

**Women's Artistic S.T.E.P Framework
Excel Grades 2026 Onwards**
Includes Pre-Excel Grade

Pre-Excel Grade 1 – Aged 8 & 9 years only

Pre-Excel Grade 1 - Notes

- **Pre-Excel Grade:**
 - Aged 8 & 9 years Only
 - D Score 4.00 on all apparatus
 - Gymnasts do not need to compete Pre-Excel 1 and Pre-FIG Dev 1 to progress to Excel 1
 - There will be no minimum attainment at Pre-Excel 1 – gymnasts can progress to Excel 1
 - There will be no combined score for Pre-Excel 1 & Pre-FIG Dev 1
 - Pre-Excel will be a regional level competition only.

Pre-Excel Grade - Vault

D Score 4.00 on both vaults

Average Score of 2 vaults to count

Vault

Tuck front salto into dive roll forwards from the board to 30cm mats

Pre-Excel Grade - Bars

D Score 4.00 (0.50 each move)

Single strap bar routine – Set order of routine

1. Start in long hang, in regular grip, circle up to front support	
2. Cast to handstand legs together or straddled	Award Bonus of 0.3 if the cast to handstand is completed within 30°
3. Swing forward with dish arch kick action, back rounded, Swing backwards	Deduct: <i>0.1 between horizontal and 45°</i> <i>0.3 below horizontal</i>
4. Repeat <i>(4 swings in total VM if below horizontal on back swing)</i>	
5. Back Giant	Deductions as per FIG. Coach can assist stop after 3 rd giant. No deduction is gymnast performs additional giant before stopping.
6. Back Giant	
7. Back Giant	
Bonuses <ul style="list-style-type: none"> 0.3 for cast to handstand completed within 30° 	

Pre-Excel Grade - Beam

D Score 4.00 (0.50 each move)

FIG Beam

Set moves in optional order

1. Jump to straddle lever (show) lift and lower into Japana splits.	
2. Dance connection – Split leap into straight jump	
3. Backward walkover	
4. ½ spin immediate relevé ½ turn	
5. Cartwheel ¼ turn in	
6. Split jump or sissone	
7. Tuck front salto dismount.	Award Bonus of 0.1 for stuck dismount

Notes:

- FIG deductions for all moves.
- Modified artistry / bonus artistry will be confirmed with full booklet.
- Own choice of dance.
- Optional order of routine.
- Use of arm swing allowed for leaps – FIG deductions for rhythm. SB (0.5) if not connected.
- 0.1 - Small bonus for stuck dismount

Pre-Excel Grade - Floor

D Score 4.00 (0.50 each move)

Set moves in optional order

Acro Line 1 – 1. Handspring 2	Controlled rebound allowed with no deduction.
Acro Line 2 – 2. One step & hurdle step, round off, 2 flics, arch / stretch jump	
Acro Line 3 – 3. Front salto	Award Bonus of 0.1 for stuck landing
4. Dance passage Split leap into split leap	
5. Step into free cartwheel or Cartwheel connected to sissone (this order)	
6. Full spin (forwards or backwards)	

Notes:

- Choice of music
- Artistry – modified / bonus artistry this will be confirmed with full booklet.
- Bonus 0.1 - Stuck dismount for front salto.

Pre-Excel Grade – Range & Conditioning

D Score 4.00 (0.50 each move)

Set Order – Strip of Carpet

1. Leg lift to horizontal or above forward continue to side, continue round to back. Show / hold each position for 1 second. Arms in 2 nd position	Deduct: <i>0.1 if 30 below horizontal</i> <i>0.3 if more than 30 below horizontal</i> <i>Maximum total deduction 0.5 on each side</i>
2. Repeat on other leg.	
3. From straddle stand, lift to handstand (Hold), ½ turn to stand.	
4. Backward roll through handstand to front support.	
5. Drag legs to straddle lever (Hold) Lower to straddle sit position	
6. Lower to Japana (Hold) and swim through. Push up to front support with toes pointed. (Hold)	
7. Swing on leg forward to show front split, turn to box and show other leg split	Note: No hands to rotate positions
8. From split lever up to pike stand and pike fold. (Hold Pike fold)	

Notes:

- Maximum deduction for leg lift section. Bent legs / balance can be applied on top.
- Emphasis on shape and control in handstands

Excel Grade 1 - Vault

D Score 4.00 on both vaults

Average Score of 2 vaults to count

Vault 1

Straight front salto into dive roll forwards from the board to 30cm mats

Vault 2

Round off jump to dish from the board to 50cm mats

OR

Round off Straight back, fall to dish from the board to 30cm mats **(Bonus 0.50)**

Apparatus Notes: **Thick hand mat**

Excel Grade 1 - Bars

D Score 4.00 (0.50 each move)

Single strap bar routine

1. Start in long hang, regular grip, fish swing x 2 into trolley swing	
2. Swing forward with dish arch kick action, back rounded, Swing backwards	Deduct: <i>0.1 between horizontal and 45°</i> <i>0.3 below horizontal</i>
3. Repeat <i>(4 swings in total VM if below horizontal on back swing)</i>	
4. Change to front giant swing with hecht action	Deduct: <i>0.00 between handstand and 30°</i> , <i>0.1 between 30° & 45°</i> , <i>0.3 between 45° & 90° (horizontal)</i> <i>0.5 below 90°</i> VM: only if back swing is below horizontal. Award Bonus of 0.1 if the final back swing is within 10° handstand
5. Repeat	
6. Clear hip circle to handstand (short clear)	Note: <i>If early exit, swing back to position to continue routine and deduct 0.50 for empty swing.</i> Award Bonus of 0.3 if within 10° of handstand either side of the bar.
7. Back Giant	Deductions as per FIG. Coach can assist stop after 2 nd giant. No deduction is gymnast performs additional giant before stopping.
8. Back Giant	
Bonuses <ul style="list-style-type: none"> Award 0.30 for Additional close bar Award 0.30 for endo or clear pike/stoop stalder 	

Excel Grade 1 - Beam

D Score 4.00 (0.50 each move)

FIG Beam

1. Pike, press, straddle lever to handstand (show) mount into Japana splits.	
<i>Low Beam dance / pose – must touch front and back of body.</i>	
2. From standing on flat feet lift leg and kick forwards lower and lift leg and kick sideways lower and lift leg and kick backwards lower then lift to arabesque (H) and repeat on other leg – start and finish in beam 5 th position, arms in 2 nd position.	
3. Dance connection - To include Split leap into or out of split jump or sissonne.	
<i>Walks forward in relevé and back body wave</i>	
4. Flic to one	
5. Backward walkover to finish in lunge – must go through split handstand in control to show in middle.	
<i>Turn sideways, show some side dance. Then side dance, body wave and turn to face along the dismount end of beam</i>	
6. ½ spin immediate relevé ½ turn	
<i>Chasse forwards</i>	
7. Cartwheel to finish feet together lift to relevé walk back and	
8. Tuck back salto dismount.	Award Bonus of 0.1 for stuck dismount

Notes:

- FIG deductions for all moves.
- Modified artistry / bonus artistry will be confirmed with full booklet.
- Own choice of dance with some set parts.
- Set order of routine.
- Use of arm swing allowed for leaps – FIG deductions for rhythm. SB (0.5) if not connected.
- No 180° split bonus – FIG deductions applied.
- No all requirements bonus
- 0.1 - Small bonus for stuck dismount

Excel Grade 1 - Floor

D Score 4.00 (0.50 each move)

<p>Acro Line 1 – 1. Handspring to one, handspring to 2 OR Handspring to one, handspring to 2, flyspring</p>	<p>Award Bonus of 0.3 for flyspring</p>
<p>Acro Line 2 – 2. One step & hurdle step, round off, 3 flics, arch / stretch jump</p>	
<p>Acro Line 3 – 3. Front salto</p>	<p>Award Bonus of 0.1 for stuck landing</p>
<p>4. Dance passage Change leg into split leap</p>	
<p>5. Step into free cartwheel or free walkover</p>	
<p>6. Full spin (forwards or backwards)</p>	
<p>7. Jump 1/1</p>	

Notes:

- Choice of music
- Artistry – modified / bonus artistry this will be confirmed with full booklet.
- 3 acro lines to be performed in a set order.
- Order of all other elements optional.
- Bonus 0.3 for 1st acro line if has a fly spring.
- Bonus 0.1 - Stuck dismount for front salto (last acro line).
- Remove bonus for 180° split – FIG deductions applied.
- Remove all requirements bonus

Excel Grade 1 – Range & Conditioning

D Score 4.00 (0.50 each move)

Set Order – Strip of Carpet

1. Leg lift to horizontal or above forward continue to side, continue round to back. Show / hold each position for 1 second. Arms in 2 nd position	Deduct: <i>0.1 if 30 below horizontal</i> <i>0.3 if more than 30 below horizontal</i> <i>Maximum total deduction 0.5 on each side</i>
2. Repeat on other leg.	
3. Pike up to handstand (Hold), ½ turn to stand.	
4. Backward roll through handstand to front support.	
5. Drag legs to straddle lever (Hold)	
6. Lift to handstand (Hold)	Penalty 0.50 for failure to straddle level to handstand
7. Lower to bridge (Hold)	
8. Kick back to split handstand (Hold)	
9. Join legs in handstand and split handstand on other leg (Hold)	
10. Join legs in handstand and lower through straddle lever to sit	
11. Japana (Hold) and swim through	
12. Show front split, turn to box and show other leg split	Note: No hands to rotate positions
13. From split lever up to pike stand and pike fold. (Hold Pike fold)	

Notes:

- Removed artistry section.
- Added leg lift back into R&C, but maximum deduction for each side not each position. Bent legs / balance can be applied on top.
- Emphasis on shape and control in handstands
- Penalty 0.50 for failure to straddle level to handstand rather than taking a fall. Gymnast should then kick to handstand and continue routine.

Excel Grade 2 – Aged 10 & 11 years only

Excel Grade 2 - Notes

- **Excel Grade 2:**
 - Aged 10 & 11 years Only
 - D Score 4.00 on all apparatus
 - Gymnasts need to achieve a minimum attainment score (score TBC) at Excel 2 and a combined score at FIG Dev 2 to progress to Excel 3
 - No change to National Finals for Regional team of 4 with a travelling reserve.
 - Gymnasts outside of this age band that completed Excel 1 last year need to write to WTC for advise / dispensation on pathway options.

Excel Grade 2 - Vault

D Score 4.00 on both vaults (unless stated)

Average Score of 2 vaults to count

Blocks to 100cm. Additional 5/10cm jersey mat to fall onto.

Vault 1

Handspring to dive roll (dive roll not judged)

Vault 2

Round off flick to stand, fall back to dish

Apparatus Notes: **Thick hand mat**

Notes:

- **If void vault allow 2nd attempt with 1.00 penalty from that vault score.**

Excel Grade 2 - Bars

D Score 4.00 (0.50 each move)

Single wooden bar routine

1. Upstart	
2. Cast to handstand (straddle allowed)	Award Bonus of 0.1 if handstand is within 10°
3. Short clear to handstand	See Bonuses for additional close bar elements.
4. Giant backwards, Giant backwards	
5. Straight backaway	Award Bonus of 0.1 for stuck landing
Bonuses <ul style="list-style-type: none"> • Award 0.50 for additional, different close bar element • Award 0.30 for 3 close bar elements, 2 of which must be different Or • Award 0.50 for 3 different close bar elements • Award 0.50 for 2 swinging turns or a giant 1/1 pirouette • Award 0.10 for stuck landing from Straight backaway 	

Notes:

- Additional mats under bar same as current Excel 2
- Angles for CB as Excel 1
- 0.1 Stick bonus for straight backaway only
- Lower D score if undershoot dismount is performed – NO TUCK OR PIKE SOMERSAULT ALLOWED

Excel Grade 2 - Beam

D Score 4.00 (0.50 each move)

FIG Beam

1. Pike, press, straddle lever to handstand (hold) mount back to straddle lever.	
2. From standing lift to relevé kick forwards lower to stand lift to relevé kick sideways lower to stand lift to relevé kick backwards lower to stand and repeat on other leg. Start and finish in beam 5 th position, arms in 2 nd .	
3. Change Leg	
4. Forward Walkover	
5. Acro Series - Backward walkover connected to flic (SB 0.5)	
<i>Low Dance</i>	
6. Full Spin (either direction)	
7. Dance series - Split jump connected to straddle jump, sissone or split leap.	
<i>Side Dance</i>	
8. ½ turn in relevé	
9. Round off Tuck back dismount.	Award Bonus of 0.1 for stuck dismount

Notes:

- Set order of routine
- Dance passage – split jump must be first element except when using split leap
- FIG deductions for all moves.
- Artistry - modified artistry / bonus artistry will be confirmed with full booklet.
- Use of arm swing allowed for leaps – FIG deductions for rhythm. SB if not connected.
- No 180° split bonus – FIG deductions applied.
- No all requirements bonus
- 0.1 bonus for stuck dismount

Excel Grade 2 - Floor

D Score 4.00 (0.50 each move)

<p>Acro Line 1 – 1. Handspring to one, handspring to 2, tuck front salto OR Handspring, flyspring, tuck front salto</p>	<p>Award Bonus of 0.3 for flyspring</p>
<p>Acro Line 2 – 2. One step & hurdle step, round off, 2 flics, tuck back salto</p>	
<p>Acro Line 3 – 3. Round off, Flic, straight back salto</p>	<p>Award Bonus of 0.1 for stuck landing (last acro line)</p>
<p>4. Free walkover or free cartwheel into a straight jump</p>	
<p>5. Any spin minimum 'B'</p>	
<p>6. Dance passage - Change leg step immediate change leg on other leg into a passage of dance to change leg ¼ or tour jete</p>	
<p>7. Split jump or straddle jump ½ turn into an immediate straight jump ½ turn to land.</p>	

Notes:

- Choice of music – Artistry to FIG
- 3 acro lines to be performed in a set order.
- Order of all other elements optional.
- 0.1 - Stuck dismount bonus (last acro line).
- Remove bonus for 180° split – FIG deductions applied.
- Remove all requirements bonus
- 0.3 bonus for flyspring

Excel Grade 2 – Range & Conditioning

D Score 4.00 (0.50 each move)

Set Order – Strip of Carpet

1. Leg lift to horizontal or above forward continue to side, continue round to back. Show / hold each position for 1 second. Arms in 2 nd	Deduct: <i>0.1 if between 45° and 90° (horizontal)</i> <i>0.3 if below horizontal</i> <i>Maximum total deduction 0.5 on each leg</i>
2. Repeat on other leg.	
3. Pike up to handstand ½ turn (H) then split or pike to stand.	
4. Backward roll to handstand ½ turn forward roll to straddle lever (H).	
5. Lift to handstand (H)	
6. Lower to bridge (H)	
7. Kick back to split handstand (H)	
8. Join legs in handstand and split handstand on other leg (H)	
9. Join legs in handstand and lower through straddle lever to sit	
10. Japana (H) and swim through	
11. Show front split, turn to box and show other leg split	Note: No hands to rotate positions
12. From split lever up to pike stand	

Notes:

- Removed artistry section.
- Leg lift section – No deduction if between 45° and handstand, deduct 0.1 is between 45° and 90° (horizontal) deduct 0.3 if below horizontal, to a maximum total deduction 0.5 on each leg
- Added leg lift back into R&C, but maximum deduction for each side not each position. Bent legs / balance can be applied on top.
- Emphasis on shape and control in handstands and control on turns.
- Splits no hands to rotate positions.
- Penalty 0.50 for failure to straddle level to handstand rather than taking a fall. Gymnast should then kick to handstand and continue routine.

Excel Grade 3 – Aged 11 & 12 years only

Excel Grade 3 - Notes

- **Excel Grade 3:**
 - Aged 11 & 12 years Only
 - D Score 4.00 on all apparatus
 - Direct entry to National Finals (no change)
 - For 2026 only, Gymnasts aged 13 who already have a minimum attainment at Excel 2 will be able to compete Excel 3 and FIG Dev 3 and, with the appropriate minimum attainment score progress to British Championships 2027

Excel Grade 3 - Vault

D Score 4.00 on both vaults

Average Score of 2 vaults to count

Table to 125cm with mats behind to 125cm.
Additional optional 10cm jersey mat to fall onto.

Vault 1

Handspring to dive roll (dive roll not judged)

Vault 2

Yurchenko prep to back

OR

Tsukahara prep to back

Note: if gymnast lands on feet in either of these options, D Score will be 3.00

Notes:

- Vault to encourage heel drive.

Excel Grade 3 - Bars

D Score 4.00 (0.50 each move)

Single wooden bar routine

1. Upstart, cast handstand (straddle ok)	FIG angle deductions VM if below 30° Award Bonus of 0.1 if in handstand with no tolerance
2. Any backward close bar to handstand	Deductions as per FIG
3. Blind or Close bar turn to under-grip OR Giant 1/1 Pirouette OR Close Bar 1/1 Pirouette	FIG angle deductions VM if below 45° for blind or close bar See Bonuses for additional close bar elements.
4. Element in under grip with Top change OR Swinging half turn	
5. Giant Backwards	
6. Giant Backwards	
7. Straight backaway	Award Bonus of 0.1 for stuck landing If Undershoot ½ dismount performed D score for routine will be out of 3.00
Bonuses <ul style="list-style-type: none"> • Award 0.30 if blind turn element comes from a close bar • Award 0.30 for 2nd different close bar element (3rd if CB used for turn to under grip) (Award 0.50 if D value) • Award 0.30 for 3rd different close bar element (4th if CB used for turn to under grip) (Award 0.50 if D value) • Award 0.50 if both turn to under grip and 1/1 turn are performed • Award 0.10 for stuck landing from a straight backaway 	

Notes:

- Additional mats under bar same as current Excel 3
- Additional giants and forward giants can be performed and will be deducted as FIG
- FIG angle deductions for cast to handstand and VM if below 30°
- Close bar elements – deductions as per FIG
- Circle elements with turns – deductions as per FIG with VM if below 45°.
- 2nd close bar could be used for ½ turn to under grip and still receive bonus
- Handstands can be legs together or straddled
- Giants can be legs together or straddled
- Undershoot ½ dismount – routine from 3.0 and no stick bonus
- Easiest routine > Trolley swing, upstart, handstand, CB, *optional giant*, blind turn, *optional forward giant*, forward giant top turn, giant, giant, dismount.

Excel Grade 3 - Beam

D Score 4.00 (0.50 each move)

FIG Beam

1. Pike, press, straddle lever to handstand (hold) mount. Cross or sideways – optional exit.	
2. From standing lift to relevé kick forwards kick sideways kick backwards lower to stand and repeat on other leg. Start and finish in beam 5 th position, arms in 2 nd .	
3. Dance series - change leg, split jump, straddle jump OR change leg, split jump, sissone.	0.5 penalty if no connection 0.3 penalty if one connection missing
4. Acro Series - 3 backward skills 2 must have flight (SB?)	
<i>Low Dance</i>	
5. Forward walkover straight jump	
6. Full spin to finish in passe (Or squat spin)	
<i>Side Dance</i>	
7. ½ turn in relevé	
8. Round off Straight back dismount.	Award Bonus of 0.1 for stuck dismount

Notes:

- FIG Landing mats
- Set order of moves
- Dance passage – must be in order specified.
- FIG deductions for all moves.
- FIG artistry.
- Own choice of dance.
- No 180° split bonus – FIG deductions applied.
- No all requirements bonus
- 0.1 - Stick dismount bonus

Excel Grade 3 - Floor

D Score 4.00 (0.50 each move)

<p>Acro Line 1 – 1. Straight front salto into tuck front salto (optional handspring)</p>	<p>Award Bonus of 0.3 for 2 x straight fronts</p>
<p>Acro Line 2 – 2. Round off whip, flic, flic, straight back salto (optional flic before whip)</p>	
<p>Acro Line 3 – 3. Front salto walk out round off flic 1/1 twist straight back salto.</p>	<p>Award Bonus of 0.1 for stuck landing (last acro line)</p>
<p>4. Any spin minimum 'B'</p>	
<p>5. Dance passage - Change leg into a passage of dance to choice of additional leap minimum 'B'</p>	
<p>6. W jump, pike jump, Split jump or straddle jump with 1/1 turn</p>	

Notes:

- Choice of music – Artistry to FIG
- 3 acro lines to be performed in a set order.
- Order of all other elements optional.
- 0.3 bonus – If 1st acro line is straight front, straight front
- 0.1 - Stuck dismount bonus (last acro line).
- Remove bonus for 180° split – FIG deductions applied.
- Remove all requirements bonus

Excel Grade 3 – Range & Conditioning

D Score 4.00 (0.50 each move)

Set Order – Strip of Carpet

1. Leg lift to horizontal or above forward continue to side, continue round to back. Show / hold each position for 1 second. Arms in 2 nd position	Deduct: <i>0.1 if between 30° and 45°</i> <i>0.3 if between 45° and 90° (horizontal)</i> <i>0.5 if below horizontal</i> <i>Maximum total deduction 0.5 on each leg</i>
2. Repeat on other leg.	
3. Pike up to handstand ½ turn (H) then split or pike to stand.	
4. Backward roll to handstand 1/1 pirouette to endo roll forward to straddle lever (H).	
5. Lift to handstand (H)	
6. Lower to bridge (H)	
7. Kick back to split handstand (H)	
8. Join legs in handstand and split handstand on other leg (H)	
9. Join legs in handstand and lower through straddle lever to sit	
10. Japana (H) and swim through	
11. Show front split, turn to box and show other leg split	Note: No hands to rotate positions
12. From split lever up to pike stand	

Notes:

- Removed artistry section.
- Added leg lift back into R&C, but maximum deduction for each side not each position. Bent legs / balance can be applied on top.
- Emphasis on shape and control in handstands and control on turns.
- By doing 1/1 pirouette to bail, hoped will improve early turns on bars – if 1/1 turn goes past handstand, 0.1 penalty plus FIG deductions (bar turns) – land in dish, and drag into fwd roll to straddle and continue
- Splits no hands to rotate positions.
- Penalty 0.50 for failure to straddle level to handstand rather than taking a fall. Gymnast should then kick to handstand and continue routine.