

LEVEL A	LEVEL B	LEVEL C
Group One - Acrobatic Moves	Group One - Acrobatic Moves	Group One - Acrobatic Moves
Backward roll tucked	Back flip	Back Somersault tucked, straight or piked
Backward roll to front support (held)	Back flip step out	Handspring to one handspring to two
Backward roll to straddle stand with flat back (held)	Backward walkover (F)	Free cartwheel
Backward roll piked to stand	Forward walkover (F)	Free walkover
Forward roll tucked or straddled to stand	Handspring to two	Front somersault - tucked, straight or piked
Cartwheel	Forward roll piked to stand	Front somersault with 1/2 turn
Two cartwheels linked	Tinsica	Flyspring
One handed cartwheel (arm optional)	Backward roll handstand (S)	Valdez
From front support, jump to crouch then jump to stand		Handstand forward roll piked to stand
Handstand forward roll		Back somersault with 1/2 or 1/1 twist
Circle or Teddy bear roll -360°		Backward roll to handstand with straight arms
Round off		Round off 2 flics
		Dive forward roll or Hecht Roll (must show flight)
Group Two - Strength (S) , Balance (B) and Flexibility (F)	Group Two - Strength (S) , Balance (B) and Flexibility (F)	Group Two - Strength (S) , Balance (B) and Flexibility (F)
Handstand leg position optional (B) (S)	Handstand 1/2 turn (S)	From standing elephant lift to handstand (B) (S)
Arabesque (B)	Y balance (B)	Pike lever (B) (S)
Back support turn to front support (S)	Japana, flat back, chest to floor, legs at max of 90° (F)	Tucked top planche (B) (S)
Frog balance (B)	Pike Fold (F)	Straddle half lever (B) (S)
Front or back support lower push up (press up or tricep dip) (S)	V sit without hand support (B) (S)	Handstand pirouette (1/1 turn) (S)
Shoulder stand with arm support (B)	Shoulder stand (straight arms behind head) (B) (S)	From splits or straddle press to handstand (B) (S)
V sit with hand support (B)	Swedish Fall with one leg raised (S)	From straight leg headstand press to handstand (B) (S)
Bridge (F)		Wide arm handstand, hands greater than shoulder width (B) (S)
Show splits side or box (F)		Russian lever (B) (S)
Headstand - leg position optional return to feet (B)		
Dead Man - drop to front support (S)		
Log roll with arms by ears - min 360° (travel in one direction only) (S)		
ALL MOVES SHOWN WITH AS (B) OR (F) IN GROUP TWO MUST BE HELD FOR A MINIMUM OF 2 SECONDS.		
Group Three - Jumps, leaps and spins	Group Three - Jumps, leaps and spins	Group Three - Jumps, leaps and spins
Tuck jump	Catleap 1/2	Straddle jump (feet hip height)
Star jump	Sissone (120° split)	Tuck jump 1/1
Cat leap	Straight jump 1/1 turn	W jump 1/2
Straight jump - extended	Tuck jump 1/2	Split leap change
Straight jump 1/2 turn	W jump or hop	Shoushonova straddled
Spin 1/2 turn on 1 leg	Split or side leap (180° separation)	Ring leap or jump (foot head high)
High hop - extended	Scissor kick (both legs above horizontal)	Piked jump (feet to hips)
High hop 1/2 turn	Stag leap or jump	Catleap 1/1
	Shoushonova tucked	
	Full spin on Toes	

moves 0.5 per move	10 in each routine				
	White	Blue	Bronze	Silver	Gold
	Level A only	Level A only	Level A and B only Minimum 4 x B	All Levels Minimum 5 x B and 1 x C Note: No moves from Level A, Group 3 allowed	All Levels Minimum 5 x B and 3 x C Note: No moves from Level A, Group 3 allowed
EGR 0.5 per EGR	none	balance (B) (held) must show for 2 seconds			
	none	Strength (S) or flexibility (F) move			
	none	acro series -2 linked acrobatic moves (must be flighted in Silver and Gold)			
	none	mixed series - move/jump or leap OR jump or leap / move			
	none	gym series - 2 jumps/leaps/spins linked (may be linked by one step or chase) OR second acro series (must be flighted in Silver/Gold and different)			
Floor area	Strip of mats		12mx12m floor area (GIRLS TO MUSIC, 45 - 90 secs - BOYS NO MUSIC)		

General Deductions	
Step out of floor area	0.1
Failure to present	0.1
Touch leotard / hair (each)	0.1
Execution errors	0.1/0.3/0.5
Music problems	0.5
Move too high for level	1.00
Missing B or C move	0.5
Missing EGR	0.5
Fall	1.00

Composition	
Deductions will be 0.0 / 0.1 / 0.3 / 0.5 for each compositional requirement dependant on how criteria is fulfilled	
LINKS	adds to flow of routine, could be through dance, turns etc.
USE OF SPACE	full use of area including all of mats and high and low
TEMPO	changes of pace within the routine
VARIETY OF SKILLS	a range of different moves selected within the routine

Floor routines must **NOT** use music from Disney, Andrew Lloyd Webber, or Cirque Du Soleil. For any clarification, consult the PPL Website: www.ppluk.com . Any routines using this music will be **VOIDED** with a zero score.

White Competition : 10 Moves from the "A" list

Blue Competition : 10 moves or more from the "A" list to include the 5 EGR's (Element Group Requirements)

Each move is counted only once, however, moves may be repeated to achieve EGR's.

i.e. In the Blue competition, forward roll, tuck jump would fulfill mixed series; tuck jump, star jump would fulfill the gym series

Likewise backward roll to feet, backward roll to straddle, half turn jump would fulfill acro series & mixed series.

However, a second acro series CANNOT be joined to the first. Each must have two different acro moves in two separate differing series

Age of the gymnast in the year of the competition. Must be over 6 on the competition date and have a valid GG permit to compete.

In the B/S/G competitions, Girls must have music 45 - 90secs long with no vocals. Boys - no music.

Performed moves that are above the level of the competition (Bronze/Silver) will not be credited & incur a 1.00 penalty. A "C" move cannot replace a "B"

VAULT	WHITE	BLUE	BRONZE	SILVER	GOLD
SQUAT ON - IMMEDIATE STRAIGHT JUMP OFF	10.00				
SQUAT ON - IMMEDIATE TUCKED/STAR/STRADDLE JUMP OFF	10.50	10.50			
SQUAT/#STRADDLE OVER	11.00	11.00	11.00		
LAYOUT SQUAT/#STRADDLE OVER	11.50	11.50	11.50	11.50	
HANDSPRING			12.40	12.40	12.40
HANDSPRING ON ½ OFF				12.60	12.60
HANDSPRING ½ ON STRAIGHT OFF				12.80	12.80
YAMASHITA				13.00	13.00
HANDSPRING ½ ON ½ OFF					13.20
HANDSPRING 1/1 OFF					13.40
SPOTTING PENALTY Any physical assistance by the coach. Each touch will incur a penalty.	3.00	3.00	3.00	3.00	3.00
Vault height (box or vault)	100 - 110cms*	100 - 110cms*			
Vault height (box,vault or table)			110 or 120cms	110 or 120cms	110 or 120cms

#Straddle vaults MUST be over the box or vault - NOT over the table.

*The vault/box will be as close as possible to the stated height. It will be a 5 section box which is between 100 - 110cms.

White Competition Gymnasts Under 7 may use 2 boards with a 2.00 penalty. The 3.00 spotting penalty will still apply.

Judging: Judges will be looking for good technique and body form in the Flight on, the action on the vault, repulsion from vault, the Flight off, and the landing. Execution will be applied in each of these 5 areas.

Any steps on landing will be deducted 0.1 for each small step. Larger steps and jumps will be deducted accordingly.

Balance correcting movements will be deducted according to severity.

A fall, or a touch with hands, on landing, will be deducted 1.00

	WHITE	BLUE	BRONZE	SILVER	GOLD
MINIMUM FLOOR SCORE REQUIRED	8.50	15.50	15.50	15.50	15.50
MINIMUM VAULT SCORE REQUIRED	9.00	9.50	10.50	11.00	11.50

Gymnasts can enter at any Level. They must move up upon achieving PIN score. Gymnasts cannot move down a level.