East Midlands GfA - Rules 2026



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EMGA Gymnastics for All Rules 2026

Level 1 - INTRO – Born 2019 & 2020 only – Girls & Boys

Set Routines Start Value 10.00	Max Training Hours – 4 per week Coaches must have a level 2 qualification (WAG/MAG/GG) to enter gymnasts at this level Execution Deductions to be taken from the start value as per FIG Code of Points (see separate sheet for GfA specific deductions)			
	On Bars, Beam & Floor there is a 1.00 deduction for each missing element.			
	Vault	**Bars**	**Beam**	**Floor**
Apparatus	60cm block 20cm landing mat Standard springboard	Single low bar Lowest height so that gymnast's feet are not touching the floor	FIG Beam at ground level Routine is one length of the beam Set Routine	12m single floor strip No music required
Requirements	Run and squat onto 60cm block Stretch Jump off to good landing. **Coach support = 2.0 marks deduction**	• Hang straight • Lift to tuck hold (2 secs) • Back to straight • Lift to straddle hold (2 secs) • Back to straight • Lift to pike hold (2 secs) • Hold dish (2 secs) • Hold arch (2 secs) • Drop to good landing.	• Squat or straddle on from the side • Walk 4 steps on toes • Tree balance (1 leg, foot to knee) • 2 dips steps • Stretch jump • 1/2 turn on toes • Turn to the side • 2 steps sideways (not on toes), arms optional • Turn to face dismount end • Cat leap • Steps on toes to end of beam • Stretch or star jump dismount	• Chassis step cat leap • Arabesque (leg to horizontal) • Forwards roll to sit in straddle • Teddy bear roll • Hold straddle (3 secs) • Hold pike (3 secs), lie back to flat • Hold dish (3 secs) and lower • Roll to lie flat on belly • Hold arch (3 secs), lower to flat • Push up to front support (3 secs) • Jump feet in to stand • Stretch jump to land • Star jump to land
Permitted Elements	No other vault permitted	No other skills permitted	No other skills permitted	No other skills permitted
Notes	Two attempts, best score to count. **2019** – 0.5 deduction if stretch jump not immediate. **2020** – no deduction if stretch jump not immediate.	Coach may lift gymnast to bar to begin routine.	Tree balance is a flat-footed spin prep, arms by ears or out to side.	Arabesque does not need to be held
Bonus Awarded If Skill Complete (with or without fall)	N/A	N/A	N/A	N/A

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Level 2 - NOVICE – Born 2007 - 2018 – Girls

Set Routines Start Value 10.00 Plus Bonus	Max Training Hours – 4 per week Coaches must have a level 2 qualification (WAG/MAG/GG) to enter gymnasts at this level Execution Deductions to be taken from the start value as per FIG Code of Points (see separate sheet for GfA specific deductions)			
	On Bars, Beam & Floor there is a 1.00 deduction for each missing element.			
	Vault	**Bars**	**Beam**	**Floor**
Apparatus	Table vault (height optional)	High Bar of FIG A-Bars or Single Bar set to FIG High Bar Height.	FIG Beam at 110cm with additional 20/30cm safety mat underneath. Max Routine - 1.5 lengths of the beam	12m single floor strip No music required
Requirements	Run and squat on, into immediate stretch jump off **Coach support = 2.0 marks deduction**	• Routine begins when chin is above the bar • Coach assistance onto bar into immediate chin up, hold (2 secs), lower to straight hang with control, • Leg lift to 45° from the bar, lower to straight hang, • Pike Hold (2 secs), lower to straight hang, • Dish Hold (2 secs) • Arch Hold (2 secs) • 3 x fish swings, release to safe landing at either back or front of swing.	Routine to be created using some dance and the skills stated below (optional elements are provided) • Jump to front support mount, • 2 x leaps or jumps (not linked), • Single leg balance (hold 2 secs) • ½ turn on toes, • Dismount – Stretch, Tuck or Star jump .	• Forward roll + star jump, • Chasse step + cat leap, • Arabesque (hold 3 secs) • Stretch jump ½ turn, • Handstand, • Side to side cartwheel, • Squat down & lie flat on back, • Dish shape, arms by ears or on thighs (hold 3 secs), • Roll to lie on front, • Arch shape with arms by ears (hold 3 secs), • Push to front support, • Jump feet to hands, • Stretch jump from the squat position.
Permitted Elements	No other vault permitted	No other skills permitted	Stretch jump, tuck jump, w-jump, cat leap, split leap, split jump, arabesque, Y-balance.	No other skills permitted
Notes	Two attempts, best score to count. Deduction 0.5 if stretch Jump not immediate.	Coach to lift gymnast to bar to begin routine.	Elements cannot be repeated within the routine.	
Bonus Awarded If Skill Complete (with or without fall)	Age 10+ in the year may compete Straddle Over Vault = **0.5**	N/A	N/A	N/A

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Level 2 - NOVICE – Born 2007 - 2018 – Boys

Set Routines Start Value 10.00 Plus Bonus	Max Training Hours – 4 per week Coaches must have a level 2 qualification (WAG/MAG/GG) to enter gymnasts at this level Execution Deductions to be taken from the start value as per FIG Code of Points (see separate sheet for GfA specific deductions)			
	On Bars & Floor there is a 1.00 deduction for each missing element.			
	Vault	Bars	Trampette	Floor
Apparatus	Table vault (height optional)	High Bar of FIG A-Bars or Single Bar set to FIG High Bar Height.	Trampette with ground level run up Each gymnast performs 3 jumps.	12m single floor strip No music required
Requirements	Run and squat on, into immediate stretch jump off **Coach support = 2.0 marks deduction**	• Routine begins when chin is above the bar • Coach assistance onto bar into immediate chin up, hold (2 secs), lower to straight hang with control, • Leg lift to 45° from the bar, lower to straight hang, • Pike Hold (2 secs), lower to straight hang, • Dish Hold (2 secs) • Arch Hold (2 secs) • 3 x fish swings with regrasp, Release to safe landing.	1. Run and stretch jump 2. Run and tuck jump 3. Run and star jump	• Forwards roll into an immediate star jump, • Jump ¼ turn, • Side to back cartwheel (this is not a round off), • Show handstand back to stand, • Jump ½ turn (to change the direction), • Side leg lift to 45 degrees (hold 3 secs) • Squat down and jump legs forward to back support hold for 3 secs, • Turn over to front support (hold 3 secs) • One press up, arms optional • Jump feet into hands to squat and stand, • Backwards roll to stretch jump to finish.
Permitted Elements	No other vault permitted	No other skills permitted	No other jumps permitted	No other skills permitted
Notes	Two attempts, best score to count. Deduction 0.5 if stretch Jump not immediate.	Coach to lift gymnast to bar to begin routine.	Execution deductions will be totalled after all 3 jumps (not averaged)	
Bonus Awarded If Skill Complete (with or without fall)	Age 10+ in the year may compete Straddle Over Vault = **0.5**	N/A	N/A	N/A

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Level 3 - INTERMEDIATE – Born 2007 - 2018 – Girls

Set Routines Start Value 10.00 Plus Bonus	Max Training Hours – 4 per week Coaches must have a minimum level 2 qualification (WAG/MAG/GG) to enter gymnasts at this level Execution Deductions to be taken from the start value as per FIG Code of Points (see separate sheet for GfA specific deductions)			
	On Bars, Beam & Floor there is a 1.00 deduction for each missing element.			
	Vault	**Bars**	**Beam**	**Floor**
Apparatus	60cm Block with 20cm safety mat on top = height 0.8m	A-bars set to FIG heights. Bars cannot be lowered. Springboard cannot be used to mount.	FIG Beam at 110cm with additional 20/30cm safety mat underneath. Routine Max 2 lengths of the beam.	12m single floor strip No music required
Requirements	Handstand flatback **Coach support = 2.0 marks deduction**	Set routine split into two parts; both must be completed. Low Bar • Circle Up • Cast to 135 degrees (this is halfway to horizontal) • Cast dismount (horizontal) High Bar • Trolley swing into • 3 additional swings • Dismount backwards on 3rd swing	Routine to be created using some dance and the skills stated below (optional elements are provided) • Squat or straddle on mount, • 1 x acro skill, • 2 x linked skills (1 must be a leap), e.g., cat leap into stretch jump • Single leg balance (hold 3 seconds) • ½ spin, • Round off dismount	• Handstand forward roll (arms may be bent), • Immediate tuck jump, • Chasse step cat leap, • ½ spin, • Backward roll to straddle stand, • ¼ turn to slide into frontal splits with arms to side, • Turn to sit in straddle, join legs together, • Lie down on back and push to bridge, • Lie down bridge and rock to stand, • Jump step into round off, jump ½ turn step out into a front to back cartwheel.
Permitted Elements	No other vault permitted	No other skills permitted	Stretch jump, tuck jump, w-jump, cat leap, split leap*, split jump*, arabesque, Y-balance. Forwards roll, handstand, cartwheel, walkover (either direction)*	No other skills permitted
Notes	Two attempts, best score to count.	Coach to lift gymnast to high bar Coach must stand between the bars for routine or 1.0 deduction	Elements cannot be repeated within the routine. *Level 2 WAG qualification required	Hands can touch the ground when sliding into splits, final position must be shown.
Bonus awarded if Skill Complete (with or without fall)	N/A	N/A	N/A	**Kick over from bridge = 0.5**

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Level 3 - INTERMEDIATE – Born 2007 - 2018 – Boys

Set Routines Start Value 10.00	Max Training Hours – 4 per week Coaches must have a minimum level 2 qualification (WAG/MAG/GG) to enter gymnasts at this level Execution Deductions to be taken from the start value as per FIG Code of Points (see separate sheet for GfA specific deductions)			
	On Bars & Floor there is a 1.00 deduction for each missing element.			
	Vault	**Bars**	**Trampette**	**Floor**
Apparatus	60cm Block with 20cm safety mat on top = height 0.8m	Single Wooden Bar or A-Bars with low bar taken out Set to FIG height.	Trampette with ground level run up	12m single floor strip No music required
Requirements	Handstand flatback **Coach support = 2.0 marks deduction**	• Coach assist jump to high bar into immediate • Upward circle, • Cast to 135 degrees, this is halfway to horizontal, • Forward circle down, • Trolley swing into 3 additional swings, • Dismount at back of 3rd swing.	1. Run and Straddle jump, 2. Run and Pike jump, 3. Run and ½ turn stretch jump.	• Tucked backward roll to front support, • Jump feet into squat to stand, • Handstand forwards roll, • 2x cartwheels linked, the second to feet together (to change the direction), • Swedish fall with a leg raised, • Lower raised leg to finish in front support, • 2x press ups, arms optional • Squat feet in, stretch jump to stand, • Skip step into round off, • Star jump (not linked to round off), • Stretch jump ½ turn.
Permitted Elements	No other vault permitted	No other skills permitted	No other jumps permitted	No other skills permitted
Notes	Two attempts, best score to count.	Coach to lift gymnast to high bar Coach must stand by the bar for routine or 1.0 deduction	Execution deductions will be totalled after all 3 jumps (not averaged)	
Bonus Awarded If Skill Complete (with or without fall)	N/A	N/A	N/A	N/A

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Level 4 - ADVANCED – Born 2007 – 2018 - Girls

Start Value 10.00 Plus Bonus	Max Training Hours – 6 per week Coaches must have a level 2/3 qualification (WAG/MAG/GG) to enter gymnasts at this level Execution Deductions to be taken from the start value as per FIG Code of Points (see separate sheet for GfA specific deductions)			
	On Bars, Beam & Floor there is a 1.00 deduction for each missing element.			
	Vault	**Bars**	**Beam**	**Floor**
Apparatus	FIG Table Vault with block/mats behind. Height to suit gymnast.	FIG Asymmetric bars Bars can be raised 5cm Bars can be set closer	FIG Beam – 125cm Routine created from elements below Max routine – 2 lengths of the beam	FIG 12m x 12m Sprung Floor Routine to music – max 1 minute 30 secs Create a routine using requirements below
Requirements	Handstand flatback over table vault (height optional) **Coach support = 2.0 marks deduction**	• Set Routine • Upward circle, • Cast to horizontal • Into backwards hip circle, • Squat on into • Stretch jump dismount. Coach must stand between the bars for routine or 1.0 deduction	• Mount – Jump to front support, • Swing leg around into immediate straddle lever hold (2 secs) then lower to sit, (hand position optional) • Leap + jump series (1 leap and 1 jump linked – cannot be a stretch jump) • ½ spin into ½ turn, • Mixed series (1 x acro skill and 1 x dance skill – linked) • Handspring dismount	• Either: ○ Handstand hop forwards roll with straight arms or ○ Handspring • Acro series either: ○ Round off backwards roll ○ Round off ½ turn cartwheel or ○ Round off flic • Full spin, • Split leap (135 degrees), • Walkover in any direction
Permitted Elements	No other vault permitted	No other elements permitted	Acro Elements – forwards roll, handstand, cartwheel, backwards or forwards walkover*	No other elements permitted
Notes	Two attempts best score to count	FIG 0.5 deduction for empty swing does not apply to backwards hip circle. Springboard cannot be used for mount.	Leaps/Jumps – tuck jump, w-jump, cat leap, stretch jump (mixed series only), split leap*, split jump* *Level 2 WAG qualification required	
Bonus Awarded If Skill Complete (with or without fall)	N/A	After the squat on catch the high bar with 1 x swing to dismount at the back of the swing = **0.5**	N/A	Round off flic = **0.5**

Level 4 - ADVANCED – Born 2007 – 2018 - Boys

Start Value 10.00 Plus Bonus	Max Training Hours – 6 per week Coaches must have a level 2 MAG/WAG or Level 3 GG to enter gymnasts at this level Execution Deductions to be taken from the start value as per FIG Code of Points (see separate sheet for GfA specific deductions)			
	On Bars & Floor there is a 1.00 deduction for each missing element.			
	Vault	**Bars**	**Trampette**	**Floor**
Apparatus	FIG Table Vault with block/mats behind. Height to suit gymnast.	Single Wooden Bar or A-Bars with low bar taken out Set to FIG height.	Trampette with ground level run up	FIG 12m x 12m Sprung Floor
Requirements	Handstand flatback over table vault (height optional) **Coach support = 2.0 marks deduction**	• Jump to straight arm hang (can be lifted by coach), • Circle up to front support, • Cast to horizontal • Into back hip circle, • Cast out into 2 x swings, • Swing forward into ¾ giant to front support*, • Cast into straddle undershoot dismount.	1. Run and pike jump, 2. Run and full turning stretched jump, 3. Run and tucked front somersault.	• Backward roll to handstand (arm bend is optional), • Handstand forward roll to pike sit, lift to pike lever, hold 3 secs, • Acro series either: ○ Round off backwards roll ○ Round off ½ turn cartwheel or ○ Round off flic • Handspring, • Jump series – 2 x different jumps linked together, • Y balance or arabesque, hold 3 secs,
Permitted Elements	No other vault permitted	No other elements permitted	No other jumps permitted	Jumps – Tucked, Straddled, Piked, ½ turn, full turn
Notes	Two attempts best score to count	FIG 0.5 deduction for empty swing <u>does not</u> apply to backwards hip circle.	Execution deductions will be totalled after all 3 jumps (not averaged)	Set elements can be performed in any order and additional steps can be added for routine creation. Whole floor to be used (12m x 12m) Max routine length = 1min 30sec
Bonus Awarded If Skill Complete (with or without fall)	N/A	N/A	N/A	Round off flic = **0.5**

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Level 5 - PLATINUM – Born 2007 – 2017 - Girls

Start Value 10.00 Plus Bonus	Max Training Hours – 6 per week Coaches must have a level 2/3 qualification (WAG/MAG/GG) to enter gymnasts at this level Execution Deductions to be taken from the start value as per FIG Code of Points (see separate sheet for GfA specific deductions)			
	On Bars, Beam & Floor there is a 1.00 deduction for each missing element.			
	Vault	**Bars**	**Beam**	**Floor**
Apparatus	FIG Table Vault Height to suit gymnast.	FIG Asymmetric bars Bars can be raised 5cm Bars can be set closer	FIG Beam – 125cm Routine created from elements below Max routine – 2.5 lengths of beam	FIG 12m x 12m Sprung Floor Routine to music – max 1 minute 30 secs Create a routine using requirements below
Requirements	Handspring **Coach support = 2.0 marks deduction**	• Upward circle, • Cast to horizontal into • Backwards hip circle, • Squat on, • Jump to catch high bar, 1 swing forwards and backwards into • Upwards circle on top bar , • Circle down under control (do not need to show chin above bar on circle down)	• Mount – Choice of mount, • 2 x acro skills (not linked), • 135° split jump or leap,* • A different leap or jump • Full spin, • Tucked front somersault dismount*	• Round off flic or round off tucked back somersault*, • Handspring, • Forwards somersault – Tucked, • Leap series – Split leap and cat leap, • Full spin, • Backwards roll to front support into frontal splits (any).
Permitted Elements	No other vault permitted	No other elements permitted	Acro Elements – forwards roll, handstand, cartwheel, backwards or forwards walkover*	No other elements permitted
Notes	Two attempts best score to count	FIG 0.5 deduction for empty swing does not apply to backwards hip circle. Springboard cannot be used for mount.	Leaps/Jumps – tuck jump, w-jump, cat leap, split leap*, split jump* *Level 2 WAG qualification required	* Cannot be supervised by Level 2 GG coach
Bonus Awarded If Skill Complete (with or without fall)	N/A	N/A	N/A	Round off tucked back somersault* = **0.5**

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Level 5 - PLATINUM – Born 2007 – 2017 - Boys

Start Value 10.00 Plus Bonus	Max Training Hours – 6 per week Coaches must have a level 2 WAG/MAG or Level 3 GG qualification to enter gymnasts at this level Execution Deductions to be taken from the start value as per FIG Code of Points (see separate sheet for GfA specific deductions)			
	On Bars & Floor there is a 1.00 deduction for each missing element.			
	Vault	**Bars**	**Trampette**	**Floor**
Apparatus	FIG Table Vault Height to suit gymnast.	Single Wooden Bar or A-Bars with low bar taken out Set to FIG height.	Trampette with ground level run up	FIG 12m x 12m Sprung Floor
Requirements	Handspring - **10** Half on half off - **10.5*** **Coach support = 2.0 marks deduction**	• Jump to straight arm hang (can be lifted by coach), • Circle up to front support, • Cast to above horizontal • Into back hip circle, • Cast into ¾ giant* to front support, • Cast into straddle undershoot with ½ turn dismount.	1. Run and front somersault – Tucked 2. Run and front somersault – Piked 3. Run and front somersault – Straight	• Backward roll to handstand, ½ turn forward roll, • Straddle elephant lift to handstand, (hold 2 secs) • Either: ○ Round off flic or ○ Round off tucked back somersault* • Handspring, • Tucked front somersault, • Splits (any direction), (hold 3 secs) • Y balance or arabesque (hold 3 secs) • Stretch jump full turn.
Permitted Elements	No other vaults permitted	No other elements permitted	No other jumps permitted	No other elements permitted
Notes	Two attempts best score to count. Gymnast can perform 2 different vaults. *Coach must be level 3 qualified for this vault.	FIG 0.5 deduction for empty swing does not apply to backwards hip circle.	Execution deductions will be totalled after all 3 jumps (not averaged)	Set elements can be performed in any order and additional steps can be added for routine creation. Whole floor to be used (12m x 12m) Max routine length = 1min 30sec
Bonus Awarded If Skill Complete (with or without fall)	N/A	If at least one cast reaches 45 degrees or above = **0.5**	N/A	Round off tucked back somersault = **0.5**

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Level 6 - DIAMOND – Born 2007 – 2016 - Girls

Start Value 10.00 Plus Bonus	Max Training Hours – 6 per week Coaches must have a level 2 WAG/MAG qualification or Level 3 GG enter gymnasts at this level Execution Deductions to be taken from the start value as per FIG Code of Points (see separate sheet for GfA specific deductions)			
	On Bars, Beam & Floor there is a 1.00 deduction for each missing element.			
	Vault	**Bars**	**Beam**	**Floor**
Apparatus	FIG Table Vault Height to suit gymnast.	FIG Asymmetric bars Bars can be raised 5cm Bars can be set closer	FIG Beam – 125cm Routine created from elements below Max routine – 2.5 lengths of beam	FIG 12m x 12m Sprung Floor Routine to music – max 1 minute 30 secs Create a routine using requirements below
Requirements	Handspring – **10** Half on, half off – **10.5*** Handspring full off – **11*** **Coach support = 2.0 marks deduction**	• Upward circle • Cast above horizontal • Into backwards hip circle, • Squat on, • Jump to catch high bar into • Immediate upwards circle, • Cast to baby giant, • Straddle undershoot dismount.	• Mount – Choice of mount • Mixed series (1 x dance + 1 x acro skill linked, eg cat leap + cartwheel) in any order. (no stretch jumps) • A second acro skill • Leap/jump series (linked), one must be at least 135° split*, • Full spin, • Tucked forwards or backwards somersault dismount. (can be linked to acro)	• Round off flick tuck jump • Leap Series - Split leap and split leap • Full Spin, • Either: ○ Free cartwheel, ○ Free forwards walkover or, ○ Straight front somersault* • Forwards flighted acro series, directly connected, must include a tucked front somersault, (eg front somersault + round off) • Backwards roll to handstand.
Permitted Elements	No other vault permitted	Upstart on either bar	Acro Elements – forwards roll, backwards roll (feet to feet), handstand, cartwheel, backwards or forwards walkover*	Acro series skills – Handspring to 1 or 2 feet, round off, back somersault (tucked, piked*, straight*)
Notes	Two attempts best score to count. Gymnast can perform 2 different vaults. *Coach must be Level 3	FIG 0.5 deduction for empty swing does not apply to backwards hip circle/baby giant. Springboard cannot be used for circle up mount.	Leaps/Jumps – tuck jump, w-jump, cat leap, split leap*, split jump*, stretch jump (split series only) *Level 2 WAG qualification required	* Level 3 qualification required
Bonus Awarded If Skill Complete (with or without fall)	N/A	If upstart replaces upwards circle on low or high bar = **0.5** Bonus only given once.	N/A	Back somersault in any shape after the round off (with or without flic) = **0.5** No deduction on flic if included.

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Level 7 - SAPPHIRE – Born 2007 – 2015 - Girls

Start Value 10.00 Plus Bonus	Max Training Hours – 6 per week Coaches must have a level 3 qualification (WAG/GG) to enter gymnasts at this level Execution Deductions to be taken from the start value as per FIG Code of Points (see separate sheet for GfA specific deductions)			
	On Bars, Beam & Floor there is a 1.00 deduction for each missing element.			
	Vault	**Bars**	**Beam**	**Floor**
Apparatus	FIG Table Vault – height to suit gymnast	FIG Asymmetric bars Bars can be raised 5cm Bars can be set closer	FIG Beam – 125cm Max 3 lengths of the beam	FIG 12m x 12m Sprung Floor Routine to music – max 1 minute 30 secs
Requirements	Half On Half Off – **10** Half On Full Off – **10.5** Handspring On Full Off – **10.5** **Coach support = 2.0 marks deduction**	• Upstart (straddle glide allowed) • Cast to horizontal into • Backwards hip circle • Squat on jump to high bar • Long upstart • Straddle Undershoot ½ turn dismount	• Any mount as per code of points (not squat on or swing leg from support) • Forwards/sideways acro (not handstand) • Backwards acro • Leap/Jump series to include 160-degree split (2 skills) • Full spin • Cartwheel Tucked Back somersault dismount (linked)	• Acro line – Round Off (Optional Flic) + Salto (any shape) • Acro line – 2 x forwards/sideways flighted elements directly linked; one must be a salto. • Leap series – change leg + split leap • Double spin • Mixed series – Cat leap + free cartwheel or free walkover
Permitted Elements	No other vault permitted	Sole Circle	*Acro elements (fw/sw) – Walkover, forwards roll, tick tock, round off, *Acro elements (bw) – Walkover, backwards roll (feet to feet), flic	Salto Backwards – tucked, piked or straight Forwards Acro – Handspring, front somersault tucked, pike or straight, round off.
Notes	Two attempts best score to count Gymnast can perform 2 different vaults.	FIG 0.5 deduction for empty swing does not apply to backwards hip circle. Springboard may be used for float upstart.	Leap/Jumps – Split leap, split jump, sissonne, wolf jump, tuck jump, cat leap *Please check syllabus for required coaching qualification eg level 3 WAG	No other permitted elements. No deduction on flic if included in backwards tumble.
Bonus Awarded If Skill Complete (with or without fall)	N/A	Sole circle after the backwards hip circle = **0.3**	Flighted Acro = **0.3** Forward roll mount to stand = **0.3** Handstand forwards roll = **0.3** **Maximum Bonus Awarded = 0.6**	Half twist in straight back salto = **0.3** 2 x Forwards saltos linked = **0.3** Eg Piked Front + Tucked Front (can be same or different)

GfA Specific Deductions

General	0.1	0.3	0.5	1.0
Missing element (per skill)				X
Skill attempted but not completed			X	
Skill not held (if applicable)		X		
Missing series connection			X	
Coach giving cues (taken once)			X	
Gymnasts loudly shouting cues			X	
Lack of flow/artistry (floor/beam)*	X	X	X	
Vault				
Coach Assistance				2.0
Stretch jump not immediate (Novice & Intro 2019)			X	
Bars				
Coach not stood between bars (Intermediate & Girls adv)				X
Cast not to height requirements	X	X	X	
Lack of height in swings	X	X	X	
Stop/empty swing (only taken once per element)			X	
Beam				
Routine over max lengths of beam			X	
Acro skills are considered complete as long as 1 foot is on the beam				
Lack of artistry/flow	X	X	X	
Floor				
Lack of artistry/flow	X	X	X	

All other deductions are as per the Code of Points (except WAG artistry) Please see the accompanying GfA handbook for competition details and eligibility.