



International Continental Cup

powered by Sunlive Malta
Anadia – PORTUGAL
8th – 10th November, 2024

DIRECTIVES

Dear Sportfriends,

Sunlive Malta has the pleasure to invite your Federation and or/Club to participate in the aforementioned official International Event

DISCIPLINE	Men's Artistic Gymnastics (MAG) Women's Artistic Gymnastics (WAG)
LOCAL ORGANIZING COMMITTEE	Sunlive Malta 19, San Paolo/4, Triq I-Isfargel, Attard ATD 1522 MALTA Phone: (+356) 77163025/ 99164245 E-Mail: malta@sunlive.pt
LOCATION	Anadia - Portugal
DATE	8 th – 10 th November, 2024
VENUE	High Performance Centre of Anadia Rua Ivo Neves, n° 405 - Sangalhos https://www.rotadabairrada.pt/irt/show/car-velodromo-nacional_pt_187 This sport facility is a High-Performance Centre for Cycling, Fencing, Judo and Gymnastics. In addition to the indoor track for Cycling, with 250m, it has also a Gymnastics competition area with 1100m2.
APPARATUS SUPPLIER	Gymnova, Janssen & Fritsen, Speith
EVENT LEVEL	WAG (see attached documents for details) <ul style="list-style-type: none">• CATEGORY A – FIG SENIOR RULES (BORN 2008 AND OVER)• CATEGORY B – FIG JUNIOR RULES (BORN 2009 – 2010)• CATEGORY B (PRE-JUNIOR) - FIG JUNIOR RULES

(BORN 2011 – 2013)

- CATEGORY C – MODIFIED FIG RULES (AS PER REQUIREMENTS)
AGE GROUPS: (2017 – 2015), (2014 – 2012), (2011 – 2009), (2008 +)
- CATEGORY D – MODIFIED FIG RULES (AS PER REQUIREMENTS)
AGE GROUPS: (2017 – 2015), (2014 – 2012), (2011 – 2009), (2008 +)
- CATEGORY E (*OPEN AGE*) – *GYMNASTS ARE ASSESSED AND NOT JUDGED WITH SCORES (AS PER COMPETITION REQUIREMENTS)*

TEAM COMPETITION (APPLICABLE FOR ALL CATEGORIES EXCEPT E)

MIN. 3 – MAX. 5 gymnasts per team

BEST 3 SCORES ON EACH APPARATUS to be taken for final team score
TEAM CAN BE MADE UP FROM DIFFERENT AGE GROUPS WITHIN SAME CATEGORY

» Awards:

- Team - 1st, 2nd and 3rd per category
- Category A to D - 'All Around' - 1st, 2nd and 3rd
- Category A to D - Individual Apparatus - 1st, 2nd and 3rd (each apparatus)

MAG (see attached documents for details)

LEVEL 1

FIG SENIOR (≥18) COMPETITION – FIG RULES

FIG JUNIOR (15 – 17 YEARS) COMPETITION – FIG RULES

LEVEL 2 Youth Competition

FIG Age Group Program - Men's Competition Structure and Program

FIG MAG Age Group Program (gymnastics.sport) FOR YOUTH COMPETITION

(P3 AND P4) – OPTIONAL ROUTINES DIVIDED INTO AGE GROUPS

Age Groups: 8 – 9, 10 – 12, 13 – 15, ≥16 (categorized according to year of birth)

» Team:

Categories: Senior/Junior/P3/P4

(Different age groups can make a Team per category) MIN. 3 – MAX. 5 gymnasts per team

BEST 3 SCORES ON EACH APPARATUS to be taken for final team score

» Awards:

- Team - 1st, 2nd and 3rd per category
- Category Senior, Junior, P3 and P4 - 'All Around' - 1st, 2nd and 3rd
- Category Senior, Junior, P3 and P4 - Individual Apparatus - 1st, 2nd and 3rd (each apparatus)

RULES AND REGULATIONS	<p>The event will be organized under the following FIG rules, as valid in the year of the event, except for any deviation mentioned in these directives:</p> <ul style="list-style-type: none"> • Statutes • Code of Ethics • Code of Conduct • Technical Regulations • Code of Discipline • Code of Points and relevant Newsletters • General Judges' Rules • Specific Judges' Rules • Anti-Doping Rules • License rules (except for non-competitive events) • FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events • FIG Medical Guidelines for FIG Competitions and Events • Media Rules • Apparatus Norms • Rules for Sanctioning (approval) of International Events • Advertising and Publicity Rules • Regulations for Award Ceremonies • Accreditation Rules <p><i>and subsequent decisions of the FIG Executive Committee</i></p>
FEDERATIONS/CLUBS INVITED	<p>Sunlive Malta invites all federations and clubs aiming to also give an extra opportunity for those developing gymnasts to compete in a friendly environment.</p>
JUDGES AND JURIES	<p>Sunlive Malta is asking all clubs and federations to bring at least 1 judge of <u>Club, Regional/National or International level (valid license) for MAG AND WAG</u></p> <p>All judges must judge on all days of competition (no exceptions) €500 penalty for absence of judge</p> <p>ATTIRE: BLUE/BLACK SUIT + WHITE BLOUSE/SHIRT/TOP</p>

REGISTRATION DEADLINES	Definitive registration:	13 th August, 2024	
	Nominative registration:	30 th September, 2024	
ENTRY FEES	<p>An Entry Fee of EUR 70 per gymnast will be applied for this event for all delegation members.</p> <p>The payment to the LOC <u>must be received</u> on the account no later than 30th September, 2024 (refer to “bank account information” below). The entry fee is non- refundable. Entries without payment of the entry fees in time will be considered as invalid and will be refused.</p>		
PROVISIONAL SCHEDULE	DATE	DAY	EVENT
	7 th Nov	Thursday	Arrival of the delegations for competition
	8 th Nov	Friday	Podium training (WAG & MAG) - Meeting of heads of delegations and judges

	9 th Nov	Saturday	DAY 1 - WAG Opening March-in
	10 th Nov	Sunday	DAY 2 - MAG Opening March-in
	11 th Nov	Monday	Departure of all delegations
EVENT MANAGER	Francesca Borg Phone: (+356) 99164245 E-mail: malta@sunlive.pt		
MEDICAL SERVICES	Physiotherapists will be provided during the competition.		
VISA	Please verify immediately with your travel agent or the Portuguese Embassy or Consulate in your country if a visa is required for your travel. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before 13th August, 2024 to the LOC. The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of the Delegation Member as well as the city the visa application support letter must be sent to.		
INSURANCE	Sunlive Malta will not be held responsible for any liabilities in case of accidents, illness, repatriation, and the like. All participating Federations/Clubs are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their Delegation. The LOC will verify the insurance upon arrival of the delegation members (e.g., cover note or photocopy of the valid policy). Delegation members with insufficient insurance cover must inform the LOC in advance.		
INTERNATIONAL TRANSPORTATION	The invited participating federations/clubs must pay for the travel costs of their delegation members. The Travel schedule form must be returned to the LOC by 30 th September, 2024.		
LOCAL TRANSPORTATION	LOCAL TRANSPORTATION LOC will provide an airport transfer service from Porto and Lisbon Airport at an extra cost. Airport Transfers for individuals will be arranged upon request at an extra cost. Group costs: Porto: EUR 50 per person per way Lisbon: EUR 65 per person per way The local transportation from/to the hotel and the competition, training, and warm-up are included within the accommodation costs. A transport schedule will be provided. Local transportation for extra activities can be arranged upon request with an extra cost. Pickup and drop-off at airport can only be guaranteed if the Travel Schedule Form is returned to the LOC by 30 th September, 2024.		

ACCOMMODATION

Accommodation must be booked through the LOC.

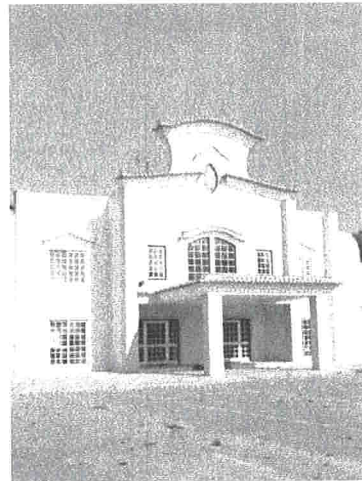
The accommodation costs, including all meals (full board – FB) per person/night, are as follows:

- Estalagem Sangalhos (3*)

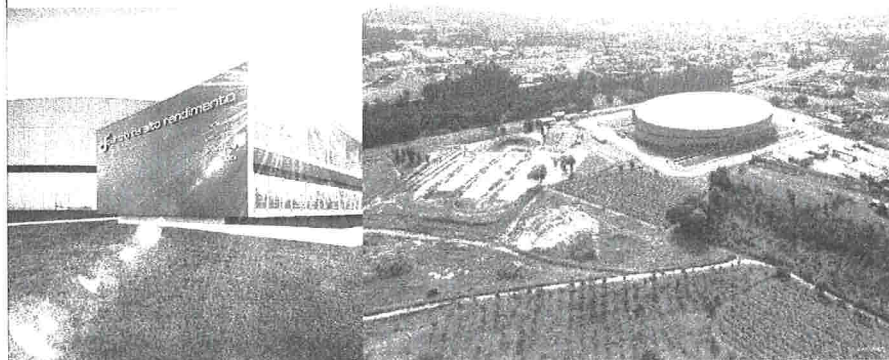


<https://www.estalagem.sunlive.pt/>

- Residential Estancia Hotel (3*)



- CAR (Centro de Alto Rendimento de Anadia)



	<p>110 EUR (single room, FB) 90 EUR (double room, FB) 80 EUR (triple room or more, FB)</p> <p>DRINKS from the BAR are at an extra cost.</p>																				
	<p>The invited participating federations must pay for the accommodation expenses of their delegation members.</p> <p>Please fill in the accommodation form and return to the LOC by the 30th September, 2024.</p> <p>Cancellation or any changes in the delegation must be NOTIFIED IMMEDIATELY. Afterwards all costs will have to be paid and accommodation cannot be guaranteed.</p>																				
CANCELTION POLICY	<p>Cancellations will only be accepted by e-mail.</p> <p>In case of cancellation, costs will be refunded as follows: By 30th September, 2024– 100% refund By 30th September — 15th October, 2024 - 50% refund From 15th October, 2024 — No Refund</p>																				
FINAL BANQUET	<p>Final Banquet will be at the cost of €30 which includes meal and drinks (water, soft drinks, juices, beer and local wine during the meal). EXTRA drinks from the bar are at an extra cost. The Tickets of final Banquet must be paid to the LOC by 30th September, 2024.</p>																				
BANK ACCOUNT INFORMATION	<p>Each participating member federation/club is kindly requested to integrate the payment's purpose as follows: Continental Cup 2024 The participating federation/club is responsible for covering all bank fees in connection with the bank transfers.</p> <p>NAME: SUNLIVE INVESTIMENTOS IMOBILIARIOS LDA IBAN: PT50 0018 000803522421020 42 BIC/SWIFT: TOTAPTPL BANK: Banco Santander Totta S.A</p>																				
—MARKETING	<p>Sunlive Malta advertising and publicity norms must be respected</p>																				
SOCIAL MEDIA	<p>Live Scoring will be available.</p> <p>Facebook: Sunlive Malta</p>																				
DEADLINES SUMMARY	<table border="1"> <tr> <td>Definitive Registration</td> <td>13th August, 2024</td> </tr> <tr> <td>Nominative Registration</td> <td>30th September, 2024</td> </tr> <tr> <td>Accommodation Form</td> <td>30th September, 2024</td> </tr> <tr> <td>Travel Schedule Form</td> <td>30th September, 2024</td> </tr> <tr> <td>Visa Request Form</td> <td>13th August, 2024</td> </tr> <tr> <td>Payment of the Entry Fee</td> <td>30th September, 2024</td> </tr> <tr> <td>Payment of the Accommodation Costs</td> <td>30th September, 2024</td> </tr> <tr> <td>Payment of the local transportation</td> <td>30th September, 2024</td> </tr> <tr> <td>Payment of the Final Banquet</td> <td>30th September, 2024</td> </tr> <tr> <td>Payment of the fine for missing judge</td> <td>30th September, 2024</td> </tr> </table>	Definitive Registration	13 th August, 2024	Nominative Registration	30 th September, 2024	Accommodation Form	30 th September, 2024	Travel Schedule Form	30 th September, 2024	Visa Request Form	13 th August, 2024	Payment of the Entry Fee	30 th September, 2024	Payment of the Accommodation Costs	30 th September, 2024	Payment of the local transportation	30 th September, 2024	Payment of the Final Banquet	30 th September, 2024	Payment of the fine for missing judge	30 th September, 2024
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CONTINENTAL CUP 2023
MEN'S ARTISTIC GYMNASTICS INTERNATIONAL COMPETITION REQUIREMENTS

FIG Age Group Program - Men's Competition Structure and Program

FIG MAG Age Group Program (gymnastics.sport) FOR YOUTH LEVEL 2

LEVEL 1 - FIG SENIOR (≥ 18) AND JUNIOR (15– 17 YEARS) COMPETITION – FIG RULES
AND
YOUTH LEVEL 2 - (P3 AND P4) – OPTIONAL ROUTINES DIVIDED INTO AGE GROUPS

Element Values & Maximum Number of Value Parts in D-score (including dismount)

Competition Class	Maximum # Elements	A-part value	B-part value	C-part value	D-part value	E-part value	F or G-part value
Class P3	6	0.1	0.2	0.3	0.4 Permitted on PH only	Not permitted	Not permitted
Class P4	7	0.1	0.2	0.3	0.4 Permitted on PH only	Not permitted	Not permitted

Evaluation of Short Exercises (maximum E-score)

Competition Class	8 elements	7 elements	6 elements	5 elements	4 elements	3 elements	2 elements	1 element
Class P3	10.0	10.0	10.0	8.0	6.0	4.0	2.0	1.0
Class P4	10.0	10.0	8.0	6.0	4.0	3.0	2.0	1.0

CONTINENTAL CUP 2023
MEN'S ARTISTIC GYMNASTICS INTERNATIONAL COMPETITION REQUIREMENTS

Class P3 & P4

Age Groups: 8 – 9, 10 – 12, 13 – 15, ≥16 (categorized according to year of birth)

FLOOR EXERCISE

	Class P3	Class P4
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B=0.2, C=0.3, D=0.4* *D is only permitted on Pommel Horse 6 skills maximum for D-score	Difficulty A=0.1, B=0.2, C=0.3, D=0.4* *D is only permitted on Pommel Horse 7 skills maximum for D-score
Developmental and Supplemental Skills	1. Round off or Cartwheel: A part, Element Group IV and in the same box 2. Back extension to handstand = A part, Element Group III 3. Salto forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part	1. Round off or Cartwheel: A part, Element Group IV and in the same box 2. Back extension to handstand = A part, Element Group II 3. Salto forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part
Element Group Requirements (0.3 each)	1. Non-acrobatic element 2. Acrobatic element forward 3. Acrobatic element backward 4. Dismount	1. Non-acrobatic element 2. Acrobatic element forward 3. Acrobatic element backward 4. Dismount
Additional Regulations	No time limit May repeat one skill of A or B Value for difficulty	No time limit No Connection Bonus May repeat one skill of B or C Value for Difficulty or Bonus

CONTINENTAL CUP 2023
MEN'S ARTISTIC GYMNASTICS INTERNATIONAL COMPETITION REQUIREMENTS

POMMEL HORSE

	Class P3	Class P4
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B=0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for D score Can use vault board for mount	Difficulty A=0.1, B=0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D score Can use vault board for mount
Developmental and Supplemental Skills	Any other skills which can reasonably be called a gymnastics skill = A part	Any other skills which can reasonably be called a gymnastics skill = A part
Element Group Requirements (0.3 each)	1. A Circle element 2. A single leg element 3. Dismount	1. Any turn of 90° including spiral 2. A scissors element 3. Dismount finishing through wende swing or handstand
Additional Regulations	May repeat one skill of A or B value for Difficulty	May repeat one skill of B or C value for Difficulty

CONTINENTAL CUP 2023
MEN'S ARTISTIC GYMNASTICS INTERNATIONAL COMPETITION REQUIREMENTS

RINGS

	Class P3	Class P4
Difficulty Values & Required Number of Elements	Difficulty A=0, 1, B=0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 0 skills maximum for D-score	Difficulty A=0, 1, B=0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 7 skills maximum for D-score
Developmental and Supplemental Skills	1. Straddled Front lever = A part 2. Straddled Back lever = A part 3. Straight arm press to handstand with straddled legs = B part Any other skills which can reasonably be called a gymnastics skill = A part	1. Straddled Front lever = A part 2. Straddled Back lever = A part 3. Straight arm press to handstand with straddled legs = B part 4. Forward or Backward giant with bent arms = B part Any other skills which can reasonably be called a gymnastics skill = A part
Element Group Requirements (0.3 each)	1. Lsit in cross support 2. Kip or Swing element 3. Dismount	1. Kip or Swing element 2. Strength hold skill (excluding Lsit or Straddle Lsit) 3. Dismount
Additional Regulations	One extra swing is permitted May repeat one skill of A or B Value for Difficulty	One extra swing is permitted May repeat one skill of B or C Value for Difficulty

CONTINENTAL CUP 2023
MEN'S ARTISTIC GYMNASTICS INTERNATIONAL COMPETITION REQUIREMENTS

VAULT

	Class P3	Class P4
Permitted Vaults and Difficulty Values	Handspring = 2.0 Handspring 1/2 = 2.2 Handspring 1/1 = 2.5 Tsion = 2.0 Tsion 1/2 off = 2.2 Tsion 1.1 off = 2.5	Handspring = 2.0 Handspring 1/2 = 2.2 Handspring 1/1 = 2.5 Handspring Front Tuck = 2.1 Handspring Front Tuck 1/2 = 2.9 Tsion = 2.0 Tsion 1/2 off = 2.2 Tsion 1.1 off = 2.5 Yurchenko Tuck = 2.7 Yurchenko Tuck 1/1 = 2.9 Yurchenko Pike = 2.9 Yurchenko Straight = 3.1

CONTINENTAL CUP 2023
MEN'S ARTISTIC GYMNASTICS INTERNATIONAL COMPETITION REQUIREMENTS

PARALLEL BARS

	Class P3	Class P4
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B=0.2, C=0.3, D=0.4* *D's only permitted on Pomme/Horse 6 skills maximum for D score	Difficulty A=0.1, B=0.2, C=0.3, D=0.4* *D's only permitted on Pomme/Horse 7 skills maximum for D score
Developmental and Supplemental Skills	1. Back uprise to support = A part – Element group I) 2. Salto forward or backward tucked or piked dismount = B Any other skills which can reasonably be called a gymnastics skill = A part	1. Back uprise to support = A part – Element group II) 2. Salto forward or backward tucked or piked dismount = B Any other skills which can reasonably be called a gymnastics skill = A part
Element Group Requirements (0-3 each)	1. Element in or through support on 2 bars 2. Element through long hang or underarm support on 2 bars 3. Dismount	1. Handstand – 2 sec hold 2. Element through long hang on 2 bars 3. Dismount
Additional Regulations	One extra swing is permitted May repeat one skill of A or B value for Difficulty	One extra swing is permitted May repeat one skill of B or C value for Difficulty

CONTINENTAL CUP 2023
MEN'S ARTISTIC GYMNASTICS INTERNATIONAL COMPETITION REQUIREMENTS

HORIZONTAL BAR

	Class P3	Class P4
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B=0.2, C=0.3, D=0.4* *D is only permitted on Pommel Horse 6 skills maximum for D score	Difficulty A=0.1, B=0.2, C=0.3, D=0.4* *D is only permitted on Pommel Horse 7 skills maximum for D score
Developmental and Supplemental Skills	1. Back uprise to support = A part – Element group I 2. Swing Fwd to turn, min 45° and grip change to overgrip = A part – Element group I 3. Early fwd pirouette, min 45° and grip change to undergrip = A part – Element group I 4. Salto forward or backward tucked or piked = A part 5. Back salto dismount layout = B part Any other skills which can reasonably be called a gymnastics skill = A part	1. Back uprise to support = A part – Element group I 2. Swing Fwd to turn, min 45° and grip change to overgrip = A part – Element group I 3. Early fwd pirouette, min 45° and grip change to undergrip = A part – Element group I 4. Salto forward or backward tucked or piked = A part 5. Back salto dismount layout = B part Any other skills which can reasonably be called a gymnastics skill = A part
Element Group Requirements (0.3 each)	1. Long hang swing with or without turn 2. Any kip element 3. Dismount	1. Long hang swing to turn with hips at minimum bar height 2. In-bar element 3. Salto Dismount
Additional Regulations	One extra swing is permitted May repeat one skill of A or B Value for Difficulty	One extra swing is permitted May repeat one skill of B or C Value for Difficulty or Bonus

CONTINENTAL CUP 2023

MEN'S ARTISTIC GYMNASTICS INTERNATIONAL COMPETITION REQUIREMENTS

Class Participation 3 (P3) – Summary of Specific Regulations

	Floor Exercises	Pommel Horse	Rings	Vault	Parallel Bars	Horizontal Bar
Difficulty Values & Required Number of Elements	Difficulty A=0.1, B=0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for Discore	Difficulty A=0.1, B=0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for Discore Can use vault board for mount	Difficulty A=0.1, B=0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for Discore		Difficulty A=0.1, B=0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for Discore	Difficulty A=0.1, B=0.2, C=0.3, D=0.4* *D's only permitted on Pommel Horse 6 skills maximum for Discore
Developmental and Supplemental Skills	1. Round off or Cartwheel = A part Element (Group IV) and in the same box 2. Back extension to handstand = A part Element (Group II) 3. Split forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part	Any other skills which can reasonably be called a gymnastics skill = A part	1. Straddled Front lever = A part 2. Straddled Back lever = A part 3. Straight arm press to handstand with straddled legs = B part Any other skills which can reasonably be called a gymnastics skill = A part	Handspring = 2.0 Handspring 1 = 2.2 Handspring 1.1 = 2.5 Luch = 2.0 Luch Tuff = 2.2 Luch Tuff 1 = 2.5	1. Back uprise to support = A part - Element group I 2. Split forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part	1. Back uprise to support = A part - Element group I 2. Swing Forward turn min 45° and grip change to overgrip = A part - Element group I 3. Early two prolegs min 45° and grip change to undergrip = A part - Element group I 4. Split forward or backward tucked or piked = A part 5. Back salto dismount, vault = B part Any other skills which can reasonably be called a gymnastics skill = A part
Element Group Requirements (0-3 each)	1. Non-acrobatic element 2. Acrobatic element forward 3. Acrobatic element backward 4. Dismount	1. A, C or E element 2. A single leg element 3. Dismount	1. L, sit, in cross support 2. A, p or swing element 3. Dismount		1. Element in or through support on 2 bars 2. Element through long hang or underarm support on 2 bars 3. Dismount	1. Long hanging swing with or without turn 2. Any 6 element 3. Dismount
Additional Regulations	No attempt May repeat one skill of A or B value for difficulty	May repeat one skill of A or B value for difficulty	One extra swing is permitted May repeat one skill of A or B value for difficulty	A 2 nd attempt is permitted, but with 1.5 deduction	One extra swing is permitted May repeat one skill of A or B value for difficulty	One extra swing is permitted May repeat one skill of A or B value for difficulty

CONTINENTAL CUP 2023

MEN'S ARTISTIC GYMNASTICS INTERNATIONAL COMPETITION REQUIREMENTS

Class Participation 4 (P4) – Summary of Specific Regulations

	Floor Exercises	Pommel Horse	Rings	Vault	Parallel Bars	Horizontal Bar
Difficulty Values & Required Number of Elements	Difficulty A=0.1 B=0.2 C=0.3 D=0.4 *D's only permitted on Pommel Horse 7 skills maximum for D score	Difficulty A=0.1 B=0.2 C=0.3 D=0.4 *D's only permitted on Pommel Horse 7 skills maximum for D score Can't use vault board for mount	Difficulty A=0.1 B=0.2 C=0.3 D=0.4 *D's only permitted on Pommel Horse 7 skills maximum for D score		Difficulty A=0.1 B=0.2 C=0.3 D=0.4 *D's only permitted on Pommel Horse 7 skills maximum for D score	Difficulty A=0.1 B=0.2 C=0.3 D=0.4 *D's only permitted on Pommel Horse 7 skills maximum for D score
Developmental and Supplemental Skills	1. Round off or Cartwheel = A part Element Group IV and in the same box 2. Back extensions that distend = A part Element Group II 3. Salto forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part	Any other skills which can reasonably be called a gymnastics skill = A part	1. Straddled Front lever = A part 2. Straddled Back lever = A part 3. Straight arm press to handstand with straddled legs = B part 4. The value of all static strength holds is increased by 2 values (excluding L and Straddle L sits) 5. Forward or Backward giant with cent arms = B part Any other skills which can reasonably be called a gymnastics skill = A part	Handspring = 2.0 Handspring 1/1 = 2.2 Handspring 1/1 = 2.6 Handspring Front Tuck = 2.7 Handspring Front Tuck 1/1 = 2.9 Yurchenko Tuck = 2.7 Yurchenko Tuck 1/1 = 2.9 Yurchenko Pike = 2.9 Yurchenko Straight = 3.1	1. Back up rise to support = A part – Element group I 2. Salto forward or backward tucked or piked = B Any other skills which can reasonably be called a gymnastics skill = A part	1. Back up rise to support = A part – Element group I 2. Swing Forward full, min 45° and grip change to overgrip = A part – Element group I 3. Early Windup to min 45° and grip change to undergrip = A part – Element group I 4. Salto forward or backward tucked or piked = A part 5. Back salto dismount layout = B part Any other skills which can reasonably be called a gymnastics skill = A part
Element Group Requirements (0.3 each)	1. Non-acrobatic element 2. Acrobatic element forward 3. Acrobatic element backward 4. Dismount	1. Any form of 90° including scissor 2. Ascend element 3. Dismount finishing through wide swing or handstand	1. Kiper Swing element 2. Strength hold skill (excluding L sit or Straddle L sit) 3. Dismount		1. Handstand – 3 sec hold 2. Element through long hang on 2 bars 3. Dismount	1. Long hang swing full with tips at minimum bar height 2. In-bar element 3. Salto Dismount
Additional Regulations	No time limit No Connection Bonus May repeat one skill of B or C Value for Difficulty or Bonus	May repeat one skill of B or C Value for Difficulty	One extra swing is permitted May repeat one skill of B or C Value for Difficulty	A 2 nd attempt is permitted, but with 1.0 deduction	One extra swing is permitted May repeat one skill of B or C Value for Difficulty	One extra swing is permitted May repeat one skill of B or C Value for Difficulty or Bonus