



DOWN SYNDROME INTERNATIONAL GYMNASTICS ORGANISATION



ARTISTIC GYMNASTICS PROGRAMME

DS version 5 - April 2018

The rules of DSIGO have developed since the initial World Championships in Leicester England 2012 and the second World Championships in Mortara Italy 2015. At the Trisome Games in Florence 2016 the general opinion of the coaches was that the structure of the DSIGO code should follow more closely the format of the FIG code with specific adaptations and exceptions to meet the needs of the DS gymnast. There are 3 great benefits of this;

- Using the FIG E evaluations and the exercise structure of the FIG will make universal judging of the competition much more accurate and facilitate the involvement of every qualified judge.
- **The use of pre-submitted D value exercise sheets will make the determination of the D score more accurate.**
- The DS category elements in 5 levels and the new DS GENERIC RULES should help to reduce the temptation to chase skills at the expense of artistry.

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DOWN SYNDROME INTERNATIONAL GYMNASTICS ORGANISATION

What follows are the general rules which govern DSIGO gymnastics programmes for athletes with down syndrome

- ALL gymnasts must be registered with SU-DS
- ONLY gymnasts with Down Syndrome will be able to take part to these competitions.
- All gymnasts must have Medical Evidence of Down Syndrome-Trisomy 21 or Mosaic. This is verified by SU-DS at time of registration.
- All gymnasts must produce evidence regarding their Atlanto Axial Instability (AAI) status.
- All gymnasts must be within the age group before the start of the competition.

The gymnasts and their functional ability are most important and the coaches must understand what gymnasts are really able and capable of doing. In creating new routines all the coaches must follow the special requirements of every apparatus and **choose from among the DSIGO code skills and the FIG elements.**

The coaches must always be close to the gymnasts during their performances. Additional mats may be placed under all apparatus as described in the DS specific rules. The coach must ensure that the gymnast can perform all movements technically correctly and with predictable competence.

AGE CATEGORIES

Senior 18 and over	DS specific skills, exceptions and amendments to Senior FIG.
Junior 8 to 17	DS specific skills, exceptions and amendments to Junior FIG.

PERFORMANCE LEVELS

- 1 THE WORLD DS CHAMPIONSHIPS **ELITE** performance in MA, WA and RG.
Overall Championships plus apparatus finals (format and numbers depending on number of entries)
- 2 THE DS WORLD TOURNAMENT **NOVICE** MA, WA and RG.
Novice level is SO routine compatible, judged on the DSIGO code.
The novice will NOT have apparatus finals.



THE DSIGO CODE OF POINTS

MA and WA GENERIC RULES

The principles of judging Artistic Gymnastics will remain as defined in the FIG CODE OF POINTS 2017. E deductions will be the same as defined in the FIG code unless granted an exception or an amendment by DSIGO.

Judges should be aware that specific DS characteristics may physically alter the mechanics and performance of certain elements and this should be taken into consideration.

The E jury deductions will be those listed in the FIG code 2017-2020. There are some exceptions listed here for DS gymnasts. The E jury should apply the deductions uniformly and fairly as requested by the FIG code but with some appreciation of the disabilities involved. We must all remember that this is an ARTISTIC activity and that performance is more significant than excessive or ugly difficulty.

DSIGO AMENDMENTS AND EXCEPTIONS TO THE FIG CODE

There are ADDITIONAL DSIGO categories DS 1 value 0.1 up to DS 5 value 0.5 which are recognised for judging DSIGO events.

Each **FIG element** A, B, C etc carry their FIG value PLUS 5 tenths. (ie. FIG A = 0.6, B=0.7 etc))

All movements recognised by DSIGO are valid progressions for gymnastics development.

MA EG and WA CR groups will be valued at zero for non-listed elements, 0.3 for DS elements and 0.5 for FIG elements. Note some listed DS special EG and CR elements.

VAULT is categorised and valued as an exceptional case due to apparatus changes.

Some examples of DS elements remain narrative/descriptive and some have been contained in a standard FIG format. It is expected during 2018 that new DS parts will be added to the list and that the tables will expand and in time replace the descriptive text.

It is hoped that during 2018 coaches and judges will adopt, recognise, accept and possibly revalue DS elements to build up a more significant DS element list. Coaches may submit alternative elements for inclusion to increase the possibilities for gymnastics expression.

We are aware that the terminology for DS movements varies greatly from country to country and continent to continent. We hope that with time we will all recognise a single terminology. In time, complete DS figurines may appear.



START VALUE SHEETS. All gymnasts must present a **START VALUE** sheet for each apparatus **4 weeks before the event.** This can be downloaded from the **SUDS website 1st March.**

Double somersaults and twisting somersaults are not permitted and any FIG rules or values should be ignored.

Be aware of the DSIGO recommended additional matting with no deduction. Personal coaches must accept the responsibility for using these recommendations wisely.

The emphasis must always be on sound technical performance and artistry. Adventurous start values requiring heavy support, badly performed or places the gymnast at risk will be heavily deducted. The DSIGO Technical advisors have the right to stop any performance that is considered to place the gymnast at risk.

FALLS At this time, the penalty for each fall will remain as listed in the FIG code deductions. Hands brushing the floor or mats will be considered to be a fall where it was clear that a fall was prevented by the contact.

HOLD ELEMENTS The AMENDED DS deduction for a held part of 1 second showing a clear momentary hold but LESS than 2 seconds will be -0.1.

HANDSTAND any handstand held for **2 seconds** will have a **bonus of 0.3**

FREE SWINGS allowed only once with a listed DS value. Additional free swings are allowed but have no value and will carry any FIG execution deductions.

ANGLES of DEVIATION AND SHAPE from FIG norms.

BALANCES As a guiding principle movements that are STATIC, balances, strength parts etc, should be treated in line with the FIG code specifications and deductions.

DYNAMIC MOVEMENTS Movements with a dynamic shape such as a jump, leap or acrobatic skill should have a tolerance (allowance) of around 20 degrees from the FIG illustration.

SWINGS AND CASTS There is an FIG expectation that casts and back swings should be towards handstand. It is important to develop a reality for DS gymnastics, an expectation that is achievable in time but never impossible.

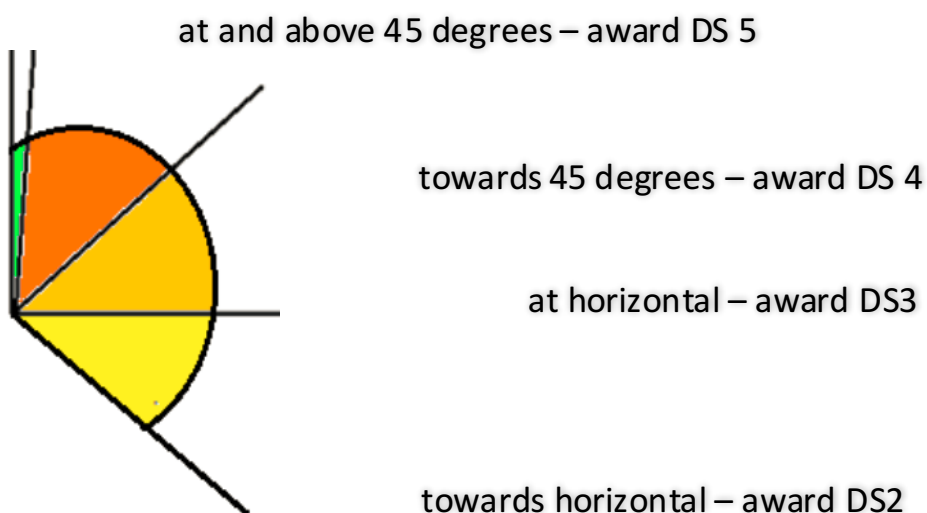


DS SWINGS

For DS exercises forwards and backwards = 1 swing.
Any free swing is allowed once for DS value then with repetition no deduction and value but execution deductions will apply.

ALL MA and WA BAR CASTS and MA support PARALLEL BAR backswing.

(Straddle to Handsand within 10 degrees of vertical – WA only awards FIG A)



SWINGS IN HANG A BARS and H BAR.

The insecurity of typical DS hand grip around a bar make it necessary to restrict the values of basic swings in hang.

Any backswing in hang where the shoulders are below horizontal VALUE DS 2

Any swing where the shoulders are horizontal or above VALUE DS 3



SPECIAL DOWN SYNDROME RULES

PHYSICAL, VISUAL OR VOCAL ASSISTANCE

It is accepted that Physical support or help as an immediate SAFETY measure to prevent a fall is essential and will NOT in itself be penalised.

HOWEVER, the judges must determine if the physical support or intervention or help enabled a skill to be completed or a fall prevented. Would the gymnast have completed the skill without the support or assistance? Assisting a gymnast into a finishing position or stopping a movement in a safe position of balance will carry NO PENALTY but the movement will have NO VALUE, NO BONUS and will NOT be considered for Special Requirement value. Dismounts handled or touched at any stage of performance will have no value. Where a clear fall is prevented then the FIG fall penalty will be applied.

Where vocal, signed, or visual help is given as an immediate prompt to memory of the sequence of movements **NO PENALTY** will be taken.

Narrative vocal, signed, or coach mirrored visual assistance more than a simple prompt will carry a penalty of 0.5 each time up to a maximum of 2.0 per routine.

USE OF SAFETY MATS

It is not the intention of DSIGO to penalise the use of safety mats but rather to recognise the additional risks of injury from a fall that DS gymnasts may be exposed to. The optional DSIGO recommendation is;

Apparatus above 1 metre in height should have 10 CMS additional padding.

Apparatus where there is an inversion or rotation involved should have 20 CMS additional padding.

Flighted dismounts should have 20 CMS additional padding.



WOMEN'S ARTISTIC GYMNASTICS

Double somersaults and twisting somersaults are not permitted.

No CV Connection Value will be given.

NOTE the special CRs for DS gymnasts.

CR non-listed 0.0. CR DS value 0.3, CR FIG value 0.5

8 scoring elements to count and deductions for short routines as in FIG code article 6.3.

HELD ELEMENTS AND BALANCES The deduction for a held part of 1 second showing a clear momentary hold but LESS than 2 seconds will be -0.1

HANDSTAND any handstand held for 2 seconds will have a bonus of +0.3

Specific Apparatus rules

VAULT Simple jump vaults and Feet on/off vaults are accepted.
Note the exceptional values and apparatus.

BARS Sitting on the bars with one or both legs is permitted with no penalty.
Feet on the bars is permitted with no penalty.

Whilst stops on the bars will not be penalised continuous movement from mount to dismount will be rewarded with +0.5

CR1 Jump from lower to upper bar can be accepted as a DS Flight CR.

CR2 Any coded element on LB or HB

CR3 any different grip in static SUPPORT or HANG will be accepted.

CR4 any half turn in simple swing or support will be accepted.

BEAM **CR1** any 2 different dance elements (connection not required)

CR2 An element with minimum ½ turn

CR3 An element that uses hand support

CR4 Any movements that demonstrate forward and backward direction.

FLOOR **CR1** A dance passage of 2 different leaps or hops connected directly or with intermediate steps will be accepted.

CR2 Forward/side acrobatic element

CR3 Backwards acrobatic element

CR4 Any element with a minimum ½ turn on one foot



WA FLOOR

A Gymnastic leaps, jumps and hops pushing on one foot

DS1 One jump on one foot to land on both feet (Assemblée)
Three consecutives jumps on one foot

DS2 Leap with alternate leg change under 90°

DS3

DS4

DS5

B Gymnastic leaps, jumps and hops pushing on both feet

DS1 stretched hop or jump
Tuck jump

DS2 One forward jump and one backward jump
Straddle/pike jump (legs below horizontal)

DS3 Stretched hop or jump with ½ turn

DS4 Three different and consecutives jumps on both feet
Two different jumps series with change of direction
Assemblée and one jump half turn

DS5



C Balance, flexibility, holds

- DS1 Stand on tiptoe 2"
Knee scale 2"
- DS2 Balance hold in passé 2" (not on tiptoe)
Balance hold in arabesque 2"(below horizontal)
Candle 2" (with hands supporting back)
- DS3 Side or straddle split
Balance hold in passé 2" + arabesque 2"(below horizontal)
L or straddled sit without putting hands on the floor, support 2"
Candle 2" (hands on floor)
- DS4 Balance hold arabesque 2" (above horizontal)
Bridge
- DS5 Straddled support lever 2", hands on floor inside legs
Support L 2"

D Gymnastic turns (pivot)

- DS1 pivot ½ turn on both feet in relevé
pivot ½ turn in passé
- DS2 pivot ½ turn on both feet in relevé, one step and another pivot ½ turn
pivot ½ turn one direction + pivot ½ turn other direction
- DS3
- DS4 pivot 1/1 turn in passé + pivot ½ turn in relevé on both feet
- DS5



TABLE OF ADDITIONAL DS DIFFICULTIES

DS1	DS2	DS3	DS4	DS5	FIG-A
					0.5 +0.1 =0.6
Lying on the back tucked rocking	From any position Roll FWD to any sitting shape		Roll FWD to stand or straddle stand.		
From stand kick to a clear position of weight on hands	Kick to handstand legs above 45 degrees		Kick to momentary handstand, not held	In ADDITION, for ANY held handstand 2 secs.	
Log roll tucked or straight			From handstand roll FWD to STAND or STRADDLE STAND		
	BWD or FWD roll to kneeling or one knee	BKW roll to stand		Backward roll extending through handstand	
		Cartwheel	2 x consecutive cartwheels	Cartwheel 1 arm	
			Round off with feet and hands touching floor simultaneously		



WA VAULT

The gymnasts will be allowed 2 attempts of the same or different vaults with the best scoring vault to count for the overall category.

In the Vault Finals gymnasts **MUST** perform 2 different vaults with both scores added together.

VAULT VALUES

DS VAULT APPARATUS 1 Springboard only. (landing mat 20 CMS)

Stretch jump	0.5
tuck or straddle jump	0.8

DS VAULT APPARATUS 2 Springboard and Mats 60 cm.

Jump and put the hands on the mat landing with knees	1.0
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Jump and put the hands on the mat landing with feet and straddle legs putting hands through them, stand THEN feet together and jump off to land.	1.5
--	------------

jump and do a forward roll on the mat. Complete in a standing position	1.8
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Handstand flat back	2.0
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DS VAULT APPARATUS 3

Vault or table 1 mtr.

(two springboards are allowed for juniors)

jump and tuck putting feet onto the vault then stand and jump off, landing on the mat in a standing position	2.0
jump and put on the vault feet and bent legs, jump off with half turn and landing on the mat in a standing position	2.5
Squat vault tucked	3.0
Squat vault piked	3.5
Straddle vault	3.5

All fig LISTED vaults ARE VALUED AT 2.5 PLUS the stated FIG value.

Example;

Handspring VALUE $2.5 + 2 = 4.5$



WA BEAM

Compositional requirements:

1.00 MT. beam **(it is not allowed to raise or lower the beam)**

A Mount

- DS1 Walk-on and free landing on the beam
Swing leg over beam lateral to straddle sit on beam
- DS2 Walk-on and landing on both feet on tiptoe 2"
Walk-on and landing in arabesque position 2" (under horizontal)
- DS3 springboard, hands on beam, bounce and put both feet on beam in a tuck position (from end or side)
- DS4 Jump to clear straddle support 2", on end of the beam
jump to single leg shoot through with $\frac{1}{4}$ turn to clear stride support 2"
- DS5

B Gymnastic connections

- DS1 Walking forward or sideways
- DS2 Walking on tiptoe
- DS3 Chassé right and left
- DS4 Chassé + free gymnastic leap or jump
- DS5

C Gymnastic leaps, jumps and hops

- DS1 Small forward jump
- DS2 Stretched jump
- DS3 Tuck jump
Hop or jump to land on one foot
- DS4 stretch jump with travel approx. 2 x foot length.



DS5

D Balance and turns

DS1 Hold in passé 2" (not on tiptoe)
(with hands support)

DS2 Stand on tiptoe 2" (in relevè)
V-sit 2" (without hands support)

DS3 Pivot $\frac{1}{2}$ turn on both feet in relevé
Hold in arabesque under horizontal 2" (not in relevè)
Knee scale 2"

DS4 Hold in passé 2" + hold in arabesque under horizontal 2" (not on tiptoe) $\frac{1}{2}$ turn in
tuck squat position on both feet
Pivot $\frac{1}{2}$ turn on one foot

DS5 Hold or scale in arabesque above horizontal 2"

E Dismounts

DS1 Stretched jump off to land in standing position

DS2 Straddle or tuck jump off to land in standing position

DS3 Stretched jump off with $\frac{1}{2}$ turn to land in standing position

DS4 Get off with cartwheel or round-off on end of the beam
Side handstand 2", land on feet, facing side of beam

DS5 Side handstand 2", $\frac{3}{4}$ turn to land standing next to beam



WA UNEVEN BARS

**It is allowed to perform the whole routine on the lower bar.
It is not allowed to raise or lower the bars.**

A MOUNTS WITH THE SPRINGBOARD

- DS1** Jump to frontal support
- DS2** With swing of one leg roll around bar to frontal support (circle up backwards)
- DS3** Feet together roll around bar by strength to frontal support (circle up backwards)
- DS4** Squat through the bar in popliteal grip to support (leg acting upstart)
Above also with one swing under bar (leg acting upstart)
- DS5** Glide or run kip with one leg squat through bar to leg acting upstart.

B CASTS AND NEAR BAR CIRCLES

See list of cast values page 5.

- DS1**
- DS2**
- DS3** From astride support dropdown with popliteal grip and back (leg acting upstart)
- DS4**
- DS5**



C LATERAL PASSAGES AND SWINGS

DS1

From support lift of one leg over the bar with foot support to catch in astride support.

DS2 From support swing of one leg over the bar with instant hand release.

DS3 From support put both feet on the bar in tuck position (can climb on one foot at a time)

DS4 From hang on high bar, swings

DS5 The same as DS4 and circle up backwards around bar to frontal support (3/4 back giant)

D DISMOUNTS

DS1 cast away to stand

DS2 Roll forward around the bar and tuck position (Forward circle down)

DS3 From support on low bar, jump off backwards with $\frac{1}{2}$ turn to land on the mat in standing position

DS4 From hang on high bar, swings and drop to land on the mat in standing position
From support hip circle backward around low bar and swing under low bar landing on the mat in standing position

DS5





MENS ARTISTIC GYMNASTICS

Both Juniors and Seniors will be judged on **FIG Junior code rules**, the 7 best elements (DS or FIG) PLUS the dismount. See the FIG code article 6.3 for short routine values.

No restrictions on the number of same EG group elements.

Double somersaults and twisting somersaults are not permitted.

There is no connection bonus

EG values; any non-listed element 0.0, DS element = 0.3 and any FIG element 0.5.

HELD SUPPORT ELEMENTS AND BALANCES

The deduction for a held part of 1 second showing a clear momentary hold but LESS than 2 seconds will be -0.1

HANDSTAND any handstand clearly held for 2 seconds will have a bonus of 0.3

Specific Apparatus rules

FLOOR

No double somersault requirement.

An additional section of choreographic elements has been added to the non-acrobatic EG 1 group.

POMMELS

Static elements and stops are permitted without deduction.

A bonus of 0.5 for any exercise which in total has continuity of swing.

RINGS

Allowable assisted strength parts are listed.

VAULT

Simple jump vaults and Feet on/off vaults are accepted.

Note the exceptional values

P BARS

Sitting on the bars with one or both legs is accepted.

Feet on the bars is a penalty of -0.3

H BAR

Static positions and stops are permitted without penalty.

A bonus of 0.5 for any exercise which in total has continuity of swing with no stops.



MA FLOOR

EG1 ADDITIONAL NON-ACROBATIC ELEMENTS.

Each only ONE TIME to count.

Jumps/leaps/dance

DS1 Any simple jump from 2 feet to land on 2 feet.

Any jump travelling forward or backwards

Chassé sideways

Jump to straddle stand

Jump with half turn

Hop

Hop to land on 2 feet.

Jump from 2 feet to land on 1 foot (not held)

Leap with leg change less than 90°

Hop or leap with half turn, landing with both feet

Star jump

DS2 Jumps at the same time opening the arms and legs landing with feet together
consecutive leaps or jumps similar or different (2 or more with no pause)

Straddle jump

Tuck jump (knees above horizontal)

Hop or leap with half turn, landing with one foot

Leap with leg change more than 90°

jump with full turn or more.

ADDITIONAL

DS4 Half lever (L sit)

DS5 Straddled half lever (straddled L sit)



EG1 FLEXIBILITY and BALANCES all 2 second hold (The deduction for a held part of 1 second showing a clear momentary hold but LESS than 2 seconds will be -0.1. Refer to FIG code balances for higher value balances.

DS1 Stand on one leg with free leg tuck

Stand on tiptoe

Sitting straddle

Sitting with legs together (piked)

Candle (hands supporting back- vertical shoulder)

DS2 Sitting straddle with the chest on the floor

Sitting legs together chest on knees

Candle 2" (hands by the ears preparation for back roll)

Straddled support lever putting hands outside legs

L support tucked

DS3 Bridge

Straddled support lever putting hands inside the legs

L support piked.



EG 2 and EG 3 ACROBATIC ELEMENTS

DS1	DS2	DS3	DS4	DS5	FIG-A
					0.5 +0.1 =0.6
Lying on the back tucked rocking	From any position Roll FWD forwards to any sitting shape		Roll FWD to stand or straddle stand.		
From stand kick to a clear position of weight on hands	Kick to handstand legs above 45 degrees		Kick to momentary handstand, not held	In ADDITION, for ANY held handstand 2 secs.	
Log roll tucked or straight			From handstand roll FWD to STAND or STRADDLE STAND		
	BWD or FWD roll to kneeling or one knee.	BKW roll to stand		Backward roll extending through handstand	
				Cartwheel 1 arm	
		Cartwheel	2 x consecutive cartwheels		
		Round off with feet and hands touching floor simultaneously	Round off with flight.	Round off rebound jump.	



MA POMMEL HORSE

EG 1 SWINGS can be single or double leg circles

Mounts, single leg swings, squats.

- DS1 Frontal position with both hands on the pommels jump to stretched support
- DS2 Hands lifting alternately on the pommels
Frontal position with hands on the pommels, jumps at stretched support with single leg in to mixed swing
Jump to Half Circle in side support with one hand on one pommel and one hand on end
Jump to Half Circle in side support with hands on both pommels

DS1	DS2	DS3	DS4		FIG A
		Any half circle of one leg 1 time only	Any half one leg circle into swing	Any full circle of one leg without stop 1 time only	
Any jump to support	Front support swings straddled side to side.	Back support swings straddled Side to side.	Any mixed support straddled swing side to side.		
		From front support squat through to rear support	From back support squat through to front support		

EG2 CIRCLE AND FLAIR each counts 1 time only

One time only any single or full circle of 1 leg without a stop.

One time only any 1 double leg circle OR FLAIR without stop



EG3 TRAVELS AND SPECIAL DS HOLD SUPPORT PARTS

- DS1 Any side travel from one zone to another in straddle
can be support, straddle or double leg circle.
L support lever with tuck legs 2 secs
- DS2 Any side travel from one zone to another with feet together.
L support lever 2 secs
Squat of both legs through the pommels to dorsal support
Squat of both legs through the pommels to front support.
At the end Circle in side support with one hand on one pommel and one hand on
end
Circle in side support with hands on both pommels
- DS3 straddle L sit 2 secs
- DS4 V sit 2 secs.

EG4 DISMOUNTS

- DS1 From frontal support squat through or jump off and land in standing position on the
mat
- DS2 Mixed swing and dismount with $\frac{1}{4}$ turn FWD or BKW.
Any feet together half circle.



MA RINGS

EG1 KIPS AND SWINGS

DS1 Three consecutives swings on straight arms.

Three consecutive swings on bent arms.

DS2 Swing to inverted hang.

EG2 STATIC AND STRENGTH PARTS

DS1 From hang tuck position and hold.

Tucked support and hold.

DS2 From hang piked position and hold.

From hang pull to inverted hang.

From inverted hang lower to German hang.

From support, half level L sit.

Back lever with 1 leg in tuck position.

From L sit roll forwards or backwards to inverted hang.

DS4 press to shoulder stand

DS5 press or lift to momentary straight arm handstand position

DS1	DS2	DS3	DS4	DS5	FIG-A
	Pull to inverted hang	WITH ASSISTANCE from hang pull and press to support		From hang pull and press to support	
	Lower to German hang	From German hang pull with tuck to inverted hang	German hang pull with pike to inverted hang.		
	support	Chin up hold	Tucked half level	Back lever straddled or 1 leg tucked	



EG 3 SWING TO STRENGTH Bent arms (min 90 deg) x 1 swing (chin up swing)

EG 4 DISMOUNTS

DS1 From hang jump off and land on the mat in standing position

From hang, swings and land on the mat in standing position (no rotation)

From back hang (German or L dorsal) stretch back the body release and land on the mat.

DS2 Half dislocate backwards from static piked position

DS3

From hang, swings and pull over backwards to landing on the mat in standing position (no flight, release and drop)

DS1	DS2	DS3	DS4		FIG-A
		Pull turn over and drop backwards to stand. No flight.	From swing tucked somersault FWD or BKW with flight.		



MA VAULT

The gymnasts will be allowed 2 attempts of the same or different vaults with the best scoring vault to count for the overall category.

In the Vault Finals gymnasts **MUST** perform 2 different vaults with both scores added together.

VAULT VALUES

DS VAULT APPARATUS 1 Springboard only. (landing mat 20 CMS)

Stretch jump	0.5
tuck or straddle jump	0.8

DS VAULT APPARATUS 2 Springboard and Mats 60 cm.

Jump and put the hands on the mat landing with knees **1.0**

Jump and put the hands on the mat landing with feet and
straddle legs putting hands through them, stand THEN
feet together and jump off to land. **1.5**

jump and do a forward roll on the mat. Complete in a
standing position **1.8**

Handstand flat back **2.0**



DS VAULT APPARATUS 3

Vault or table 1 MT.

(two springboards are allowed for juniors)

jump and tuck putting feet onto the vault then stand and jump off, landing on the mat in a standing position	2.0
jump and put on the vault feet and bent legs, jump off with half turn and landing on the mat in a standing position	2.5
Squat vault piked	3.0
Squat vault piked	3.5
Straddle vault	3.5

All fig LISTED vaults ARE VALUED AT 2.5 PLUS the stated FIG value.

Example;

Handspring and Handspring with ¼ turn (round off) VALUE $2.5 + 1.6 = 4.1$



MA PARALLEL BARS

EG 1 SUPPORT, SUPPORT SWING ELEMENTS

See the table of support back swing values page 5.

DS1 From stand holding the bars jump to support on 2 rails.

Straddle sit or side sit on the bars.

Any turns through straddle positions

DS2 From support half turn inside the bars feet together.

Mount jump to support and short swing to straddle sit.

DS3 Forward roll from or to straddle sit.

DS4 Forward roll to upper arm swing.

SPECIAL VALUE

DS6 Straddle half lever

DS7 V sit (Russian Lever)

EG 2 ELEMENTS IN OR THROUGH UPPER ARMS EG

DS1 jump onto upper arms

DS2 Swing in upper arms X 1 90 degree arc of swing.

From upper arm swing rise FWD to straddle sit.

DS5 Shoulder handstand

EG 3 ELEMENTS in or through hang

DS2 Jump and tucked swing once back swing to stand and remount.

DS3 Jump and tucked swing forwards to straddle sit in upper arms.

EG 4 DISMOUNTS

DS1 From any static position feet pointing to the floor, drop through the bars to stand.

From straddle sit half turn over the bar to dismount.



ADDITIONAL PB ELEMENT VALUE TABLES

	DS1	DS2	DS3	DS4	DS5	FIG-A
EG 1		Support position 2 rails.	Hold support on 1 rail	1 x DIP min 91deg		
EG1				Tucked half lever		L sit
	SEE PAGE 5 FOR SUPPORT SWING VALUES					
EG 2			Swing x 1 on upper arms	From upper arms swing to backward uprise to support		
EG 3		Jump and tucked swing x 1 before the start of the routine.	Float and Kip to upper arms	Float and kip to straddle sit		
			Tucked swing to straddle sit on upper arms.			
EG 4			Forward or back swing dismount to the side with tuck to land	Forward or back swing dismount sideways with straight legs to land		



MA HORIZONTAL BAR

EG 1 LONG HANG, SWINGS AND HOLDS

DS1 Chin up x 1 straight body

3 x swing with straight body.

DS2 With assistance pull or circle to support.

L or tucked hang.

In support above the bar swing one leg over the bar to catch (or return)

Any support to straddle leg change or half turn above the bar.

Any straddled or leg acting kip to support.

From straight swing squat one leg in and leg acting upstart.

EG 2 FLIGHT or RELEASE

DS1

DS3 From small swing on back swing show release and regrip.

EG 3 IN BAR

DS1 From front support cast backwards with clear gap between arms and body.

DS2 From front support cast backward with legs below horizontal

DS3 From support cast above horizontal.

Backward hip circle tight to bar

From support underswing to swing in hang.

Forward hip circle

DS4 Back hip circle clear of the bar (must finish show clear support)



EG 4 DISMOUNTS **See table.**

	DS1	DS2	DS3	DS4	DS5	FIG-A
EG 1		Any swing with half turn	Leg lift and toe the bar			
				Upward circle to support.		
EG 2						
EG 3			Back hip circle.	Forward hip circle		
					upstart to support	
EG 4	From hang drop to stand	Undershoot dismount.	Undershoot with half turn value 0.3		Back away tucked. 0.5	
			Cast to straddle stand undershoot dismount	Cast to straddle stand undershoot dismount ½ turn.		

TABLE OF HORIZONTAL BAR ELEMENTS IN ALL GROUPS