs apart during the performance of the skill- 0.30➤ Extra arms movement -0.30➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ In forward swings making a hook position- 0.30➤ In backward swings making a hook position-0.30
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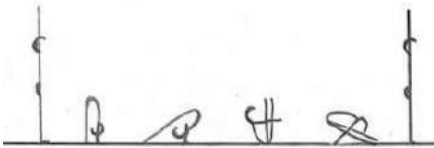
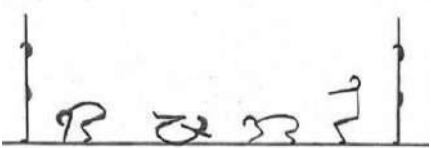
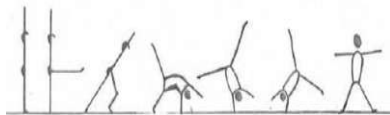
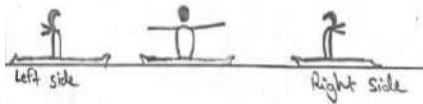
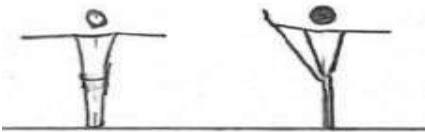
LEVEL I

POMMEL HORSE (BOYS)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.0	2.0	2.0	2.0	2.0
Required Skill	Upper arm support position on grips hold 2 sec.	Shifting on grips	Travel or walking (From grips to buck and back)	Leg raise/kick both sides × 2 times	Tuck position hold on grips (with support)
					
Technical Description	-Jump to stand on support position. -coach support is allowed. -Hold the position min. 2 sec.	-Shift the body weight on both arms alternatively × 2	-Travel the body from grips to buck and buck to grips -Body straight at all times.	--From upper arm support position swing alternate Leg sideways.	-From upper arm support position from pommel (grips) perform a tuck position. -Hold the position for two (2) seconds.
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Toes not pointed – 0.10 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs. 	<ul style="list-style-type: none"> ➤ Arms Bent -0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs. 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs. ➤ Leaning the upper body forward too much – 0.30 	<ul style="list-style-type: none"> ➤ Arms Bent -0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ Fall --1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs. ➤ Lack of leg raise at degree 120° -0.30 ➤ Leaning the upper body sideways too much – 0.30 ➤ Toes not pointed-0.10 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs. ➤ Failure to hold tuck position less than 2 sec. -0.30 ➤ Touching any other part during tuck position -0.10 (each time)

LEVEL II

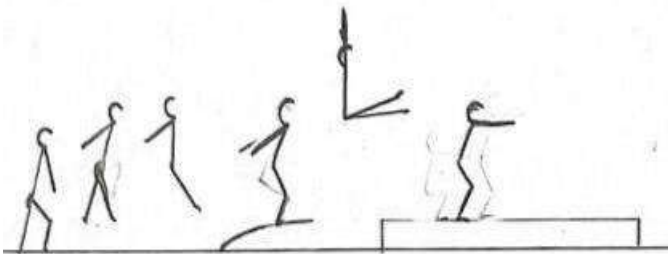
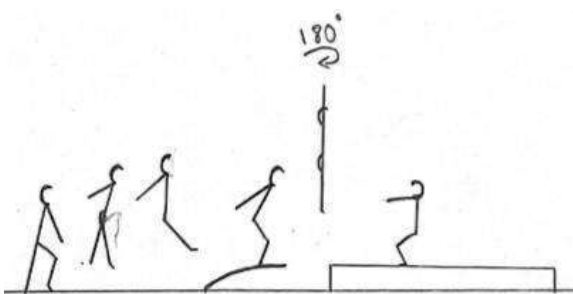
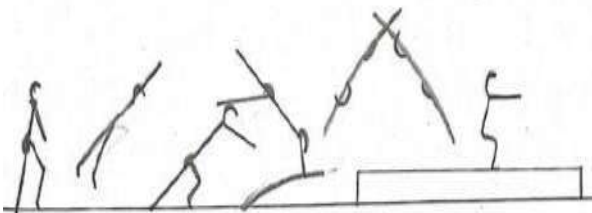
FLOOR EXERCISE (Boys)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.00	2.00	2.00	2.00	2.00
Required Skill	Forward straddle roll	Backward roll	Cartwheel	All side splits	Y balance
					
Technical Description	<ul style="list-style-type: none"> - Stand erect keeping arms stretched up by the side of the head. - Bend forward. - Roll forward and straddle. - Legs straight while straddle. 	<ul style="list-style-type: none"> -Stand erect facing backward to the mat. - Sit in Crouch position. - Move backward to start the roll, while the arms are folded beneath the shoulders. - Land on both legs without touching knees on floor. 	<ul style="list-style-type: none"> - Stand erect facing straight forward. - Bring the chest and the upper torso down on to the floor, while kick with the rear leg (right leg) towards upward and backward. - The head remains in between arms, and the arms straight throughout the cartwheel move. 	<ul style="list-style-type: none"> - Sit down in split position, head facing forward, chin lifted up and arms held in sideways at shoulder level. - Turn on both sides keeping the arms in same position. - Hold for 2 sec. on each side. 	<ul style="list-style-type: none"> - Stand on one (support leg). - Raise other leg sideways above the shoulder and hold the position for 2 sec. - Arms remain sideways. - Don't bend the knee while performing the skill.
Typical Deduction	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Placing the head on the mat instead of placing back of the neck during the forward straddle roll-0.50. 	<ul style="list-style-type: none"> ➤ Toes not pointed --0.10 ➤ Legs apart during the performance of the skill-0.30. ➤ Placing knees on the mat instead of placing of toes 0.30. 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Failure to maintain the imaginary straight line 	<ul style="list-style-type: none"> ➤ Less than 180-degree split- 0.30 ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed - 0.10 ➤ Less than 2 sec hold - 0.50 	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed - 0.10 ➤ Less than 2 sec hold - 0.50 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Less than leg raise 120 degree-0.30

	➤ Not touching the whole palm while standing state after the straddle roll-0.30.	➤ Placing the head on mat instead of placing back of the neck during roll-0.30	throughout the cartwheel move-0.50.		
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NOTE: 1. FLOOR ROUNTINE CONSISTS OF 5 SKILL.
2. ROUNTINE MORE THAN 70 sec -DEDUTION 0.50.

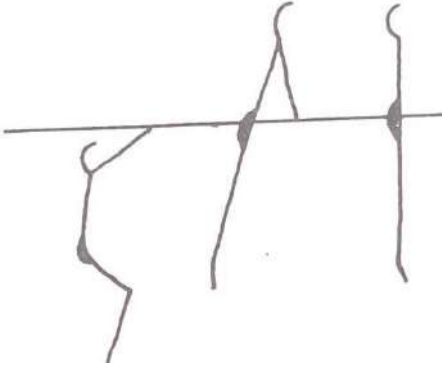
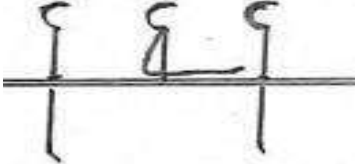
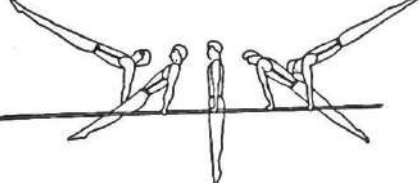
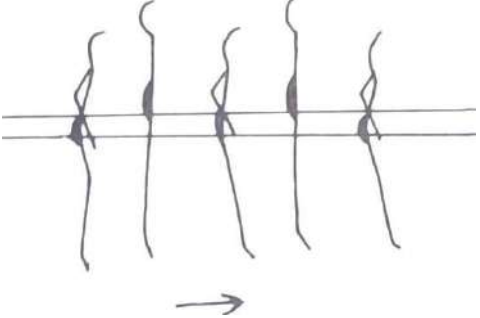
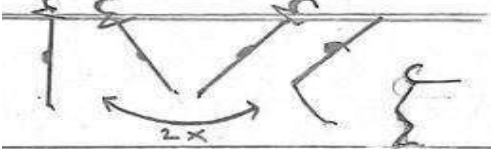
LEVEL II SOFT BOARD (BOYS)

Items	Skill 1	Skill 2	Skill 3
Skill Value	2.50	3.00	3.50
Required Skill	Straddle jump	Vertical jump to 1/2 turn	Handspring
			
Technical Description	<p>-From an approach run (max. 10 m) take-off from the board with both legs and arms swinging in back – front – upward direction.</p> <p>-At the height of the jump straddle and land on mat.</p>	<p>-From an approach run (max. 10 m) take-off from the board with both legs and arms swinging in back – front – upward direction.</p> <p>At the height of the jump turn 180° and land on mat.</p>	<p>-From an approach run (max. 10 m) reach out on to the spring board with arms swinging back to front.</p> <p>-Hop to handstand on board and push off strongly.</p> <p>-Keep the body straight in the push off phase and land on the mat.</p>
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height - 0.50 ➤ Improper Straddle position in air - 0.50 ➤ Feet not contacting board simultaneously - 0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height - 0.50 ➤ Improper vertical 180-degree turn position in air - 0.50 ➤ Feet not contacting board simultaneously - 0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height in push off phase - 0.50 ➤ Improper handspring flat position in air - 0.50 ➤ Hands not contacting board simultaneously - 0.30 ➤ Toes not pointed -- 0.10 ➤ Legs apart during the performance of the skill- 0.30

	➤ Toes not pointed -- 0.10	➤ Toes not pointed -- 0.10 ➤ Legs apart during the performance of the skill-0.30	
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NOTE: - PERFORM ANY ONE SKILL.

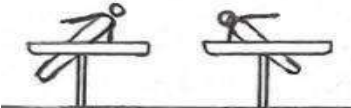


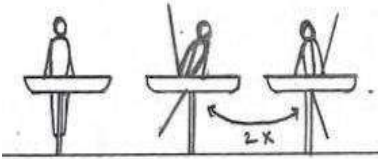
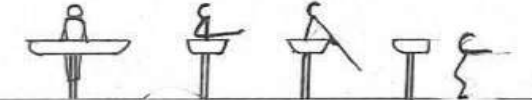
LEVEL II PARALLEL BARS (BOYS)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.00	2.00	2.00	2.00	2.00
Required Skill	Upper arm support position on Bars (Hold 2 sec.)	L-position (hold 2sec)	Pendulum swing X 2 times	Double hand walking	Under arm swing
					
Technical Description	<ul style="list-style-type: none"> - Stand under the parallel bar. - Holding the bar with straight arms jumps. - Pull the bar while raising the body onto support position 	<ul style="list-style-type: none"> - From upper arm support position execute “L” position. – Keep the body tight with chest little extended, head high, legs parallel to the bars. - Hold for 2 Sec. 	<ul style="list-style-type: none"> -Emphasis on toes flick and heels raise during the forward backward swing. - Shoulders leans slightly forward and backward alternatively. -maintain the Position of the head. 	<ul style="list-style-type: none"> - In the same position practice double hand walking while pushing and re-grasping the bars. 	<ul style="list-style-type: none"> - grasp the bars so that the elbow are in front of the shoulders and the shoulders should be above the level of the bar. Lead the downward – backward swings with the heel to form a straight body, and the hip are above the bar in order to obtain max. speed in the swing
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent on support position - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Less than 2 sec. hold - 0.50 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Less than 2 sec. hold - 0.50 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Fall - 1.0 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Legs apart during the performance of the skill - 0.30 	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Legs apart during the performance of the skill - 0.30

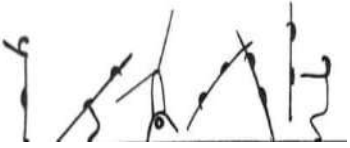

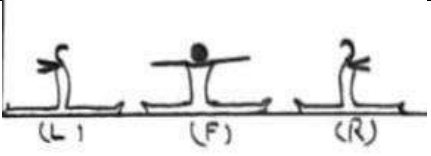



	<ul style="list-style-type: none">➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill - 0.30➤ Extra arms movement - 0.30	<ul style="list-style-type: none">➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill - 0.30➤ Extra arms movement - 0.30	<ul style="list-style-type: none">➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill - 0.30➤ Extra arms movement - 0.30➤ In forward swings making a hook position- 0.30➤ In backward swings making an arch position-0.30	<ul style="list-style-type: none">➤ Extra arms movement - 0.30	<ul style="list-style-type: none">➤ In forward swings making a hook position- 0.30➤ In backward swings making an arch position-0.30
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LEVEL II

POMMEL HORSE (BOYS)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.00	2.00	2.00	2.00	2.00
Required Skill	Shifting on grips x 4 times	Travel or walking (From grips to buck and back)	Legs in and out X2	Scissor swing X2	L- hold to Dismount
					
Technical Description	- form upper arm support position. -shifting of body weight n alternate hand.	-Travel the body from grips to buck and buck to grips -Body straight at all times.	- form upper arm support position on handles and raise one leg, kick inside and don't touch thighs on pommel horse, and kick backward side to support position.	-Support form position on handles raises one leg and back inside make a scissor position and swing 2 times each side.	-L position hold on grips and dismount towards side land on landing mat.
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs. 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs. ➤ Leaning the upper body forward too much – 0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Toes not pointed – 0.10 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs ➤ Failure to swing the legs up to the shoulders level-0.30 ➤ While performing the skill touch thigh on grips - 0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs

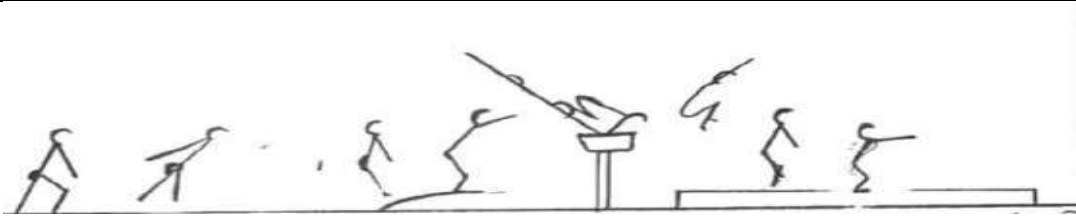
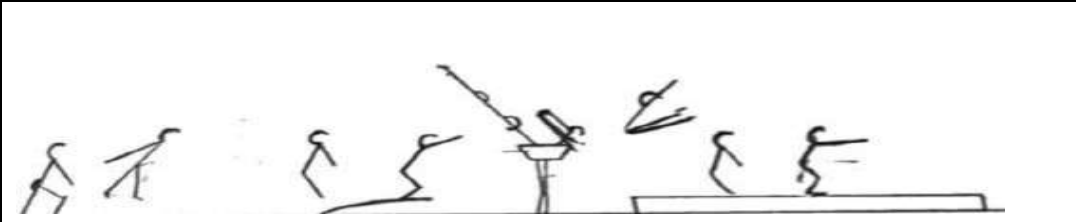
Level III FLOOR EXERCISE (BOYS)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6
Skill Value	2.00	2.00	1.00	2.00	1.00	2.00
Required Skill	Round of vertical jump	Straight leg backward roll	Split (3 side)	Hand stand hold 2 seconds	L-Hold 2 seconds	Flying Dive roll
						
Technical Description	<ul style="list-style-type: none"> -Hop and step run. -Simultaneous placement of hands and legs kick in backwards-upward direction. -Turning the body with the upper body and hands leading the turn. -during the landing, snap down the feet by flexing the hips. 	<ul style="list-style-type: none"> Stand straight. Push down for long sitting position. Push the body to roll backward keep the leg straight. Land straight on both legs. 	<ul style="list-style-type: none"> -Sit on floor in split position. -During the leg split sitting position, keep the back straight and the head up. -Legs open Min 180°. -split in all directions. -Hold min. 2 sec. (each direction) 	<ul style="list-style-type: none"> - drive the supporting leg forward and shifting the body weight on supporting leg. -Flex the front leg, lean forward, upper body rounded and contact the hands. Placement of open palms and simultaneous. - Kicking of rear leg backward and vertically upward. - Kicking of the supporting leg and join it to the real leg and holding the stand. 	<ul style="list-style-type: none"> -Sit in long sitting position Lift the lower body in L position -hold min. 2 seconds 	<ul style="list-style-type: none"> --Run with hop and step. -take the body off from the ground by extension of knee and forcefully swing the hands forward. -raise heels for upper body rotation as the body fly. -approach towards the floor for roll.

Typical Deduction	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent in vertical jump - 0.30➤ Toes not pointed --0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Failure to snap the feet by flexing of hips-0.30	<ul style="list-style-type: none">➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed -- 0.10➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill-0.30➤ Head touches the floor and elbows goes away from the body-0.30	<ul style="list-style-type: none">➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Less than 2 sec hold - 0.50➤ Unable to maintain upright position throughout the spilt move-0.30.	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Ben in handstand position - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Less than 2 sec hold - 0.50➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Placing arms too far or too close to the feet.0.30.	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Less than 2 sec hold - 0.50	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Toes not pointed -- 0.10➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill-0.30➤ Unable to achieve hyper-extended position-0.30

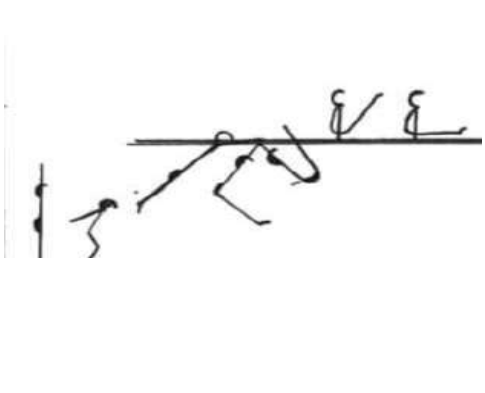
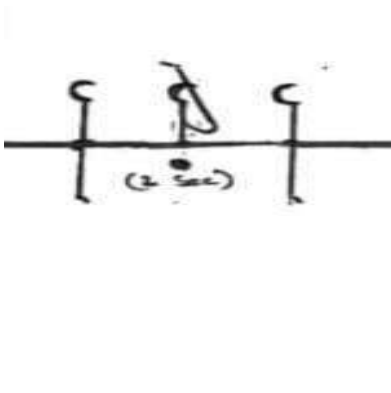
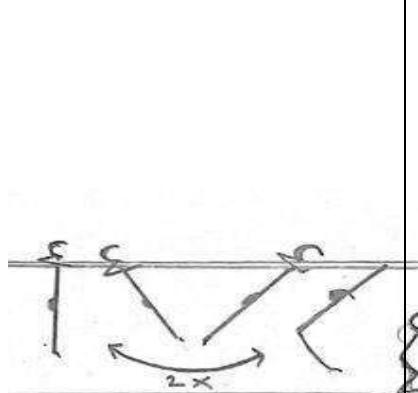
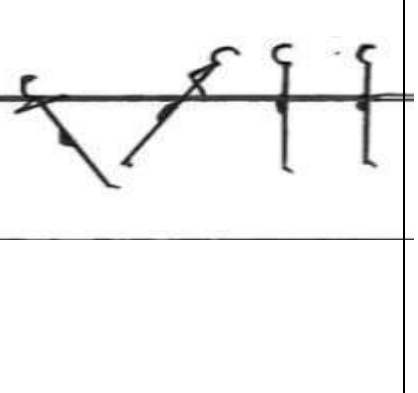
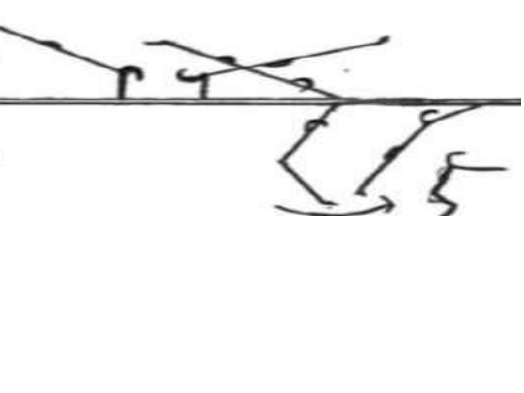
NOTE: 1. FLOOR ROUTINE CONSISTS OF 6 SKILL.
2. ROUTINE MORE THAN 70 sec -DEDUTION 0.50.

LEVEL III
BUCK HORSE (BOYS)

Items	Skill 1	Skill 2
Skill Value	3.00	3.50
Required Skill	Stoop Vault	Straddle Vault
		
Technical Description	<ul style="list-style-type: none">- Form an approach run (max. 10m)- take-off from the board.- As arm contact the buck horse, thrust out from shoulders and chest while hip flex slightly legs stoop.- land on mat	<ul style="list-style-type: none">- - Form an approach run (max. 10m)- take-off from the board.- As arm contact the buck horse, thrust out from shoulders and chest while hip flex slightly legs straddle.- land on mat
➤ Typical Deduction	<ul style="list-style-type: none">➤ Arms Bent - 0.30(Each time)➤ Fall - 1.00➤ Steps/ uncontrolled landing 0.50 (Each time)➤ Lack of Height - 0.50➤ Improper stoop vault position in air - 0.50➤ Feet not contacting board simultaneously - 0.30➤ Toes not pointed -- 0.10➤ Legs apart during the performance of the skill-0.30➤ Improper placement of hands -0.30➤ Lack of push due to absence of thrust from shoulders and chest-0.30	<ul style="list-style-type: none">➤ Arms Bent - 0.30(Each time)➤ Legs Bent - 0.30(Each time)➤ Fall - 1.00➤ Steps/ uncontrolled landing 0.50 (Each time)➤ Lack of Height - 0.50➤ Improper straddle position in air - 0.50➤ Feet not contacting board simultaneously - 0.30➤ Toes not pointed -- 0.10➤ Improper placement of hands-0.30➤ Lack of push due to absence of thrust from shoulders and chest-0.30

NOTE: - PERFORM ANY ONE SKILL.






LEVEL III
PARALLEL BAR (BOYS)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.00	2.00	2.00	2.00	2.00
Required Skill	Long up start (slide kip)	V - Hold 2 second	Under arm swing	Back up rise	High swing to side dismount
					
Technical Description	<p>-take off from spring board and swing the body under the bars while slide the hands/palms on the bars.</p> <p>-formation of tight flight pike and extension of body.</p> <p>-pulling off bars while lifting the upper body and position of the head.</p>	<p>- Upper arm support position</p> <p>-Raise your legs to pike position</p> <p>-Hold min. 2 seconds.</p>	<p>- grasp the bars so that the elbow is in front of the shoulders and the shoulders should be above the level of the bar.</p> <p>Lead the downward – backward swings with the heel to from a straight body, and the hip are above the bar in order to obtain max. speed in the swing</p>	<p>-upper arm support position</p> <p>- swing in forward and backward direction by a strong whip action and support position.</p>	<p>-Pendulum swing.</p> <p>-Legs raise Min. 90⁰ at horizontal level</p> <p>Swing backwards and forward.</p> <p>-push sideways to land on the mat.</p>
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms bent-0.30 ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Less than 2 sec hold (I position) - 0.50 ➤ Legs apart during the performance of the skill - 0.30 ➤ Extra arms movement - 0.30 ➤ Failure of executing hyperextension of the hips at 	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Arms bars-0.30 ➤ Toes not pointed – 0.10 ➤ Less than 2 sec hold - 0.50 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) 	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Legs apart during the performance of the skill - 0.30 ➤ In forward swings making a hook position- 0.30 	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill - 0.30 ➤ Extra arms movement - 0.30 	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Less than 2 sec hold - 0.50 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill - 0.30 ➤ Extra arms movement - 0.30

	the end of swing before executing a tight pike-0.30	<div>➤ Legs apart during the performance of the skill - 0.30</div> <div>➤ Extra arms movement - 0.30</div>	<div>➤ In backward swings making an arch position- 0.30</div>	<div>➤ Extra arms movement – 0 .30</div> <div>➤ In forward swings making a hook position- 0.30</div> <div>➤</div>	<div>➤ In forward swings making a hook position- 0.30</div> <div>➤ In backward swings making an arch position-0.30</div>
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LEVEL III

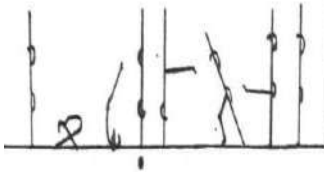

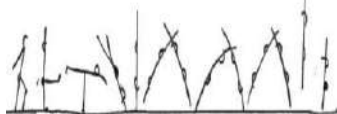
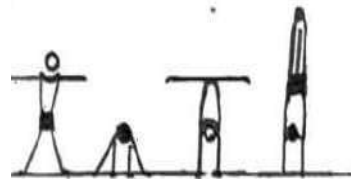
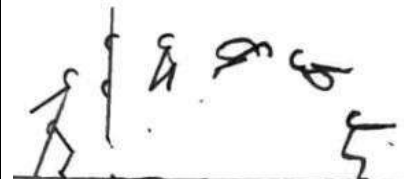
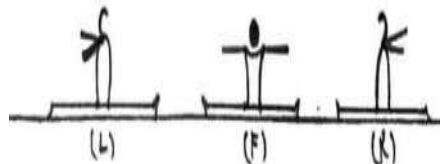
POMMEL HORSE (BOYS)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.00	2.00	2.00	2.00	2.00
Required Skill	Travel or walking (From grips to buck and back)	1 Leg circle × 2 (each leg)	Both leg half circle	Scissors cut one side	Dismount L-Hold
					
Technical Description	<ul style="list-style-type: none"> -Travel the body from grips to buck and buck to grips -Body straight at all times. 	<ul style="list-style-type: none"> - From upper arm supporting position. - Simultaneous lifting of left leg and swinging of right leg. - shifting of body weight an alternate hand. 	<ul style="list-style-type: none"> - From upper arm supporting position. -Extension of the body. -maintain the position of the head. -Distribution of body weight and round both leg half circle. 	<ul style="list-style-type: none"> -Body lift should come from the shoulder. -proper shifting of the body weight. -shoulders position over the pommel. 	<ul style="list-style-type: none"> -Stand on pommel -Take both the legs forward -Raise both legs in L position. -Hold for 2 sec. Push forward to dismount
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.0 ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs. 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Toes not pointed – 0.10 ➤ Deduction of 0.30 (each time) touching any other body part except holding 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Toes not pointed – 0.10 ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs. 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Toes not pointed – 0.10 ➤ Unable to swing the rear leg up high by lifting the body from the shoulder line instead of lifting leg 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Toes not pointed – 0.10 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and

	<p>➤ Leaning the upper body forward too much – 0.30</p>	<p>of grips and touching of front part of the thighs.</p>	<p>➤ Legs apart during the performance of the skill - 0.30</p>	<p>from the pelvic joint only- 0.30</p> <p>➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs.</p>	<p>touching of front part of the thighs.</p> <p>➤ Less than 2 sec hold-0.30</p>
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LEVEL IV

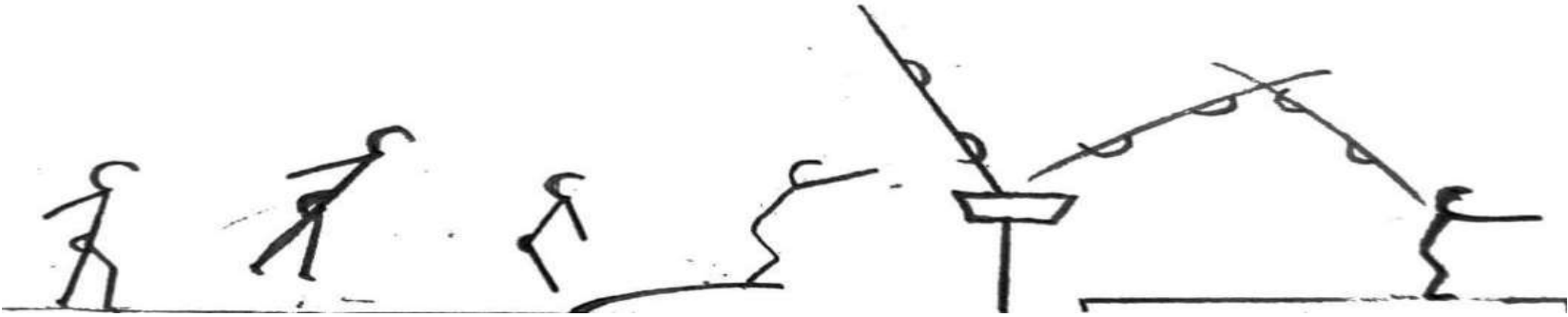
FLOOR EXERCISE (BOYS)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6
Skill Value	2.00	2.00	2.00	1.00	2.00	1.00
Required Skill	Backward roll to handstand	One leg Handspring	Round off backflip	A class press to handstand	Front Salto	3 side leg splits
						
Technical Description	<ul style="list-style-type: none"> -perform same movement as discussed on backward roll -quickly kick legs backward-upward and extend the hip as it passes over the chest. -Lift the whole body up to the handstand position by quickly extending the elbow for the support. -keep the head between the arms. 	<ul style="list-style-type: none"> -take off your body, place, your hand away from your body and kick up your legs in slightly arch position while landing slightly bend your knees. -during this head remains in line with the body. 	<ul style="list-style-type: none"> -Hop and step run. -Simultaneous placement of hands and legs in backwards-upward direction. -Turning the body with the upper body and hands leading the turn. - as the body moves horizontally backward - downward keep the head line with the body and the upper torso not over arched, while execute a strong leg drive. -the head remains in line with the body. 	<ul style="list-style-type: none"> -slightly open your legs bend forward, raise your Heels up in handstand position hold for 2 second. 	<ul style="list-style-type: none"> -from erect standing position, step-out and execute few running steps movements. -reach on to the mat keeping arms by the side of the head with sharp and low beat. -execute a strong and quick jump while swing arms front to reward. -flex the head for rotation. -lift the hip over the shoulder while tuck the body. -now look at the floor and extend the body. 	<ul style="list-style-type: none"> -Sit on floor in split position. -During the leg split sitting position, keep the back straight and the head up. -Legs open Min 180°. -split in all directions. -Hold min. 2 sec.

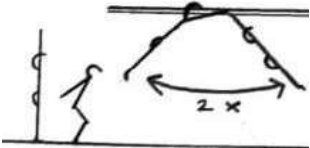
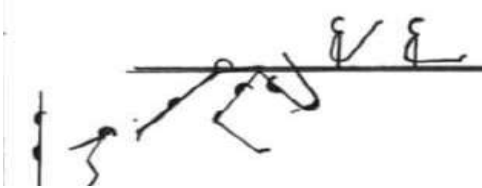
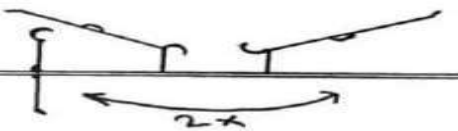

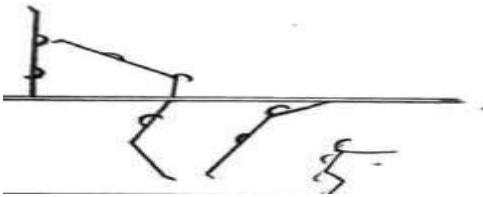
Typical Deduction	<ul style="list-style-type: none">➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled hands movement - 0.50 (Each time)➤ Failure to kick legs vertically upward- 0.30➤ Arch during handstand-0.30➤ Head touches the floor and elbows goes away from the body- 0.30	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Pulling the head in during the handspring move-0.50➤ Head touches the floor and elbows goes away from the body-0.30	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Failure to maintain the upper body rounded not hollowed-0.30	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Less than 2 sec hold - 0.50➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Unable to lift hip over the shoulder and tuck the body completely – 0.50	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Less than 2 sec hold - 0.50➤ Unable to maintain upright position throughout the spilt move-0.30
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NOTE: 1. FLOOR ROUTINE CONSISTS OF 6 SKILL.
2. ROUTINE MORE THAN 70 sec -DEDUTION 0.50.

LEVEL IV **TABLE VAULT (BOYS)**

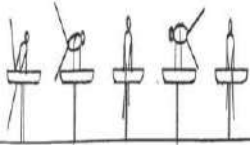
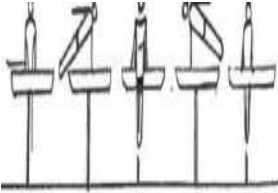
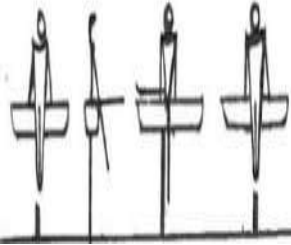
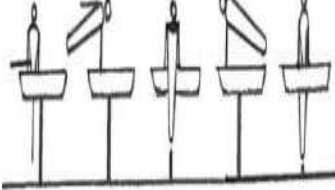
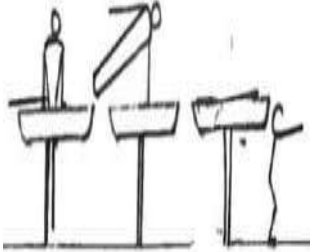
Items	Skill 1
Skill Value	14.00
Required Skill	Handspring
	
Technical Description	Start from the runway track, jump from the spring board, take first flight place, your hands on vault, take push from the vault Take second flight, slightly bend your knees while landing position
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Improper Handspring position - 0.50 ➤ Feet not contacting board simultaneously - 0.30 ➤ Toes not pointed -- 0.10 ➤ Legs apart during the performance of the skill-0.30 ➤ Inadequate heel raises towards – backward- upward resulting in hip thrust forming a pike body – 0.50. ➤ Any part of body touch on the vault except palm - 0.50

LEVEL IV **PARALLEL BARS (BOYS)**

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.00	2.00	2.00	2.00	2.00
Required Skill	Long swing x2	Upstart	High swing x2	Swing to handstand	Handstand to side Dismount
					
Technical Description	-start your routine with the help of spring board grab the parallel bars taking high swing x2.	-Take-off from spring board and swing the body under the bars while slide the hands/palms on the bars. -formation of tight flight pike and extension of body. -pulling off bars while lifting the upper body and maintain position of the head.	Stand on the bars move your lower body forward and backward take high swing x2	Take high swing Backward side stretch your shoulder in handstand position hold for 2 seconds	Handstand on the bars, get down away from the bars in chair sit position.
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Legs apart during the performance of the skill - 0.30 ➤ Extra arms movement - 0.30 ➤ In forward swings making a hook position- 0.30 ➤ In backward swings making a hook position-0.30 	<ul style="list-style-type: none"> ➤ Arms bent-0.30 ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Less than 2 sec hold (I position) - 0.50 ➤ Legs apart during the performance of the skill - 0.30 ➤ Extra arms movement - 0.30 ➤ Failure of executing hyperextension of the hips at the end of swing before executing a tight pike-0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Fall - 1.0 ➤ Legs apart during the performance of the skill - 0.30 ➤ Extra arms movement - 0.30 ➤ In forward swings making a hook position- 0.30 ➤ In backward swings making a hook position-0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Fall - 1.0 ➤ Legs apart during the performance of the skill - 0.30 ➤ Extra arms movement - 0.30 ➤ Arch during handstand-0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ hold - 0.50 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill - 0.30 ➤ Extra arms movement - 0.30

Level IV

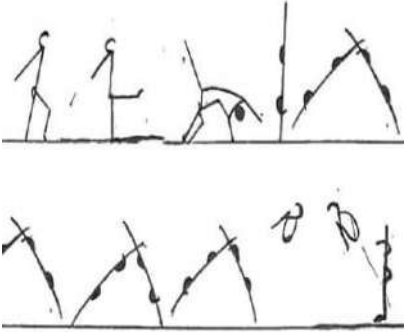
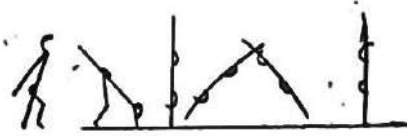
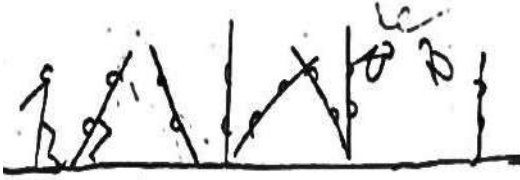


POMMEL HORSE (BOYS)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.00	2.00	2.00	2.00	2.00
Required Skill	Scissors both side	Both leg one circle on grips	Undercut	Side circle ×1	Half circle (side dismount)
					
Technical Description	-body lift should come from the shoulder -proper shifting of the body weight. Shoulders position over the pommel.	Kick your legs in circular motion complete 1 circle on grips	. kip up your both legs 1 leg cut in your back side	One hand on handle one hand on buck complete 1 circle × 1	Start a circle, after doing half circle turn your body at 45° angle and stay down in chair sit position.
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Toes not pointed – 0.10 ➤ Deduction of 0.30 (each time) touching any other body part except holding of 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Toes not pointed – 0.10 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Toes not pointed – 0.10 ➤ Deduction of 0.30 (each time) touching any other body part except holding of 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Deduction of 0.30 (each time) touching any other body part except holding of 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Deduction of 0.30 (each time) touching any other body part except holding of

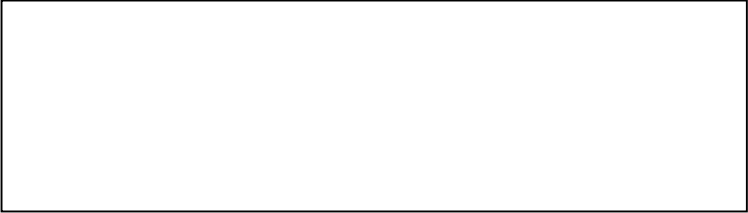

	<p>grips and touching of front part of the thighs.</p>	<p>➤ Steps/ uncontrolled landing - 0.50 (Each time)</p> <p>➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs.</p>	<p>grips and touching of front part of the thighs.</p>	<p>➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs.</p>	<p>grips and touching of front part of the thighs.</p>
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LEVEL V

FLOOR EXERCISE (Boys)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.00	1.50	1.50	1.50	1.00
Required Skill	Round off back flip Salto (tuck)	both leg handspring	Round off Salto (tuck)	Front Salto (pike)	. Leg split to press handstand
					
Technical Description	<ul style="list-style-type: none"> -Running and hop to Round Off -Perform backflip in continuation after round off -Perform back (tuck) in continuation after back Salto (Backflip back). 	<ul style="list-style-type: none"> -Running and hop to one leg handspring -Perform both leg handspring in continuation after one leg. 	<ul style="list-style-type: none"> -Running and hop to Round Off -Perform back Salto (tuck) in continuation after round off. 	<ul style="list-style-type: none"> -Running and hop to over arm jump -Rotate the body in pike position Land on both legs. 	<ul style="list-style-type: none"> Sit in split position Press the hands to raise hips up to handstand Hold min. for 2 seconds
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent in round off and back handspring - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill- 0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill-0.30 ➤ Pulling the head in during the handspring move-0.50 ➤ Head touching the mat-0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent in roundoff - 0.30 ➤ Toes not pointed --0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill-0.30 ➤ Failure to draw the knees and left hips upward over the chest during the tuck-0.50 	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill- 0.30 ➤ Flexing the head too early for the rotation-0.50 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed - 0.10 ➤ Less than 2 sec hold - 0.50 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time)

	➤ Failure to draw the knees and lift hips upward over the chest during the tuck-0.50				
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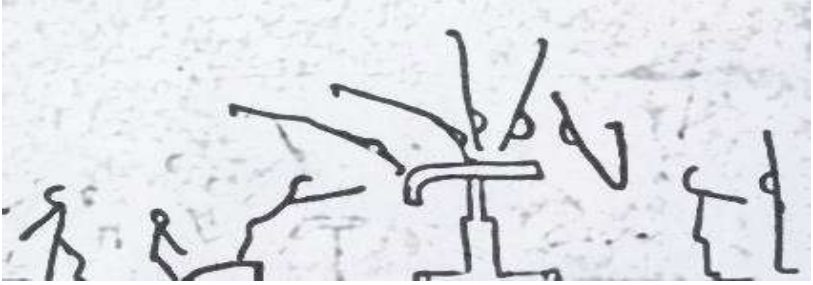

Items	Skill 6	Skill 7
Skill Value	1.00	1.50
Required Skill	Round off back flip (2x)	V hold
		
Technical Description	<ul style="list-style-type: none">-Running and hop to Round Off-Perform backflip in continuation after round off x 2-Legs & hands straight	<ul style="list-style-type: none">-Sit in long sitting position-Raise lower body from L to V position-Hold Min. for 2 seconds
Typical Deduction	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill-0.30➤ Pulling the head in during the backflip move-0.50➤ Head touching the mat-0.30	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Less than 2 sec hold - 0.50➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill-0.30

NOTE: 1. FLOOR ROUNTINE CONSISTS OF 7 SKILL.

2. ROUNTINE MORE THAN 70 sec -DEDUTION 0.50.

LEVEL V

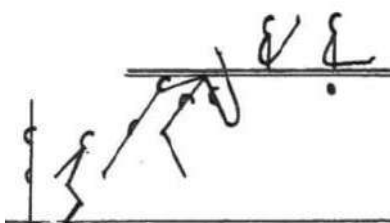
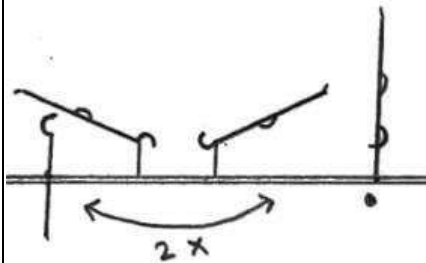
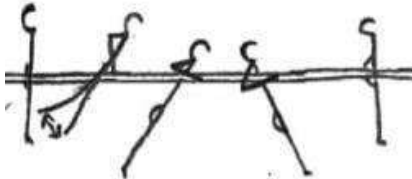
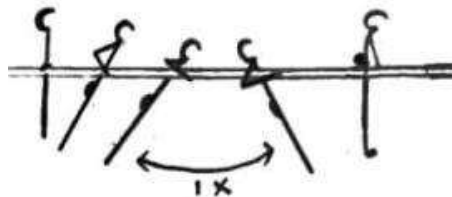
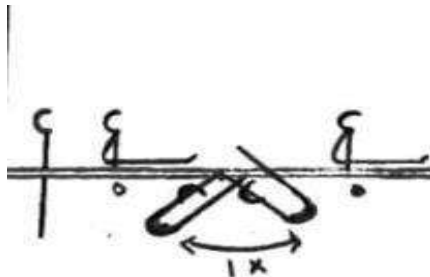
TABLE VAULT (Boys)

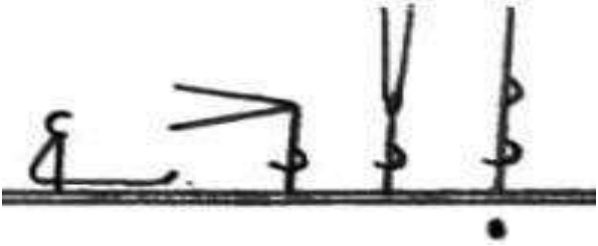

Items	Skill 1	Skill 2
Skill Value	3.00	3.50
Required Skill	Handspring pike	Round off
		
Technical Description	<ul style="list-style-type: none"> -Approach run 25m max. -Arm swing back to front -Handspring push. -Perform pike after push. -Minimum vault height -135 cm. -Land on landing mat. 	<ul style="list-style-type: none"> -Approach run 25m max. -Angle take off. -Placement of hand. -maintain body position after the push off and landing.
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Feet not contacting board simultaneously - 0.30 ➤ Toes not pointed -- 0.10 ➤ Legs apart during the performance of the skill-0.30 ➤ Failure to flex the Trunk properly results incomplete pike- 0.50 ➤ Any body part touch on table except palm -0.50 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Improper round off position in air - 0.50 ➤ Feet not contacting board simultaneously - 0.30 ➤ Toes not pointed -- 0.10 ➤ Legs apart during the performance of the skill-0.30 ➤ Any body part touch on table except palm -0.50

NOTE: - PERFORM ANY ONE SKILL.

LEVEL-V

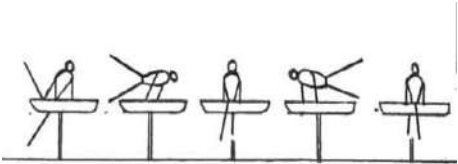
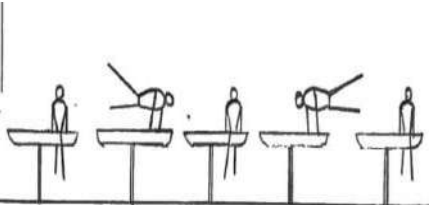
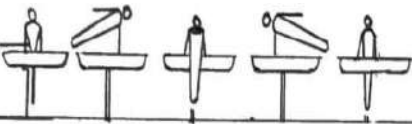
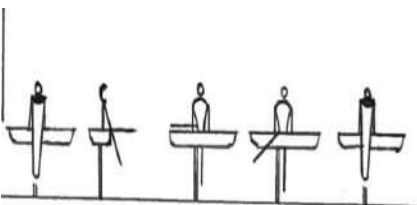
PARALLEL BARS (Boys)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	1.00	1.00	1.50	1.50	1.50
Required Skill	Upstart to L-hold 2.00	Swing handstand 1.00	Front upraise 1.00	Back uprise1.00	Drop kip to upstart 1.00
					
Technical Description	-jump to glide swing forward with kip to L. -hold min. for 2 sec	-Pendulum swing to handstand x 2 -Momentary hold at handstand	-Pendulum Swing on half support -Raise body forward to support arm -Keep the legs straight	-Pendulum Swing on half support -Raise body backward to support arm -Keep the legs straight	-Dish drop position to upstart on support arm
Typical Deduction	<ul style="list-style-type: none">➤ Arms bent-0.30➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed – 0.10➤ Less than 2 sec hold (l position) - 0.50➤ Legs apart during the performance of the skill - 0.30➤ Extra arms movement - 0.30➤ Failure of executing hyperextension of the hips at the end of swing before executing a tight pike-0.30	<ul style="list-style-type: none">➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed – 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill - 0.30➤ Extra arms movement - 0.30➤ Arms bent-0.30➤ In forward swings making a hook position- 0.30➤ In backward swings making a hook position-0.30	<ul style="list-style-type: none">➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed – 0.10➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill - 0.30➤ Extra arms movement - 0.30➤ In forward swings making a hook position- 0.30➤ In backward swings making a hook position-0.30	<ul style="list-style-type: none">➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed – 0.10➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill - 0.30➤ Extra arms movement - 0.30➤ In forward swings making a hook position- 0.30➤ In backward swings making a hook position-0.30	<ul style="list-style-type: none">➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed – 0.10➤ Less than 2 sec hold - 0.50➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill - 0.30➤ Extra arms movement - 0.30➤ arms bent-0.30

Items	Skill 6	Skill 7
Skill Value	1.50	2.00
Required Skill	Press handstand 2.00	Swing to tuck Salto (dismount) 2.00
		
Technical Description	<ul style="list-style-type: none">-Momentary L- hold-Raise the hips in straddle position to handstand-Hands & legs straight	<ul style="list-style-type: none">-Swing handstand to long hang-Perform Salto backwards (tuck) to dismount.
Typical Deduction	<ul style="list-style-type: none">➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed – 0.10➤ Less than 2 sec hold - 0.50➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill - 0.30➤ Extra arms movement - 0.30	<ul style="list-style-type: none">➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed – 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill - 0.30➤ Extra arms movement - 0.30➤ Improper tuck -0.30

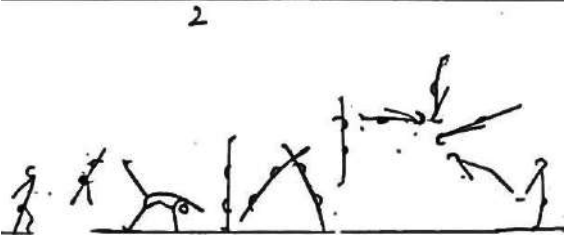
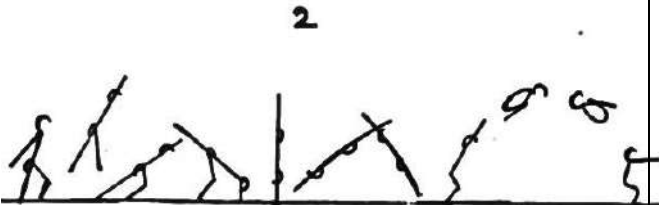
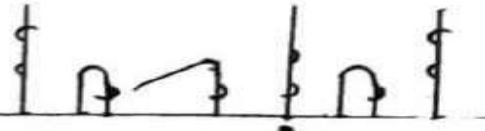

LEVEL V

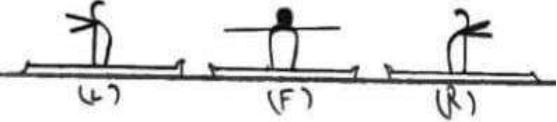

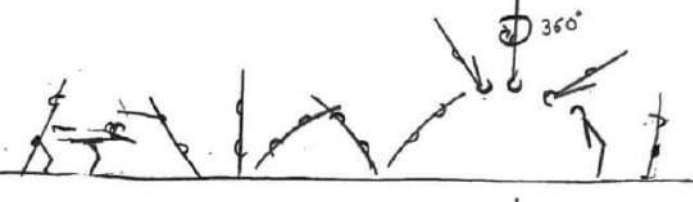
POMMEL HORSE (BOYS)

Items	Skill 1	Skill 2	Skill 3	Skill 4
Skill Value	1.50	1.50	1.50	1.00
Required Skill	Scissor both	Back scissor one side	Circle x2	Undercut
				
Technical Description	-Perform cross swing to -Perform Scissor with legs x 2 -Legs and hands straight	-Cross swing with legs -Interchange the legs (back Scissor) -Legs and hands straight	-Perform circular movement with both legs x 2	-One leg half circle from front support (undercut) -Legs and hands straight
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Toes not pointed – 0.10 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs. 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Toes not pointed – 0.10 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs. 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Toes not pointed – 0.10 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs. 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Toes not pointed – 0.10 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs.

LEVEL VI

FLOOR EXERCISE (BOYS)

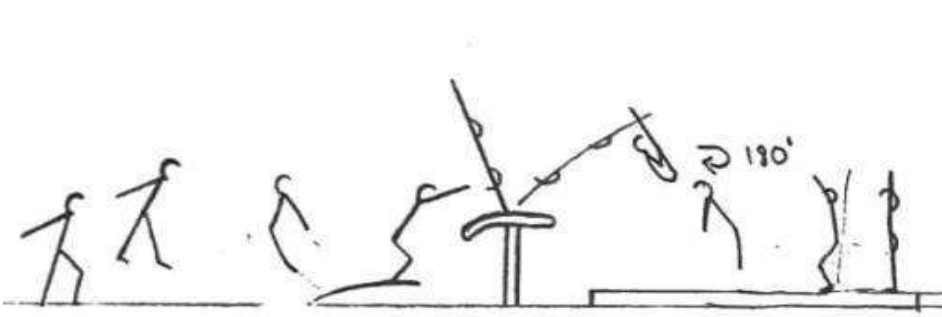
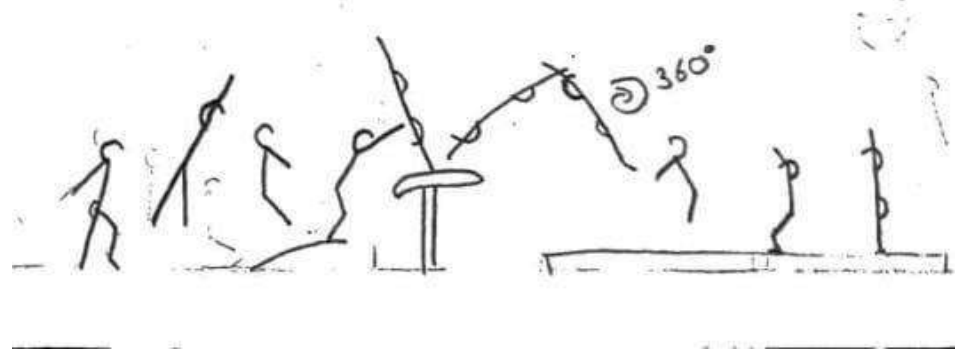
Items	Skill 1	Skill 2	Skill 3	Skill 4
Skill Value	2.00	1.50	1.00	1.00
Required Skill	Round off flick flack straight body	Hand front	Both leg press	1 Circle
				
Technical Description	<ul style="list-style-type: none"> -Stand inside the floor area lift arms to a presentation position to begin routine then. -Running hop to round off backflip. -straight body to 360° turn. legs Straight at all times. -landing on both legs. 	<ul style="list-style-type: none"> -Running hop to handspring. -Immediate jump to front Salto. -Land on both legs. 	<ul style="list-style-type: none"> -Stand straight. -Bend forward to raise the hips. -Both legs pike to handstand. -Hold min. 2 sec. 	<ul style="list-style-type: none"> -Take arm support position. -perform one Circle on floor. -legs and hands straight at all times.
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill-0.30 ➤ During straight body legs is band -0.50 ➤ Lack of height of the straight body-0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill-0.30 ➤ Head touching on floor during handspring- 0.50 ➤ Improper tuck during front somersault-0.50 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill-0.30 ➤ Less than 2 sec hod -0.50 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill-0.30

Items	Skill 5	Skill 6	Skill 7
Skill Value	0.50	2.00	2.00
Required Skill	3 side Legs open	Front half turn	Round off back straight body 360°
			
Technical Description	Sit in split position Turn in all directions Hold min. 2 sec each side	Running hop to over arm jump Perform front Salto Turn half before landing (180°)	Running hop to Round off Perform Straight body Salto Rotate the body min. 360° Land on both legs
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Unable to maintain upright position throughout the split move-0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill-0.30 ➤ Improper tuck -0.50 ➤ Lack of height-0.50 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill- 0.30 ➤ Improper straight leg-0.50 ➤ Lack of height-0.50

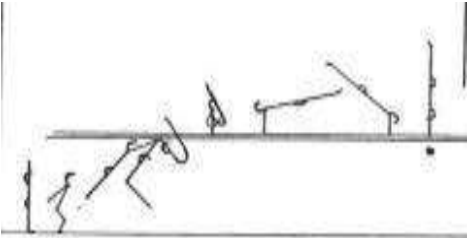
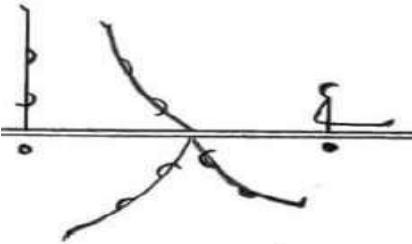

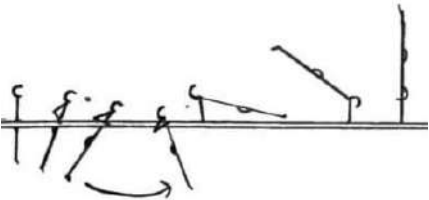

NOTE: 1. FLOOR ROUNTINE CONSISTS OF 7 SKILL.

2. ROUNTINE MORE THAN 70 sec -DEDUTION 0.50.

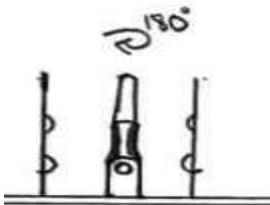

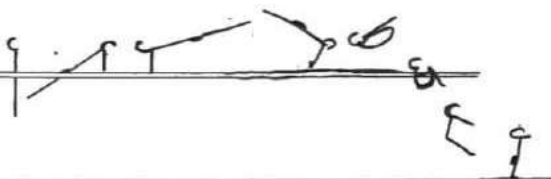
LEVEL VI **TABLE VAULT (BOYS)” PERFORM ANY ONE SKILL”**

Items	Skill 1	Skill 2
Skill Value	4.00	5.00
Required Skill	Handspring pike half turn	Handspring 360°
		
Technical Description	<ul style="list-style-type: none"> -Approach run maximum 25m -Hand swing from back to front -Perform handspring push to pike -Turn 180 over the vault -Minimum vault height -125 cm -Land on landing mat 	<ul style="list-style-type: none"> -Approach run maximum 25m -Hand swing from back to front -Perform handspring push -Turn 360° over the vault -Minimum vault height -125 cm -Land on landing mat.
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height - 0.50 ➤ Improper handspring pike 180 turn position in air - 0.50 ➤ Feet not contacting board simultaneously - 0.30 ➤ Toes not pointed -- 0.10 ➤ Legs apart during the performance of the skill-0.30 ➤ Any body part touching on table except palm-0.50 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height - 0.50 ➤ Improper handspring 360-degree position in air - 0.50 ➤ Feet not contacting board simultaneously - 0.30 ➤ Toes not pointed -- 0.10 ➤ Legs apart during the performance of the skill-0.30 ➤ Any body part touching on table except palm-0.50

LEVEL VI
PARALLEL BAR (BOYS)

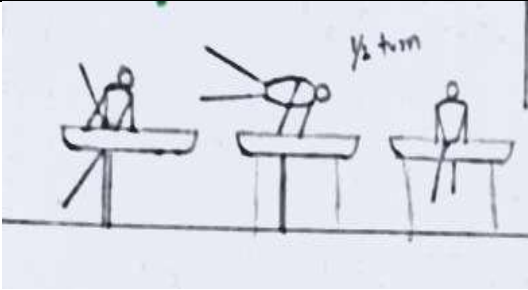
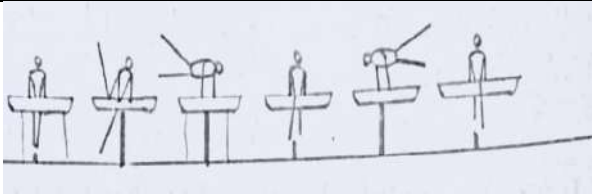
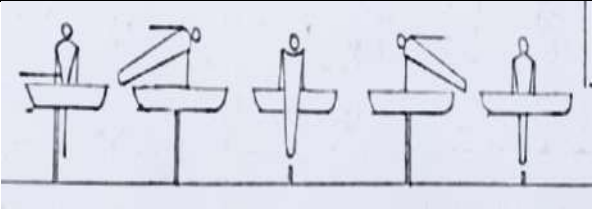
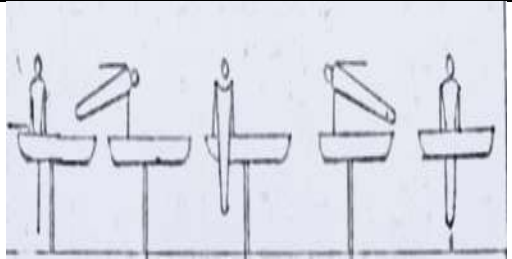
Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	1.00	2.00	1.50	1.50	1.00
Required Skill	Glide kip to swing handstand	Moy to L hold	Cast on shoulder to backup raise	Front upraise to handstand	Press to handstand
					
Technical Description	-Glide kip to immediate swing handstand.	-Handstand. -Long hang swing to release hands Catch the bar in L- position. - (Moy to L hold). -Hands & Legs straight at all times.	-Cast on shoulder arm. -Swing to back upraise.	-Pendulum swing on shoulder arm. -Front upraises to handstand.	-L- sit on parallel bars. -Raise the hips to Press to handstand. -Legs & hands straight. -Momentary hold at handstand.

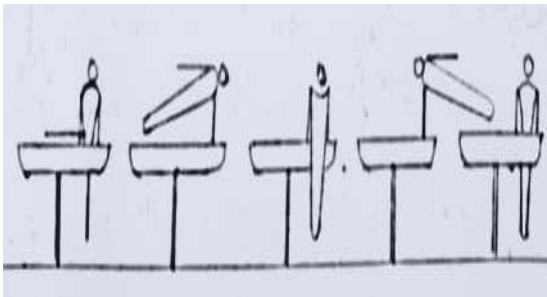
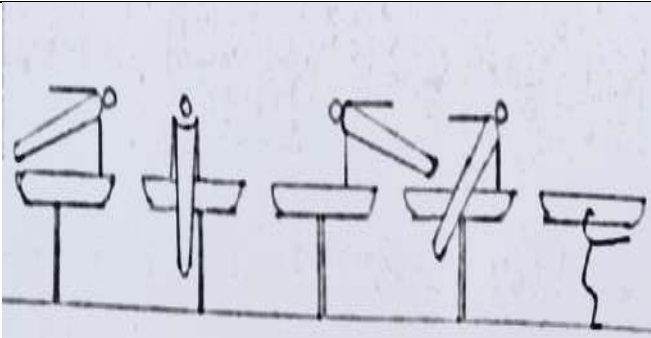
Typical Deduction	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill - 0.30 ➤ Extra arms movement - 0.30 ➤ Failure of executing hyperextension of the hips at the end of swing before executing a tight pike-0.30 ➤ Arch during handstand-0.50 	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Less than 2 sec hold L-position - 0.30 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill - 0.30 ➤ Extra arms movement - 0.30 ➤ In forward swings making a hook position- 0.30 ➤ Feet touching the ground- 0.50 	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill - 0.30 ➤ Extra arms movement - 0.30 ➤ In forward swings making a hook position- 0.30 	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill - 0.30 ➤ Extra arms movement - 0.30 ➤ In forward swings making a hook position- 0.30 ➤ Less than 2 sec holds in handstand position-0.30 	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Less than 2 sec hold - 0.50 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill - 0.30 ➤ Extra arms movement - 0.30
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Items	Skill 6	Skill 7	Skill 8
Skill Value	0.50	0.50	2.00
Required Skill	Handstand to 180° turn	Shoulder to kip forward	dismount forward/ backward Salto
			
Technical Description	<ul style="list-style-type: none"> -Perform Handstand -Shift the body weight to 180° turn 	<ul style="list-style-type: none"> -Half arm swing backwards -Straddle cut to L- sit -Cross the bars without touching 	<ul style="list-style-type: none"> -Pendulum swing -Push the bars sideways -Perform front Salto dismount -Land on both legs
Typical Deduction	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill - 0.30 ➤ Extra arms movement - 0.30 ➤ Less than 2 sec hold- 0.30(handstand) 	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Less than 2 sec hold - 0.50 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill - 0.30 ➤ Extra arms movement - 0.30 	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed – 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill - 0.30 ➤ Extra arms movement - 0.30 ➤ Improper tuck -0.50

LEVEL VI

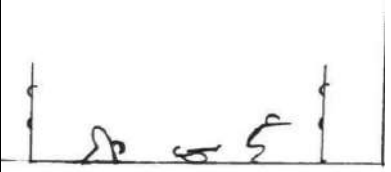



POMMEL HORSE (BOYS)

Items	Skill 1	Skill 2	Skill 3	Skill 4
Skill Value	1.00	1.00	2.00	2.00
Required Skill	Scissors half turn from back to grip	Front Scissors (both side)	Under cut circle on grip ×2 times.	Circle to travel (grip to back)
				
Technical Description	-Stand behind the Pommel horse & raise arm to a presentation position to begin routine. - Scissors half turn from back to grip	-body lift should come from the shoulder. -proper shifting of the body weight. Shoulders position over the pommel.	3back Scissors both sides then undercut then undercut circle on grip ×2 turn.	Circle to travel (grip to back)
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Toes not pointed – 0.10 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs. 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Toes not pointed – 0.10 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs. 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Toes not pointed – 0.10 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs. 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.0 ➤ Toes not pointed – 0.10 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs.

Items	Skill 5	Skill 6
Skill Value	2.00	2.00
Required Skill	Buck circle to slide	Buck circle to straddle and handstand dismount
		
Technical Description	Buck circle to slide then	Buck circle to straddle and handstand dismount
Typical Deduction	<ul style="list-style-type: none">➤ Arms Bent - 0.30(Each time)➤ Legs Bent - 0.30 (Each time)➤ Fall - 1.0➤ Toes not pointed – 0.10➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs.➤	<ul style="list-style-type: none">➤ Arms Bent - 0.30(Each time)➤ Legs Bent - 0.30 (Each time)➤ Fall - 1.0➤ Toes not pointed – 0.10➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Deduction of 0.30 (each time) touching any other body part except holding of grips and touching of front part of the thighs.

LEVEL I

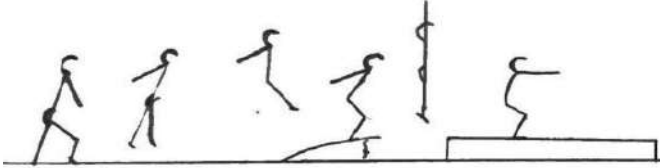
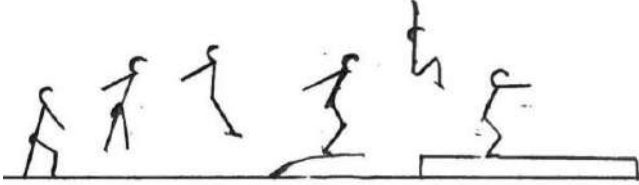

FLOOR EXERCISE (GIRLS)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.0	2.0	2.0	2.0	2.0
Required Skill	Forward Roll	Any & Dancing steps	Split (Forward side)	Lying Arch	T-Balance
		ANY TWO DANCING SKILL			
Technical Description	-Stand straight with hands up. -Bent forward. -Roll forward throughout tuck during landing.	Steps with visible coordination As per music	-Stand straight with open legs. -Bent Forward in plank position. -Arms straight with split legs till 180°. -Hold in split position- Min. 2 sec	-lie down in supine position fold arms and legs. -lift the body with maximum arch. -Shoulders min. 90° during Arch. -Hold the arch Min. 2 sec.	Stand straight with close legs -raise any leg and stand on one. -Raise leg till 90° making T-position. -hold the leg min. 2 sec.
Typical Deduction	➤ Arms Bent - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Legs apart during the performance of the skill-0.30 ➤ Head touches the floor and elbows goes away from the body-0.30	➤ Improper Dancing steps- 0.50	➤ Arms Bent -0.30 (Each time) ➤ Legs Bent 0.30 - (Each time) ➤ Less than 2 sec hold -0.50 ➤ Toes not pointed - 0.10 ➤ Unable to maintain upright position throughout the spilt move-0.30	➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ Toes not pointed - 0.10 ➤ Less than 2 sec hold - 0.50 ➤ Legs apart during the performance of the skill-0.30.	➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Less than 2 sec hold -0.50 ➤ Toes not pointed - 0.10 ➤ Leg raises less than 90 degree-0.30

NOTE: 1. FLOOR ROUNTINE CONSISTS OF 5 SKILL.

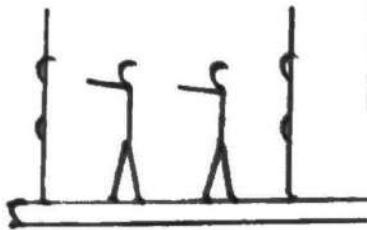
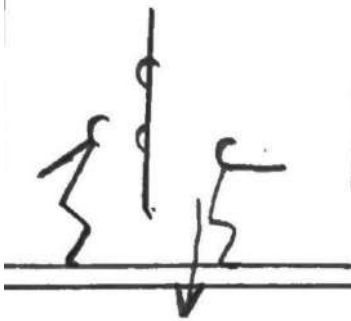
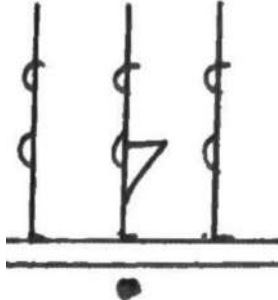
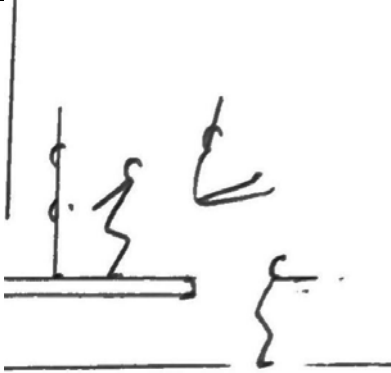
2. ROUNTINE MORE THAN 90 sec -DEDUTION 0.50.

LEVEL I SOFT BOARD (GIRLS)

Items	Skill 1	Skill 2	Skill 3
Skill Value	2.0	2.50	3.00
Required Skill	Vertical jump	Tuck jump	Pike jump
			
Technical Description	-Approach run maximum 10m run- hurdle to Take-off from both legs. -Vertical jump with stretched body -Land with both legs on landing mat	-Approach run maximum 10m run- hurdle to Take-off from both legs. -Vertical jump with tuck body Land with both legs on landing mat	Approach run maximum 10m run- hurdle to Take-off from both legs. -Vertical jump with Straddle body. -Land with both legs on landing mat
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent 0.30 (Each time) ➤ Legs Bent 0.30 (Each time) ➤ Fall 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height 0.50 ➤ Improper vertical position in air 0.50 ➤ Feet not contacting board simultaneously 0.30 ➤ Legs apart during the performance of the skill-0.30 ➤ Toes not pointed -- 0.10 	<ul style="list-style-type: none"> ➤ Arms Bent 0.30 (Each time) ➤ Fall 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height 0.50 ➤ Improper Tuck position in air 0.50 ➤ Feet not contacting board simultaneously 0.30 ➤ Legs apart during the performance of the skill-0.30 ➤ Toes not pointed --0.10 	<ul style="list-style-type: none"> ➤ Arms Bent 0.30 (Each time) ➤ Legs Bent 0.30 (Each time) ➤ Fall 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height 0.50 ➤ Improper Pike position in air 0.50 ➤ Feet not contacting board simultaneously 0.30 ➤ Legs apart during the performance of the skill-0.30 ➤ Toes not pointed --0.10

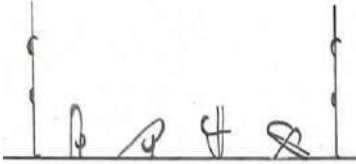
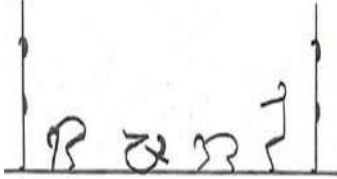
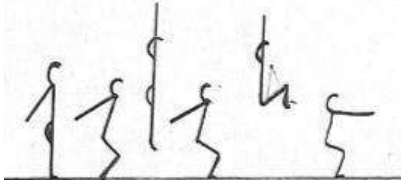
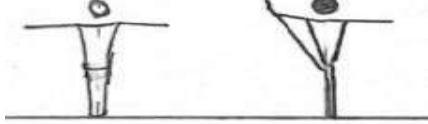
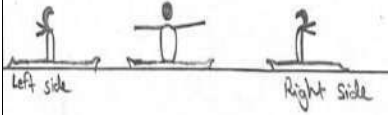
NOTE: - PERFORM ANY ONE SKILL.

LEVEL I BALANCING BEAM (GIRLS)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.0	2.0	2.0	2.0	2.0
Required Skill	Walk on toes	Vertical jump	Any one dance move	Passe balance	Dismount (straddle jump)
			ANY TWO DANCING SKILL		
Technical Description	Stand straight on toes Walk forward min. 4 steps Knees straight while walking	Stand straight jump vertical jump body straight in jump land on both legs	Any one Dancing move (As per choice)	Stand straight on beam lift one leg rest on another leg knee at waist level hold min.2 second	Stand at the corner of the beam perform Straddle jump Legs straight in straddle position land on landing mat
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ Toes not pointed - 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ Toes not pointed - 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Legs apart during the performance of the skill- 0.30. ➤ Lack of height – 0.30 	<ul style="list-style-type: none"> ➤ Improper dancing steps – 0.50 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ Toes not pointed - 0.10 ➤ Less than 2 sec hold - 0.50 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Improper straddle position – 0.30 ➤ Lack of height – 0.30

LEVEL-II

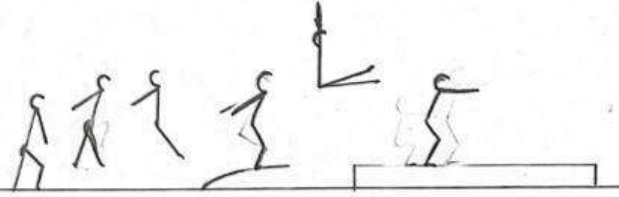
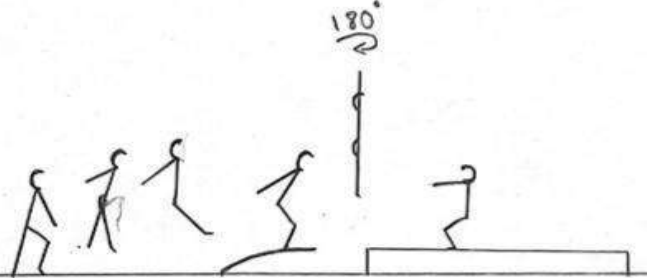
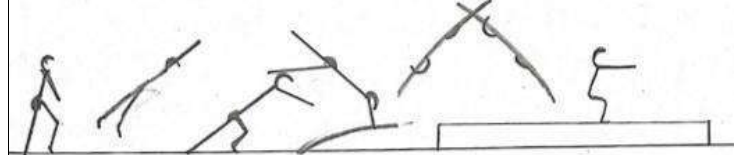
FLOOR EXERCISES (GIRLS)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6
Skill Value	1.50	1.50	2.00	1.50	1.50	2.00
Required Skill	Forward roll to straddle	Backward roll	Any 2 dancing steps	Any 2 jumps tuck/ pike/ straddle/ vertical	Y- balance	2 side splits
			ANY TWO DANCING SKILL			
Technical Description	<ul style="list-style-type: none"> - Stand erect keeping arms stretched up by the side of the head. - Bend forward. - Roll forward and straddle. - Legs straight while straddle 	<ul style="list-style-type: none"> - Stand erect facing backward to the mat. - Sit in Crouch position. - Move backward to start the roll, while the arms are folded beneath the shoulders. - Land on both legs without touching knees on floor 	<ul style="list-style-type: none"> - improper dancing steps- 0.50 	<ul style="list-style-type: none"> - Stand straight on the floor - Swing arms from back - Jump up with hand swing above head - Hand swing throughout straight knees above waist level during tuck 	<ul style="list-style-type: none"> - Stand on one (support leg). - Raise other leg sideways above the shoulder and hold the position for 2 sec. - Arms remain sideways. - Don't bend the knee while performing the skill. 	<ul style="list-style-type: none"> - Sit down in split position, head facing forward, chin lifted up and arms held in sideways at shoulder level. - Turn on both sides keeping the arms in same position. - Hold for 2 sec. on each side

Typical Deduction	<ul style="list-style-type: none">➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed --0.10➤ Placing the head on the mat instead of placing back of the neck during the forward straddle roll-0.50.➤ Not touching the whole palm while standing state after the straddle roll-0.30.	<ul style="list-style-type: none">➤ Toes not pointed -- 0.10➤ Legs apart during the performance of the skill-0.30.➤ Placing knees on the mat instead of placing of toes 0.30➤ Placing the head on mat instead of placing back of the neck during roll-0.30	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed -- 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed --0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill- 0.30➤ Lack of height – 0.30	<ul style="list-style-type: none">➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Less than 2 sec hold - 0.50➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Less than leg raise 120 degree-0.30	<ul style="list-style-type: none">➤ Less than 180-degree split-0.30➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Less than 2 sec hold - 0.50
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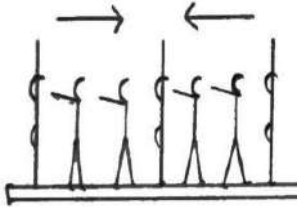

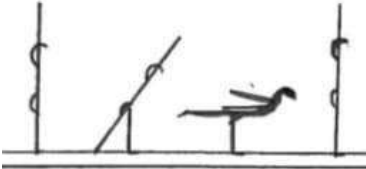
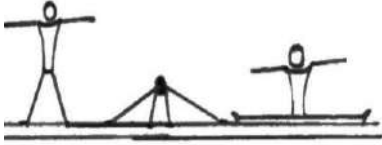
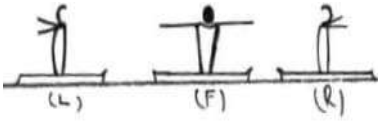
NOTE: 1. FLOOR ROUNTINE CONSISTS OF 6 SKILL.
2. ROUNTINE MORE THAN 90 sec -DEDUTION 0.50.

LEVEL II SOFT BOARD (GIRLS)

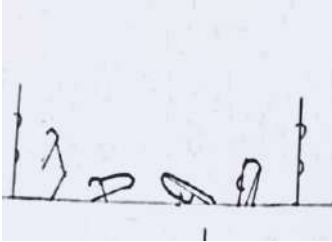
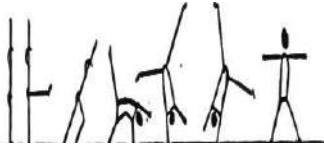

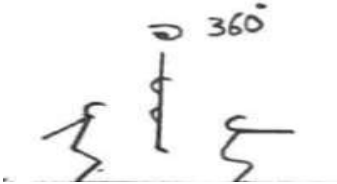

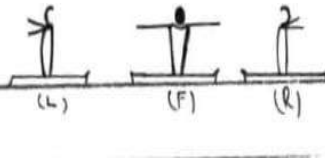
Items	Skill 1	Skill 2	Skill 3
Skill Value	2.50	3.00	3.50
Required Skill	Straddle jump	Vertical jump to 180 turns	Handspring
			
Technical Description	<p>-From an approach run (max. 10 m) take- off from the board with both legs and arms swinging in back – front – upward direction.</p> <p>-At the height of the jump straddle and land on mat.</p>	<p>From an approach run (max. 10 m) take- off from the board with both legs and arms swinging in back -front – upward direction.</p> <p>At the height of the jump turn 180⁰ and land on mat</p>	<p>From an approach run (max. 10 m) reach out on to the spring board with arms swinging back to front.</p> <p>-Hop to handstand on board and push off strongly.</p> <p>-Keep the body straight in the push off phase and land on the mat.</p>
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height - 0.50 ➤ Improper Straddle position in air - 0.50 ➤ Feet not contacting board simultaneously - 0.30 ➤ Toes not pointed -- 0.10 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height - 0.50 ➤ Improper vertical 180-degree turn position in air - 0.50 ➤ Feet not contacting board simultaneously - 0.30 ➤ Toes not pointed -- 0.10 ➤ Legs apart during the performance of the skill-0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height in push off phase - 0.50 ➤ Improper handspring flat position in air - 0.50 ➤ Hands not contacting board simultaneously - 0.30 ➤ Toes not pointed -- 0.10 ➤ Legs apart during the performance of the skill-0.30

NOTE: - PERFORM ANY ONE SKILL.

LEVEL II BALANCING BEAM (Girls)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6
Skill Value	1.50	1.50	1.50	2.00	1.50	2.00
Required Skill	Walking forward + backwards	Walking kicks	T-balance	Leg Split	Any 1 Jump	180° Vertical Dismount
						
Technical Description	Stand on the Beam, arms by your side and walk on toes forward and backward	stand on the beam, arms by your side walk on toes while lifting one leg at 35° - 45°	Stand on toes, take one step forward and lift one leg backward till 90° and hold for 2 seconds	Sit on the beam while opening both legs on the either side	Stand straight Perform any jump Knees/toes at horizontal level	Stand straight Perform vertical jump Turn the body till 180° Land on both feet
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Less than 2 sec hold - 0.50 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Hands touch while landing – 0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Less than 2 sec hold - 0.50 ➤ Fall - 1.0 	<ul style="list-style-type: none"> ➤ Improper dancing steps – 0.50 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ Feet no pointed - 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time)

LEVEL-III FLOOR EXERCISES (GIRLS)


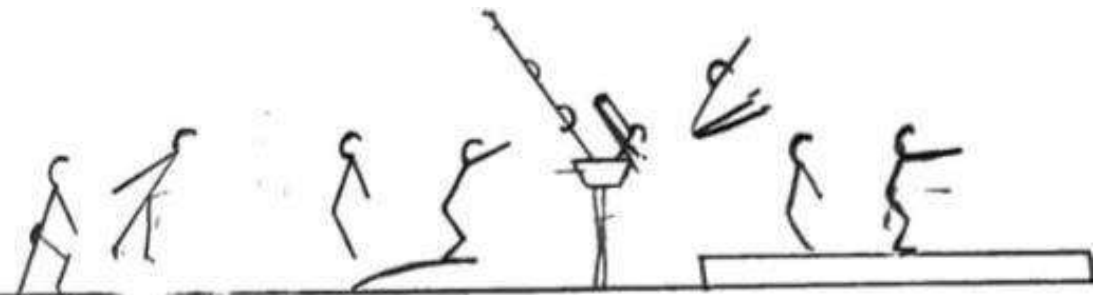
Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	Skill 6
Skill Value	2.00	2.00	2.00	1.00	2.00	1.00
Required Skill	Backward roll to straddle	Cartwheel	Scissors leap Jump with 180 turns	Jump 360 turn	Handstand hold 2 seconds	Split 3 sides
						
Technical Description	Stand straight with hands up Push the body backwards with arm support Roll backwards Maintain Straddle during landing Knees straight throughout the movement	Stand erect facing straight forward. - Bring the chest and the upper torso down on to the floor, while kick with the rear leg (right leg) towards upward and backward. - The head remains in between arms, and the arms straight throughout the cartwheel move.	Jump up with or without step legs apart at 180° land on both feet	Jump up vertically Hand swing for rotatory movement Rotate the Body till 360° Landing on both feet	- drive the supporting leg forward and shifting the body weight on supporting leg. -Flex the front leg, lean forward, upper body rounded and contact the hands. Placement of open palms and simultaneous. - Kicking of rear leg backward and vertically upward. - Kicking of the supporting leg and join it to the real leg and holding the stand	-Sit on floor in split position. -During the leg split sitting position, keep the back straight and the head up. -Legs open Min 180°. -split in all directions. -Hold min. 2 sec. (each direction)

Typical Deduction	<ul style="list-style-type: none">➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed -- 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Head touching the mats-0.50	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed --0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Failure to maintain the imaginary straight line	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed --0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed --0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill- 0.30	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Ben in handstand position - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Less than 2 sec hold - 0.50➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Placing arms too far or too close to the feet.0.30.	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Toes not pointed -- 0.10➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill-0.30➤ Unable to achieve hyper-extended position-0.30
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NOTE: 1. FLOOR ROUNTINE CONSISTS OF 6 SKILL.
2. ROUNTINE MORE THAN 90 sec -DEDUTION 0.50.

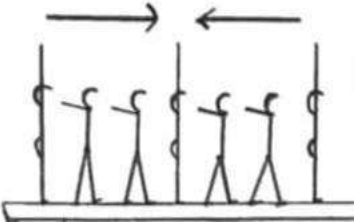
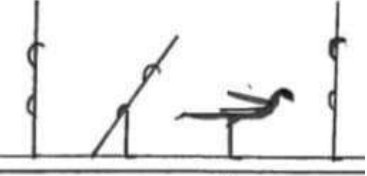


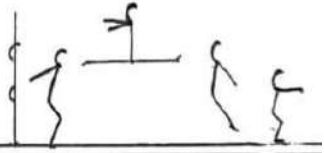
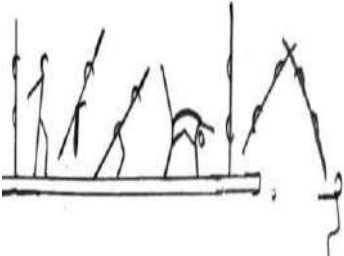
LEVEL III

TABLE VAULT (GIRLS)

Items	Skill 1	Skill 2
Skill Value	3.00	3.50
Required Skill	Stoop Vault	Straddle Vault
		
Technical Description	<ul style="list-style-type: none"> - Form an approach run (max. 10m) - take-off from the board. - As arm contact the buck horse, thrust out from shoulders and chest while hip flex slightly legs stoop. - land on mat 	<ul style="list-style-type: none"> - - Form an approach run (max. 10m) - take-off from the board. - As arm contact the buck horse, thrust out from shoulders and chest while hip flex slightly legs straddle. - land on mat
➤ Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height - 0.50 ➤ Improper stoop vault position in air - 0.50 ➤ Feet not contacting board simultaneously - 0.30 ➤ Toes not pointed -- 0.10 ➤ Legs apart during the performance of the skill-0.30 ➤ Improper placement of hands -0.30 ➤ Lack of push due to absence of thrust from shoulders and chest-0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height - 0.50 ➤ Improper straddle position in air - 0.50 ➤ Feet not contacting board simultaneously - 0.30 ➤ Toes not pointed -- 0.10 ➤ Improper placement of hands-0.30 ➤ Lack of push due to absence of thrust from shoulders and chest-0.30


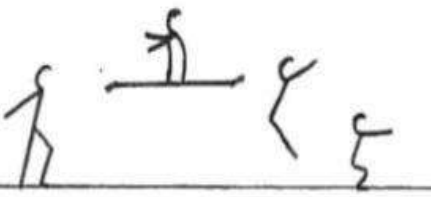
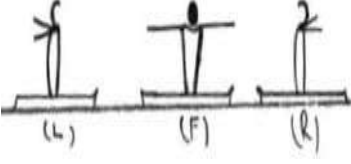
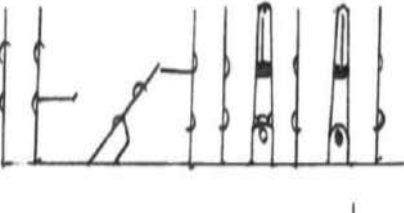
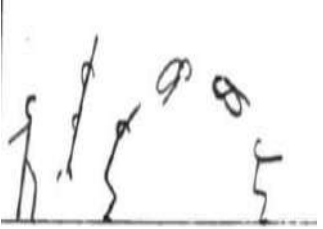
NOTE: - PERFORM ANY ONE SKILL.

LEVEL III BALANCING BEAM (GIRLS)

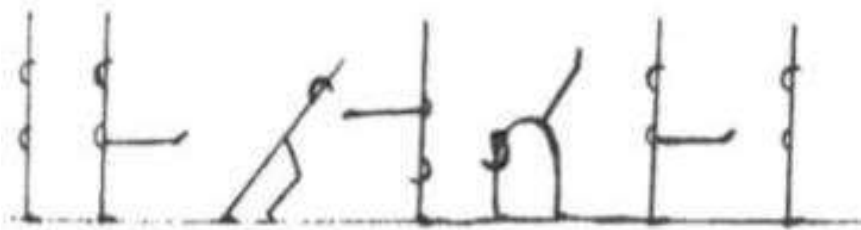
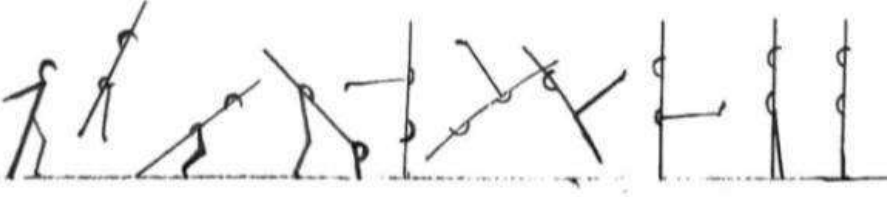
Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5	SKILL 6
Skill Value	1.0	1.0	2.0	2.0	2.0	2.0
Required Skill	Walking all sides	T Balance	Forward roll	Leg splits (3 direction)	Any 1 180 Jump	Round off
						
Technical Description	Stand on toes Walk in all directions Max 4 steps Knees straight all the time	Stand on one leg (any) Lift one leg (any) till 90° Hold the position min. 2 sec. Upper body at 90° Hands straight sideways at shoulder level	Stand straight perform roll forward with or without touching hands land on both feet	Open split in all directions Use hands for opening split Hold min. 2 sec. without touching hands	Perform any jump Legs at horizontal level/180° land on both feet	Perform cartwheel with 1/4 turn Land on both feet

Typical Deduction	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent- 0.30 (Each time)➤ Toes not pointed - 0.10➤ Fall - 1.0	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent- 0.30 (Each time)➤ Toes not pointed - 0.10➤ Less than 2 sec hold - 0.50➤ Fall - 1.0➤ Steps/ uncontrolled landing 0.50 (Each time)	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent- 0.30 (Each time)➤ Toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing 0.50 (Each time)➤ Legs apart during the performance of the skill- 0.30.	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent- 0.30 (Each time)➤ Toes not pointed - 0.10➤ Less than 2 sec hold - 0.50➤ Fall - 1.0	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent- 0.30 (Each time)➤ Toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing 0.50 (Each time)	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent- 0.30 (Each time)➤ toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing 0.50 (Each time)➤ Hand touch during landing – 0.50
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LEVEL IV **FLOOR EXERCISE (GIRLS)**


Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	1.00	1.00	1.00	1.00	2.00
Required Skill	Handstand forward	Leap jump	Split	Handstand 360 turn	Forward Salto
					
Technical Description	Perform handstand Bent elbows to roll forward Maintain tuck position during roll	Jump up vertically to split the legs Split the legs till 180° Legs straight throughout split land on both feet	-Sit on floor in split position. -During the leg split sitting position, keep the back straight and the head up. -Legs open Min 180°. -split in all directions. -Hold min. 2 sec	Perform handstand Rotate and shift the body wait on alternate hands till 360°	-from erect standing position, step-out and execute few running steps movements. -reach on to the mat keeping arms by the side of the head with sharp and low beat. -execute a strong and quick jump while swing arms front to reward. -flex the head for rotation. -lift the hip over the shoulder while tuck the body. -now look at the floor and extend the body.

Typical Deduction	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed --0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed --0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Less than 2 sec hold - 0.50➤ Unable to maintain upright position throughout the spilt move-0.30	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed --0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time) <p>Unable to lift hip over the shoulder and tuck the body completely – 0.50</p>
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Items	Skill 6	Skill 7
Skill Value	2.00	2.00
Required Skill	Back walkover /front walkover	One leg Handspring
		
Technical Description	Stand straight Take one leg forward to handstand bridge to walkover forward Stand straight Take one leg forward to standing bridge to walk over backwards	take-off your body, place, your hand away from your body and kick up your legs in slightly arch position while landing slightly bend your knees. -during this head remains in line with the body
Typical Deduction	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed --0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Pulling the head in during the handspring move-0.50➤ Head touches the floor and elbows goes away from the body- 0.30


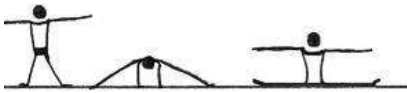

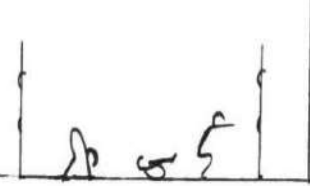

NOTE: 1. FLOOR ROUNTINE CONSISTS OF 7 SKILL.
2. ROUNTINE MORE THAN 90 sec -DEDUTION 0.50.

LEVEL IV
TABLE VALT (GIRLS)

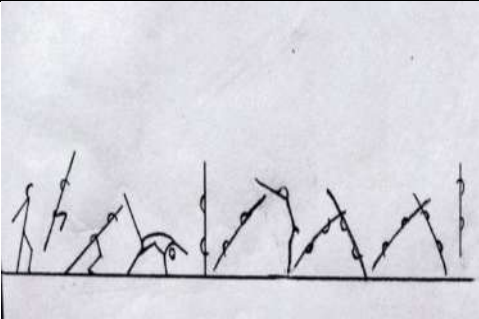
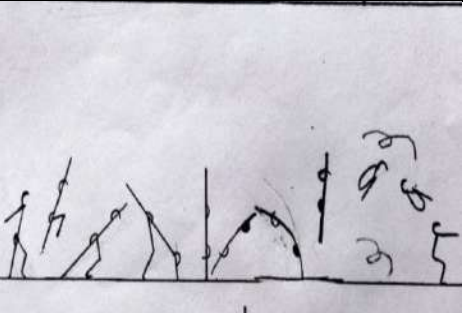
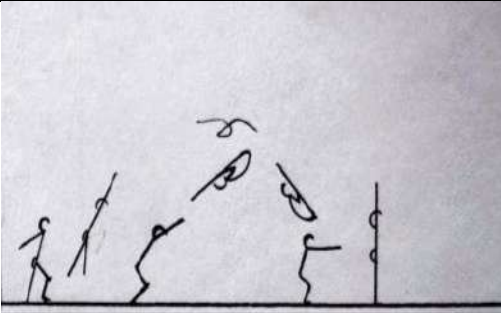
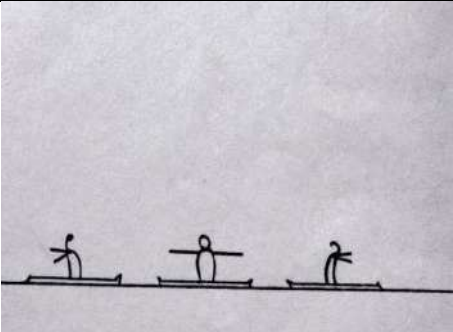
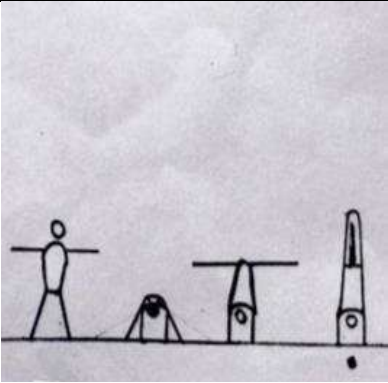
Items	Skill 1
Skill Value	3.50
Required Skill	Handspring
	
Technical Description	Start from the runway track, jump from the spring board, take first flight place, your hands on vault, take push from the vault Take second flight, slightly bend your knees while landing position
Typical Deduction	<ul style="list-style-type: none">➤ Arms Bent - 0.30(Each time)➤ Legs Bent - 0.30(Each time)➤ Fall - 1.00➤ Steps/ uncontrolled landing 0.50 (Each time)➤ Improper Handspring position - 0.50➤ Feet not contacting board simultaneously - 0.30➤ Toes not pointed -- 0.10➤ Legs apart during the performance of the skill-0.30➤ Inadequate heel raises towards – backward- upward resulting in hip thrust forming a pike body – 0.50.➤ Any part of body touch on the vault except palm - 0.50

LEVEL IV

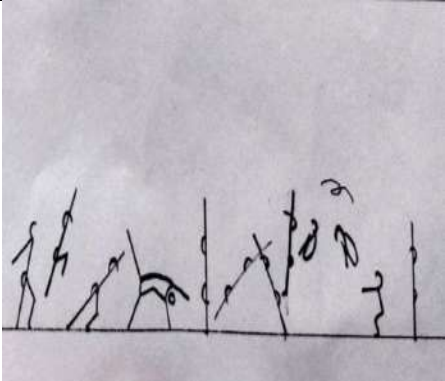
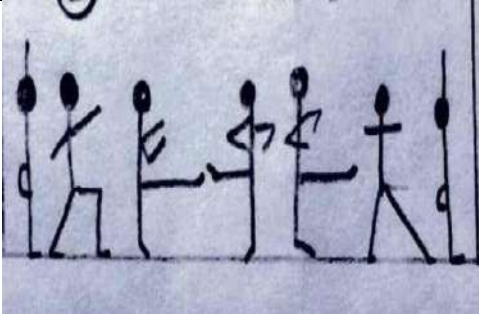
BALANCING BEAM (Girls)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.0	2.0	2.0	2.0	2.0
Required Skill	360 toe turn	Leg split forward sit on the beam	T- balance	Forward roll	Cartwheel
					
Technical Description	Stand on one toe Swing arm to rotate the body Turn the body till 360° Land on another leg	Perform split forward hold for 2 seconds hand should not touch during hold	Stand on one leg Lift one leg sideways above head Raise the heel and hold for 2 seconds	Bend down forward and perform forward roll With or without touching hands on the beam landing on beam on both legs	Stand straight facing cross position Perform cartwheel land on both legs hands & legs straight at all times
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ Toes not pointed - 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Less than 2 sec hold - 0.50 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Less than 2 sec hold - 0.50 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤

LEVEL V FLOOR EXERCISE (GIRLS)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	1.00	1.50	1.50	1.00	1.00
Required Skill	Roundoff back flip ×2	Handspring to front somersault (tuck)	Pike Salto forward	Split 3 sides	Press handstand 1.00
					
Technical Description	Running and hop to Round Off -Perform backflip in continuation after round off x 2 -Legs & hands straight	-Running hop to Handspring -Jump immediate to forward Salto -No pause between the elements Landing on both feet.	-Running and hop to over arm jump -Rotate the body in pike position Land on both legs.	Sit on floor in split position. -During the leg split sitting position, keep the back straight and the head up. -Legs open Min 180°. -split in all directions. -Hold min. 2 sec	-slightly open your legs bend forward, raise your Heels up in handstand position hold for 2 second

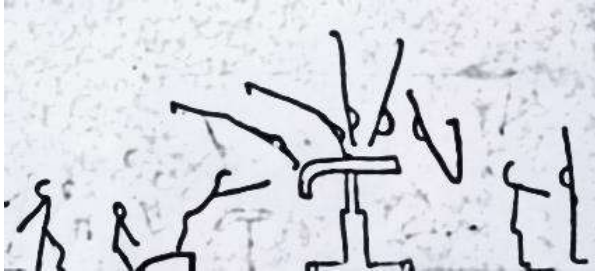
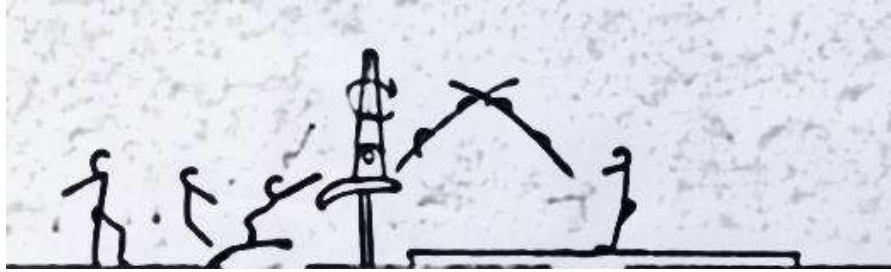
Typical Deduction	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill-0.30➤ Pulling the head in during the backflip move-0.50➤ Head touching the mat-0.30	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed --0.10➤ Fall - 1.0➤ Legs apart during the performance of the skill-0.30➤ Steps/ uncontrolled landing - 0.50 (Each time➤ Lack of height-0.50➤ Improper tuck-0.50)	<ul style="list-style-type: none">➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed --0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill-0.30➤ Flexing the head too early for the rotation-0.50	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Less than 2 sec hold - 0.50➤ Unable to maintain upright position throughout the spilt move-0.30	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent - 0.30 (Each time)➤ Toes not pointed - 0.10➤ Less than 2 sec hold - 0.50➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)
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Items	Skill 6	Skill 7
Skill Value	1.50	1.00
Required Skill	Round off back Salto (tuck) 1.50	L- 540 turn 1.00
		
Technical Description	Running and hop to Round Off -Perform back Salto (tuck) in continuation after round off.	Stand straight Lift any leg for LA turn Rotate the body till 540° Legs at horizontal level throughout. Turn should be continue.
Typical Deduction	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent in roundoff - 0.30➤ Toes not pointed --0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing - 0.50 (Each time)➤ Legs apart during the performance of the skill-0.30➤ Failure to draw the knees and left hips upward over the chest during the tuck-0.50	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent- 0.30 (Each time)➤ toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing 0.50 (Each time)➤ Leg raise less then 90° – 0.30

NOTE: 1. FLOOR ROUNTINE CONSISTS OF 7 SKILL.
2. ROUNTINE MORE THAN 90 sec -DEDUTION 0.50.

LEVEL V

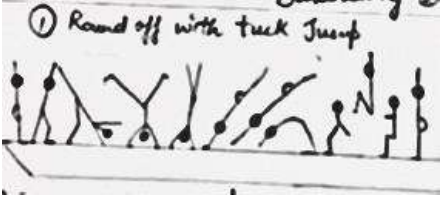
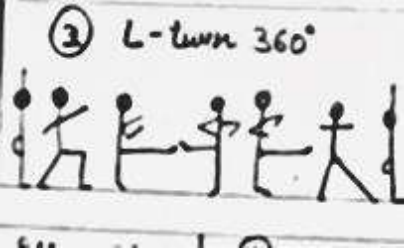

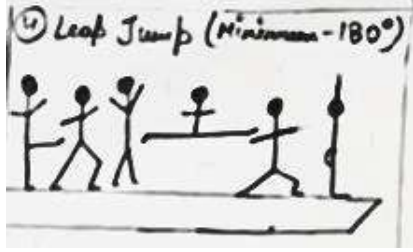

TABLE VAULT (GIRLS)

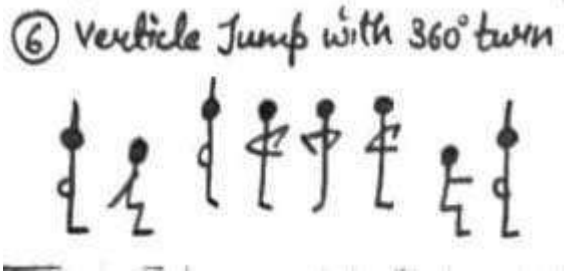
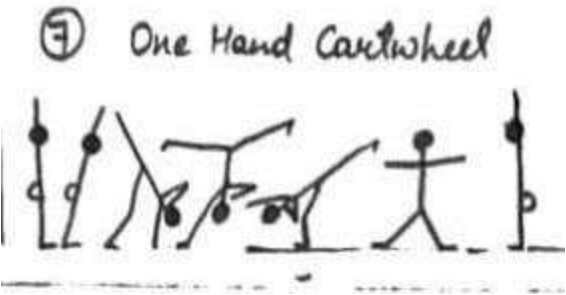
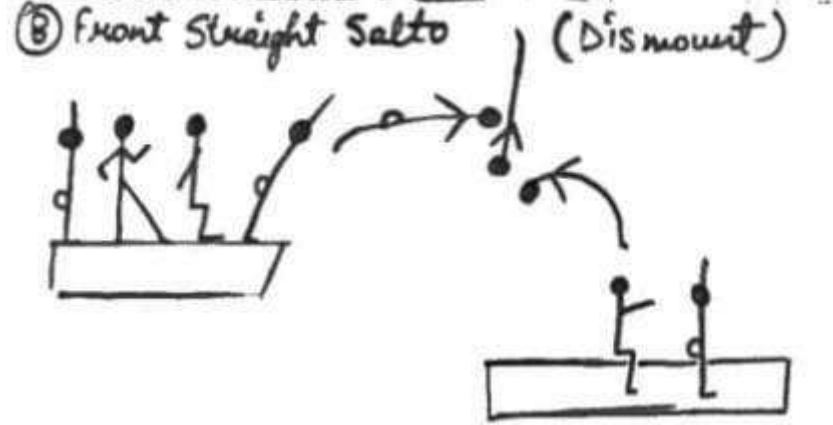
Items	Skill 1	Skill 2
Skill Value	3.50	3.00
Required Skill	Handspring pike	Round off
		
Technical Description	<ul style="list-style-type: none"> . Approach run 25m max. -Arm swing back to front -Handspring push. -Perform pike after push. -Minimum vault height -135 cm. -Land on landing mat. 	<ul style="list-style-type: none"> . Approach run 25m max. -Angle take off. -Placement of hand. -maintain body position after the push off and landing
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Feet not contacting board simultaneously - 0.30 ➤ Toes not pointed -- 0.10 ➤ Legs apart during the performance of the skill-0.30 ➤ Failure to flex the Trunk properly results incomplete pike-0.50 ➤ Any body part touch on table except palm -0.50 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Improper round off position in air - 0.50 ➤ Feet not contacting board simultaneously - 0.30 ➤ Toes not pointed -- 0.10 ➤ Legs apart during the performance of the skill-0.30 ➤ Any body part touch on table except palm -0.50

NOTE: - PERFORM ANY ONE SKILL.

Level V

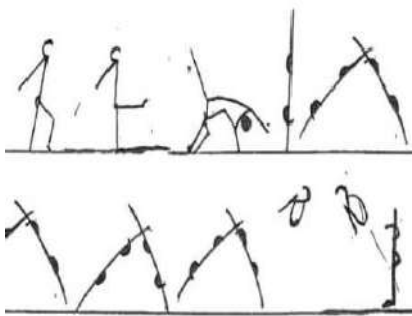
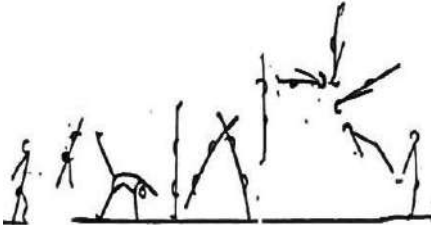

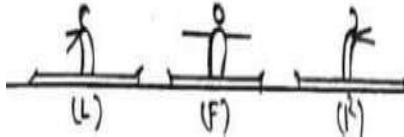

BALANCING BEAM (GIRLS)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	1.0	1.0	1.50	1.0	1.0
Required Skill	Round off with tuck jump	L turn 360°	Back walkover	Leap jump (minimum 180°)	Free hand forward roll
					
Technical Description	Round off with leg straight tuck jump	LA turn 360° Legs at horizontal level throughout the turn	Back walkover	Leap jump (minimum 180°)	Free hand forward roll
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Hands touch on beam while landing – 0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Less than 2 sec hold - 0.50 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Hands touch on beam while landing – 0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Less than 2 sec hold - 0.50 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Hands touch on beam while landing – 0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Less than 2 sec hold - 0.50 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Hands touch on beam while landing – 0.30

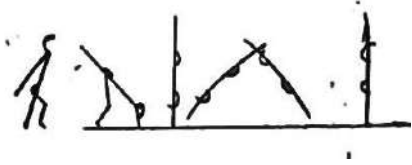

ITEMS	SKILL 6	SKILL 7	SKILL 8
SKILL VALUE	1.0	1.50	2.0
REQUIRED SKILL	Vertical jump with 360° turn	One hand cartwheel	Front straight Salto (Dismount)
			
TECHNICAL DESCRIPTION	Vertical jump with 360° turn Toes pointed throughout Land on both feet	One hand cartwheel	Front straight Salto (Dismount)
TYPICAL DEDUCTION	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent- 0.30 (Each time)➤ toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing 0.50 (Each time)➤ Lack of height – 0.30➤ Legs apart during the performance of the skill-0.30.	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent- 0.30 (Each time)➤ toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing 0.50 (Each time)➤ Hands touch on beam while landing – 0.30	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent- 0.30 (Each time)➤ toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing 0.50 (Each time)➤ Hands touch on mat while landing – 0.30

LEVEL VI

FLOOR EXERCISE (GIRLS)


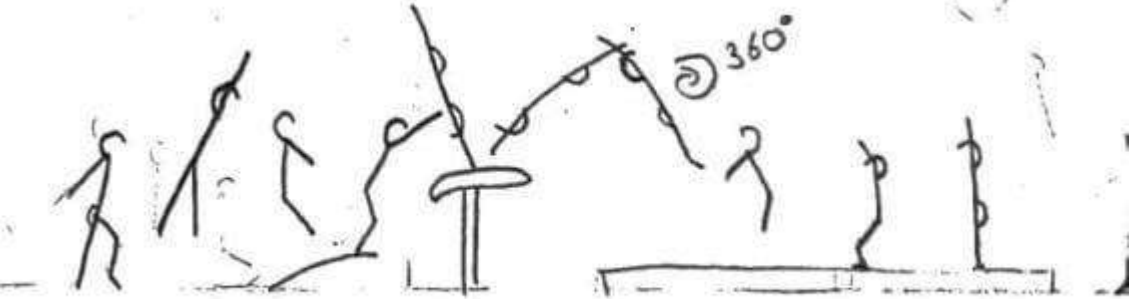
Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	2.00	2.00	1.50	1.00	1.50
Required Skill	round off flick flack and somersault	round off flick flack to back stretch	Pike Salto forward	Split 3 slide (right, left, forward) Not required	Handstand 720°turn
					
Technical Description	Running and hop to Round Off -Perform backflip in continuation after round off -Perform back (tuck) in continuation after back Salto (Backflip back).	-Stand inside the floor area lift arms to a presentation position to begin routine then. -Running hop to roundoff backflip. -straight body to 360° turn. legs Straight at all times. -landing on both legs	Running and hop to over arm jump -Rotate the body in pike position Land on both legs	Sit on floor in split position. -During the leg split sitting position, keep the back straight and the head up. -Legs open Min 180°. -split in all directions. -Hold min. 2 sec. (each direction)	Perform handstand with momentary hold Turn the body 720°
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent in round off and back handspring - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill-0.30 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill-0.30 ➤ During straight body legs is band -0.50 	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill-0.30 ➤ Flexing the head too early for the rotation-0.50 	<ul style="list-style-type: none"> ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed - 0.10 ➤ Less than 2 sec hold - 0.50 ➤ Unable to maintain upright position throughout the split move-0.30. 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Fall - 1.0 ➤ Legs apart during the performance of the skill-0.30 ➤ Steps/ uncontrolled landing - 0.50 (Each time)

	➤ Failure to draw the knees and lift hips upward over the chest during the tuck-0.50	➤ Lack of height-0.50			
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Items	Skill 6	Skill 7
Skill Value	1.00	1.0
Required Skill	both leg handspring	Leap + ring jump
		
Technical Description	-Running and hop to one leg handspring -Perform both leg handspring in continuation after one leg	Run/jump to Leap + Perform ring jump with or without step
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent - 0.30 (Each time) ➤ Toes not pointed --0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing - 0.50 (Each time) ➤ Legs apart during the performance of the skill-0.30 ➤ Pulling the head in during the handspring move-0.50 ➤ Head touching the mat-0.30 	<ul style="list-style-type: none"> ➤ Arms bent 0.10-0.50 ➤ Legs bent 0.10-0.50 ➤ Toes not pointed 0.10

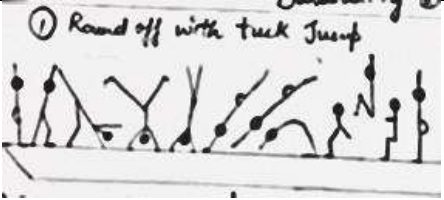
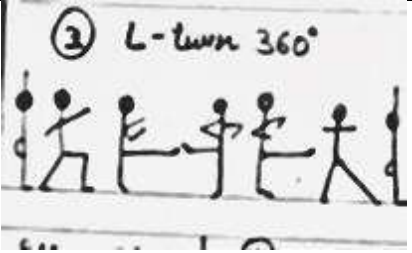

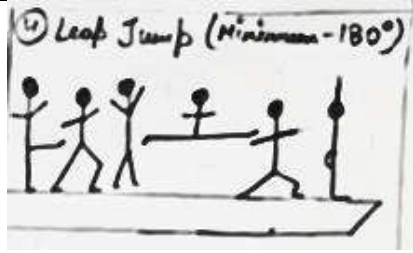

NOTE: 1. FLOOR ROUTINE CONSISTS OF 7 SKILL.
2. ROUTINE MORE THAN 90 sec -DEDUTION 0.50.

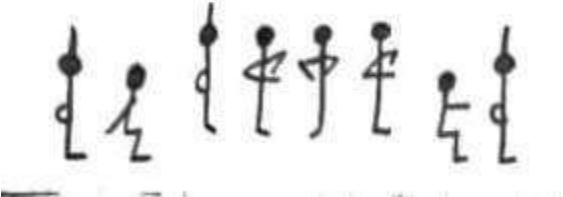
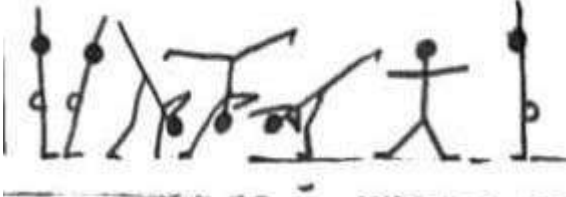

LEVEL VI **TABLE VAULT (GIRLS) “PERFORM ANY ONE SKILL”**

Items	Skill 1	Skill 2
Skill Value	4.50	5.00
Required Skill	Handspring pike half turn	Handspring 360°
		
Technical Description	<ul style="list-style-type: none"> -Approach run maximum 25m -Hand swing from back to front -Perform handspring push to pike -Turn 180 over the vault -Minimum vault height -125 cm -Land on landing mat 	<ul style="list-style-type: none"> Approach run maximum 25m -Hand swing from back to front -Perform handspring push -Turn 360° over the vault -Minimum vault height -125 cm -Land on landing mat.
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height - 0.50 ➤ Improper handspring pike 180 turn position in air - 0.50 ➤ Feet not contacting board simultaneously - 0.30 ➤ Toes not pointed -- 0.10 ➤ Legs apart during the performance of the skill-0.30 ➤ Any body part touching on table except palm-0.50 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30(Each time) ➤ Legs Bent - 0.30(Each time) ➤ Fall - 1.00 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Lack of Height - 0.50 ➤ Improper handspring 360-degree position in air - 0.50 ➤ Feet not contacting board simultaneously - 0.30 ➤ Toes not pointed -- 0.10 ➤ Legs apart during the performance of the skill-0.30 ➤ Any body part touching on table except palm-0.50

Level VI

BALANCING BEAM (GIRLS)

Items	Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Skill Value	1.0	1.0	1.50	1.0	1.0
Required Skill	Round off with tuck jump	L turn 360°	Back walkover	Leap jump (minimum 180°)	Free hand forward roll
					
Technical Description	Round off with leg straight tuck jump	LA turn 360° Legs at horizontal level throughout the turn	Back walkover	Leap jump (minimum 180°)	Free hand forward roll
Typical Deduction	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Leg raise less then 90° – 0.30 ➤ Hands touch while landing – 0.50 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Extra legs step -0.10 9ach Step) 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time) ➤ Hands touch the beam while performing the skill – 0.50 	<ul style="list-style-type: none"> ➤ Arms Bent - 0.30 (Each time) ➤ Legs Bent- 0.30 (Each time) ➤ toes not pointed - 0.10 ➤ Fall - 1.0 ➤ Steps/ uncontrolled landing 0.50 (Each time)

Items	Skill 6	Skill 7	Skill 8
Skill Value	1.0	1.50	2.0
Required Skill	Vertical jump with 360° turn	One hand cartwheel	Front straight Salto (Dismount)
	<p>⑥ Vertical Jump with 360° turn</p> 	<p>⑦ One Hand Cartwheel</p> 	<p>⑧ Front Straight Salto (Dismount)</p> 
Technical Description	Vertical jump with 360° turn Toes pointed throughout Land on both feet	One hand cartwheel	Front straight Salto (Dismount)
Typical Deduction	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent- 0.30 (Each time)➤ toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing 0.50 (Each time)➤ Legs a part -0.30➤ Lack of height – 0.30➤ Legs apart during the performance of the skill-0.30.	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent- 0.30 (Each time)➤ toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing 0.50 (Each time)	<ul style="list-style-type: none">➤ Arms Bent - 0.30 (Each time)➤ Legs Bent- 0.30 (Each time)➤ toes not pointed - 0.10➤ Fall - 1.0➤ Steps/ uncontrolled landing 0.50 (Each time)