



# WOMEN'S ARTISTIC PARA GYMNASTICS

Trial Rules v1 2025

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## Philosophy

Women's artistic gymnastics at whatever level and ability of the competitor is about the pursuit of technical excellence in the elements performed and the composition and connection value of the Cycle 16 (2025-2028) Code of points. The Women's Artistic Para Gymnastics programme adapts these basic principles, whilst providing opportunities to accommodate the various different aspects of Para sports.

The Women's Artistic Para Gymnastics is about inclusion, a level playing field & fair play philosophies.

The overriding aim is to allow Gymnasts with a para classifiable disability a meaningful competition structure that is ACHIEVABLE. The new structure will allow gymnasts to fulfil the rules within their ability level and promotes self-value, self-worth and pride in their achievement.

## Introduction

These Women's Artistic Para Gymnastic Trial Rules have been adapted from, and are largely based on FIG rules and directives, offering more choice and increased variety with a lower number of counting elements and compositional requirements.

## Eligibility & Classification

The Women's Artistic Para Gymnastics Rules have been created to provide opportunities for gymnasts with physical and visual impairments to compete. Eligible Impairment groups for Para Gymnastics include gymnasts with physical impairments (including those with limb difference or deficiency, impaired muscle power or range of movement) and visual impairment.

Medical classification will determine which athletes are eligible to compete in Para Gymnastics. Classification aims to minimise the impact of the impairment on gymnastics performance so that the sporting excellence determines competition results.

The FIG will put in place a separate classification process for FIG Para Gymnastics competitions that determines Eligible Impairments, Minimum Impairment Criteria and will establish which Sport Class athletes will compete in during FIG events. These classification and eligibility criteria will be governed by IPC classification rules and regulations.

Sport classes for non-FIG events are at the discretion of the LOC and may include for example:

VI – Visual Impairment

P1 – Upper Limb Impairment

P2 – Lower Limb impairment

## Para Gymnastics Development Levels & Competition Structure

All Para Gymnastics competitions will be Individual Apparatus (no all-around).

There are 3 different competition levels offered, Development Level 1 is the starting level and progress through Development Level 2 to Performance Level, depending on the impact the disability has on each apparatus, gymnasts may compete in different levels for each apparatus.

At each level, a different number of requirements and moves are needed.

## Framework

The judging system is based on current FIG D and E evaluations with additional permitted elements being recognised as an 'A', awarded 0.10 and can be counted towards the D-Score. Gymnasts have a choice of Compositional Requirements (CR) which have also been modified to reflect the difficulty level. It is hoped that by allowing a choice of CR's the gymnasts will be better able to work within their ability. The accuracy of technical execution on all apparatus, including the artistry of the routine on beam and floor will remain as FIG (unless otherwise stated), encouraging clean, aesthetic work.

## Content of the Exercise

Each level will require gymnasts to perform elements from the main FIG CoP with additional elements being permitted and awarded the same as an 'A'.

The number of elements and Composition requirements needed at each level differ. The dismount will always count in the number of elements.

No dismount: - 0.50 from final score (taken as neutral penalty)

Short exercise penalties: - 1.00 for each missing element from final score (taken as neutral penalty)

The evaluation of exercises is broken down into two main areas, D Score & E Score:-

### In **Development Level 1:**

The D score is the:

Difficulty value of the elements – within the **5** counting elements on beam and floor there must be a minimum of:

- 2 Dance, 2 Acro and 1 optional element
- 2 Composition Requirements (CR's)
- Bonus (including any FIG CV)

### In **Development Level 2:**

The D score is the:

Difficulty value of the elements – within the **6** counting elements on beam and floor there must be a minimum of:

- 2 Dance, 2 Acro and 2 optional elements
- 3 Composition Requirements (CR's)
- Bonus (including any FIG CV)

### In **Performance Level:**

The D score is the:

Difficulty value of the elements – within the **8** counting elements on beam and floor there must be a minimum of:

- 3 Dance, 3 Acro and 2 optional elements
- 4 Composition Requirements (CR's)
- Bonus (including any FIG CV)

At all levels the E score is the:

Execution score, this is the total deductions taken for how the elements and connections are performed and on beam and floor this includes how the artistry is performed.

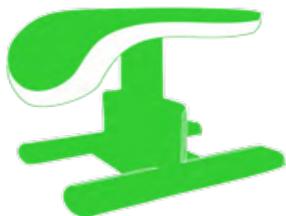
It is important to understand that it is not compulsory to fulfil all the composition requirements. The gymnast is encouraged to perform skills within their capabilities with the best technique they can.

## Acknowledgements

The Women's Artistic Para Gymnastic Rules have been modified from FIG Women's Artistic Gymnastics Code of Points 2025-2028 (Cycle 16) by:

|                      |     |
|----------------------|-----|
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# Vault

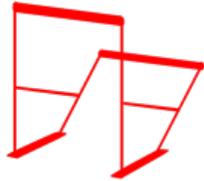


## Requirements

- All gymnasts are required to perform 2 vaults.
- The average score will count for qualification to and in apparatus finals.
- In Performance Level 1 these vaults must have a different number but can be from the same group.

|                      | Development Level 1   | Development Level 2                                  | Performance Level   |
|----------------------|---|--|---|
| <b>Equipment</b>     | Piled mats  | FIG Vault table                                      | FIG Vault table   |
| <b>Height</b>        | Choice of height of Piled 60cm – 100cm (+/-10cm)  | Choice of vault height 115-125cm                     | Vault height 125cm  |
| <b>Vault options</b> | Set Vault from choice of:<br>½ on to stand ( <b>D 1.20</b> )<br>Handspring flatback ( <b>D 1.20</b> )<br>Straight jump on & off 60cm block. ( <b>D 0.60</b> ) | Any FIG coded vaults from Group 1 (without salto)    | Any FIG coded vaults to maximum D score 4.6   |
| <b>Requirements</b>  | 2 vaults on the same height of mats must be performed can be same or different.   | 2 vaults must be performed can be same or different. | 2 different vaults must be performed can be from same group but with a different number.                          |
| <b>Bonus</b>         |   |  | <b>0.20</b> - for performing 2 different salto vaults they may be from the same group but with different numbers. |

# Uneven Bars



## Composition Requirements

1. An element LB – HB (can be from additional permitted elements)
2. Different grips (*not cast, mount or dismount*)
3. An element with minimum 180° turn (including mount but not dismount)
4. Mount from FIG CoP
5. Any close bar circle element
6. An additional different close bar circle element
7. A giant circle in any direction

|  | Development Level 1  |   | Development Level 2  | Performance Level   |
|--|--|---|--|---|
| <b>Equipment</b>                                       | <b>FIG Bar regulations with:</b><br>A safety mat (depth 20cm) or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.  |   |  |   |
| <b>Number of elements</b>                              | 5 elements   |   | 6 elements   | 8 elements  |
| <b>Number of CR's</b>                                  | 2 CRS  |   | 3 CRS  | 4 CRS   |
| <b>Short Exercise</b>                                  | If less than 4 elements deduct 1.00 penalty per missing element  |   | If less than 5 elements deduct 1.00 penalty per missing element  | If less than 6 elements deduct 1.00 penalty per missing element   |
| <b>Additional Permitted elements (receive 0.10 DV)</b> | Jump to FS on LB (from block)<br>Float swing (from board, back to board)<br>Chin up circle over mount<br>Cast<br>Squat onto low bar ( <i>There will be no penalty for performing a jump from LB to HB</i> )<br>¾ Giant from LB to HB | <b>Dismounts:</b> Counterswing (HB)<br>Straddle, pike or clear undershoot<br>Squat on LB jump forwards to land<br>Cast circle forwards LB release to stand<br>Cast push off LB to stand | Float swing (from board or floor, back to board or floor)<br>Circle over to front support mount<br>Cast to within 45° handstand<br>Squat onto low bar ( <i>There will be no penalty for performing a jump from LB to HB</i> )<br>¾ Giant from LB to HB<br>¾ Giant on HB<br>Straddle, pike or clear undershoot dismount | Squat onto low bar ( <i>There will be no penalty for performing a jump from LB to HB</i> )<br>¾ Giant from LB to HB |
| <b>Allowed elements</b>                                | A elements <b>only</b>   |   | A & B elements <b>only</b>   | A – D elements <b>only</b>  |
| <b>Bonus (In additional to any FIG CV)</b>             | 0.3 – Upstart performed without a stop (awarded once)<br>0.3 – Using both bars   |   | 0.3 – Close Bar circle (not back / fwd hip circle)   | 0.3 – Flighted element LB to HB<br>0.3 – Different grips  |
| <b>Additional</b>                                      | Coach must be present between the bars if gymnast is using the HB or 1.00 penalty  |   | Coaches are encouraged to be present   | Coaches are encouraged to be present  |

# Balance Beam



## Composition Requirements

### Development Level 1

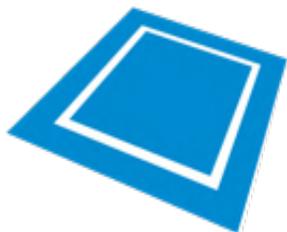
1. One connection of at least 2 different Dance elements, no split required
2. Turn (Grp 3 or permitted uncoded) *or* Roll / Flairs
3. Acro elements in different directions (forwards / sideways & backwards) on the beam
4. 1 x acrobatic series, with minimum 2 elements with or without flight (*elements may be the same*)
5. Mixed Series, with minimum 2 elements (Minimum 2 element – acro element may be with or without flight) may include mount

### Development Level 2 & Performance Level

1. One connection of at least 2 different Dance elements, 1 being a Leap or jump with 180° split (cross or side) or straddle position
2. Turn (Grp 3) *or* Roll / Flairs
3. 1 x acrobatic series, min 2 flight elements 1 being a salto (*elements may be the same*)
4. Acro elements in different directions (forwards / sideways & backwards) on the beam
5. 1 x acrobatic series, with minimum 2 elements with or without flight (*elements may be the same*)
6. Mixed Series, with minimum 2 elements (Minimum 2 element – acro element may be with or without flight) may include mount

|  | Development Level 1   | Development Level 2   | Performance Level  |
|--|---|---|--|
| <b>Equipment</b>                                       | As FIG with an additional safety mat (depth 20cm) under the complete length of the beam (optional).<br>Additional safety mat (depth 10cm) is allowed for dismounts (optional).  | As FIG  | As FIG   |
| <b>Number of elements</b>                              | <b>5 elements</b><br>2 Dance<br>2 Acro (including dismount)<br>1 Optional   | <b>6 elements</b><br>2 Dance<br>2 Acro (including dismount)<br>2 Optional   | <b>8 elements</b><br>3 Dance<br>3 Acro (including dismount)<br>2 Optional  |
| <b>Number of CR's</b>                                  | <b>2 CR's</b>   | <b>3 CR's</b>   | <b>4 CR's</b>  |
| <b>Short Exercise</b>                                  | If less than 5 elements deduct 1.00 penalty per missing element   | If less than 6 elements deduct 1.00 penalty per missing element   | If less than 7 elements deduct 1.00 penalty per missing element  |
| <b>Allowed Elements</b>                                | 'A' Acro elements <b>only</b><br>'A' & 'B' Dance elements   | A-C elements <b>only</b>  | A-D Acro elements <b>only</b><br>A-E Dance elements  |
| <b>Additional permitted elements (receive 0.10 DV)</b> | Any mount<br>Tuck jump<br>Stretched or arched jump<br>Stretched jump ½<br>Changement/beat jump<br>Stag leap<br>½ spin on one foot (will fulfil CR 2)<br>Releve ½ turn<br>Handstand (no hold required)<br>Arabesque (H. 2 sec) | Forward roll with hand support<br>Backward roll<br><b>Dismounts:</b><br>Cartwheel rebounding straight jump<br>Roundoff<br>Handspring<br>Cartwheel to handstand drop down (side of beam)<br>Run rebound 2 feet straight jump | Tuck jump<br>Changement/beat jump<br>Stretched jump<br><i>Forward roll with hand support</i> (will fulfil CR 2)<br>½ turn on one foot (will <b>NOT</b> fulfil CR 2)<br>½ turn on one foot immediate ½ turn (will fulfil CR 2)<br>Cartwheel rebounding straight jump dismount<br>Round off or handspring dismount |
| <b>Bonus (In additional to any FIG CV)</b>             | <b>0.2</b> – Connection 2 different dance elements one with 180° split leap or jump   | <b>0.2</b> – Acro elements fwd/swd & bwd on the beam<br><b>0.2</b> – Dismount A salto directly connected to an acro skill   | <b>0.1</b> – Dance series B+B/C (elements must be different)<br><b>0.2</b> – Acro series with minimum 1 element with flight<br><b>0.2</b> – Dismount B or more   |
| <b>Additional</b>                                      | Coaches must be present for any salto dismount or 1.00 penalty  |   | Coaches are encouraged to be present for dismounts   |

# Floor



## Composition Requirements

### Development Level 1 & 2

1. A Dance passage composed of 2 different leaps or hops (from the code) connected directly or indirectly (with running steps, small leaps, hops, chassé, chainé turns), no split is required
2. Salto bwd or salto fwd (not an aerial).
3. Acro elements in different directions (forwards / sideways & backwards)
4. Mixed series (dance & acro elements) consisting of 2 different directly connected elements
5. A turn on one foot (min 360°)

### Performance Level

1. A Dance passage composed of 2 different leaps or hops (from the code) connected directly or indirectly (with running steps, small leaps, hops, chassé, chainé turns), one of them with 180° split (cross or side) or straddle.
2. Salto with LA turn (min 180°)
3. Salto with double BA
4. Salto bwd & salto fwd (no aerials) in the same or different acro line.
5. Acro line with minimum 2 saltos
6. Mixed series (dance & acro elements) consisting of 3 different directly connected elements

|   | Development Level 1  | Development Level 2   | Performance Level   |  |  |
|---|--|---|---|--|--|
| <b>Equipment</b>  | As FIG   | As FIG  | As FIG  |  |  |
| <b>Number of elements</b>   | <b>5 elements</b><br>2 Dance<br>2 Acro (including dismount)<br>1 Optional  | <b>6 elements</b><br>2 Dance<br>2 Acro (including dismount)<br>2 Optional   | <b>8 elements</b><br>3 Dance<br>3 Acro (including dismount)<br>2 Optional   |  |  |
| <b>Number of CR's</b>   | <b>2 CR's</b>  | <b>3 CR's</b>   | <b>4 CR's</b>   |  |  |
| <b>Short Exercise</b>   | <i>If less than 5 elements deduct 1.00 penalty per missing element</i>   | <i>If less than 6 elements deduct 1.00 penalty per missing element</i>  | <i>If less than 7 elements deduct 1.00 penalty per missing element</i>  |  |  |
| <b>Allowed Elements</b>   | 'A' Acro elements <b>only</b><br>'A' & 'B' Dance elements  | A-C elements <b>only</b>  | A-D Acro elements <b>Only</b><br>A-E Dance elements   |  |  |
| <b>Additional permitted elements (receive 0.10 DV)</b>  | <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;">                     Cat leap ½<br/>Star jump<br/>Tuck jump<br/>Tuck jump ½<br/>Straight jump ½<br/>Changement/Beat jump<br/>Stag leap                 </td> <td style="vertical-align: top;">                     Backward walkover<br/>Forward walkover<br/>Tic-toc<br/>Forward roll<br/>Backward roll with optional exit<br/>Cartwheel                 </td> </tr> </table> | Cat leap ½<br>Star jump<br>Tuck jump<br>Tuck jump ½<br>Straight jump ½<br>Changement/Beat jump<br>Stag leap   | Backward walkover<br>Forward walkover<br>Tic-toc<br>Forward roll<br>Backward roll with optional exit<br>Cartwheel |  |  |
| Cat leap ½<br>Star jump<br>Tuck jump<br>Tuck jump ½<br>Straight jump ½<br>Changement/Beat jump<br>Stag leap | Backward walkover<br>Forward walkover<br>Tic-toc<br>Forward roll<br>Backward roll with optional exit<br>Cartwheel  |   |   |  |  |
| <b>Bonus (In additional to any FIG CV)</b>  | <b>0.1</b> – Dance passage with 180° split<br><b>0.2</b> – Acro line minimum 2 connected flighted elements<br><b>0.2</b> – once only – Salto bwd or fwd (no aerials) in the same or different acro line.   | <b>0.2</b> – 2 FIG Acro lines   | <b>0.1</b> – 2 different directly connected saltos<br><b>0.2</b> – Dismount C or more                             |  |  |
| <b>Additional</b>   | <b>FIG Floor Regulations except:</b><br>No acro lines line are required at this level.<br><b>A routine with no acro line will not incur dismount penalty.</b>  | <b>FIG Floor Regulations except:</b> Acro lines need to have 2 or more directly connected flighted elements or be a single travelling salto.<br>A routine with only 1 acro line will incur a "no dismount" penalty -0.50. | <b>FIG Floor Regulations</b><br>Penalty -1.00 if less than 2 acro lines are performed.                            |  |  |