

## Requirements Level A

### Vault

According to the FIG

### Uneven Bars

1. Flight element HB – LB or flight element on the same bar
2. Flight element LB – HB
3. Element min 180° turn (no mount)
4. Element different grips

### Balance Beam

1. Connection of at least 2 different dance elements, 1 being a leap or jump with 180° split or straddle position
2. Turn (Gr 3.) or Roll/flair
3. Acro series, min. of 2 flight elements with or without hand support
4. Acro elements in different directions (fwd/swd and bwd)

### Floor Exercise

1. Dance passage composed of two different leaps or hops connected indirectly, one of them with 180° split or straddle position
2. Salto with LA turn (min 360°)
3. Salto with double BA or series with 2 saltos
4. Salto fwd and bwd

\*Only the first connection gets connection bonus

## Connection Values

Uneven Bars	0.10	0.20
Same or different elements	B + B B + C	C + C or higher B + D or higher
Dismount bonus		C or higher
Balance Beam	0.10	0.20
Acro with flight	B + B	B + C or higher
Dance (2 different elements)	B + B A + C	B + C or higher A + D or higher
Turns (2 different elements)	A + B or higher	
Mix	B + B A + C	B + C or higher A + D or higher
Serie bonus	A + B + B	
Dismount bonus		C or higher
Floor Exercise	0.10	0.20
Saltos directly connected	A + B	B + B or higher A + C or higher
Saltos indirectly connected	B + B A + A + B A + C	B + B or higher A + A + C A + D or higher
Dance (2 different elements)*	B + C	C + C or higher
Turns (2 different elements)	B + B or higher	
Mix	B-salto + A-dance or higher	C-salto or higher + A-dance or higher
Dismount bonus		C or higher

## Requirements Level B

### Vault

According to the FIG

### Uneven Bars

1. Flight element HB – LB or LB to HB
2. Cast to hstd legs straddled or cast legs together (min 30° deviation)
3. Circle element group 2,4 or 5 through or to hstd
4. Element min 180° turn (no mount)

### Balance Beam

1. Connection of at least 2 different dance elements, 1 being a leap or jump with 180° split or straddle position
2. Turn (Gr 3.) or Roll/flair
3. Acro series, min. of 2 elements, at least 1 being with flight
4. Acro elements in different directions (fwd/swd and bwd)

### Floor Exercise

1. Dance passage composed of two different leaps or hops connected indirectly, one of them with 180° split or straddle position
2. Salto with LA turn (min 360°)
3. Series with 2 saltos
4. Salto fwd and bwd

\*Only the first connection gets connection bonus

## Connection Values

Uneven Bars	0.10	0.20
Same or different elements	B + C	C + C or higher B + D or higher
Dismount bonus		C or higher
Balance Beam	0.10	0.20
Acro with flight	B + B	B + C or higher
Dance (2 different elements)	B + B A + C	B + C or higher A + D or higher
Turns (2 different elements)	A + B or higher	
Mix	B + B A + C	B + C or higher A + D or higher
Serie bonus	A + B + B	
Dismount bonus		C or higher
Floor Exercise	0.10	0.20
Saltos directly connected	A + B	B + B or higher A + C or higher
Saltos indirectly connected	B + B A + A + B A + C	B + C or higher A + A + C A + D or higher
Dance (2 different elements)*	B + B A + C	B + C or higher
Turns (2 different elements)	B + B or higher	
Mix	B-salto + A-dance or higher	C-salto or higher + A-dance or higher
Dismount bonus		C or higher

## Requirements Level C

### Vault

According to the FIG

### Uneven Bars

1. Flight element HB – LB or LB to HB
2. Cast to hstd legs straddled or cast legs together (min 45° deviation)
3. Circle element group 2,4 or 5 min B-value
4. Element min 180° turn (no mount)

### Balance Beam

1. Connection of at least 2 different dance elements, 1 being a leap or jump with 180° split or straddle position
2. Turn (Gr 3.) or Roll/flair
3. Acro series, min. of 2 elements, at least 1 being with flight
4. Acro elements in different directions (fwd/swd and bwd)

### Floor Exercise

1. Dance passage composed of two different leaps or hops connected indirectly, one of them with 180° split or straddle position
2. Salto with LA turn (min 180°)
3. Series with layout salto
4. Salto fwd and bwd

\*Only the first connection gets connection bonus

## Connection Values

Uneven Bars	0.10	0.20
Same or different elements	B + B A + C	B + C or higher
Dismount bonus		B or higher
Balance Beam	0.10	0.20
Acro at least 1 with flight	A + B B + B	A + C or higher B + C or higher
Dance (2 different elements)	B + B A + C	B + C or higher
Turns (2 different elements)	A + B or higher	
Mix	A + B	B + B or higher A + C or higher
Serie bonus	A + B + B	
Dismount bonus		B or higher
Floor Exercise	0.10	0.20
Saltos directly connected	A + A	A + B or higher
Saltos indirectly connected	A + B	B + B or higher A + C or higher
Dance (2 different elements)*	B + B A + C	B + C or higher
Turns (2 different elements)	B + B or higher	
Mix	A-salto + A-dance or higher	B-salto or higher + A-dance or higher
Dismount bonus		B or higher

## Requirements Level D

### Vault

According to the FIG

### Uneven Bars

1. 2 different kips
2. Cast with legs together min horizontal
3. Two different elements, or one element min B-value group 2, 3, 4 or 5 (no flight)
4. Element min 180° turn (no mount)

### Balance Beam

1. Connection of at least 2 different dance elements, 1 being a leap or jump with 180° split or straddle position
2. Turn (Gr 3.) or Roll/flair
3. Acro element bwd or acro element min B-value
4. Two different acro elements, at least 1 through or to hstd

### Floor Exercise

1. Dance passage composed of two different leaps or hops connected indirectly, one of them with 180° split or straddle position
2. Layour fwd or bwd or salto LA min 180°
3. Salto fwd
4. Salto bwd

\*Only the first connection gets connection bonus

## Connection Values

Uneven Bars	0.10	0.20
Same or different elements	A + B	B + B or higher A + C or higher
Dismount bonus		B or higher
Balance Beam	0.10	0.20
Acro with or without flight	A + B	B + B or higher A + C or higher
Dance (2 different elements)	A + B	B + B or higher A + C or higher
Mix	A + B	B + B or higher A + C or higher
Dismount bonus		B or higher
Floor Exercise	0.10	0.20
Saltos directly or indirectly connected	A + A	A + B or higher
Acro directly connected, 2 flight elements of which 1 salto	A + B	
Dance (2 different elements)*	A + B	B + B or higher A + C or higher
Turns (2 different elements)	A + B or higher	
Mix	A-acro flight + A-dance or higher	A-salto or higher + A-dance or higher
Dismount bonus		B or higher