

COMPETITION PROGRAM GIRLS

LEVEL 1: (2009 and younger)

Based on the Austrian Competition Program 2015 (“Kinderstufe 1” and “Kinderstufe 2”) the following exercises on VT and UB can be chosen and exercises on BB and FX have to contain the following elements. Deductions according to CdP.

Vault:

Part 1: with springboard on a 30-40 cm gym mat.

Part 2: 70-80 cm vaulting box and gym mats in same height as vaulting box.

Part 1:	Run – Stretched jump with ½ turn or	D-Score: 1 pt
	Run – Salto fwd tucked	D-Score: 2.5 pts
Part 2:	Run – Handspring with landing in lying position on back or	D-Score: 1.5 pts
	Run – Handspring with landing on feet	D-Score: 2.5 pts

Uneven Bars:

On low bar – additional gym mat (30cm) under bar is permitted.

Alternative A:	Pull-over + Cast (min. 90°) + Back hip circle + Underswing	D-Score: 2.5 pts
Alternative B:	Kip + Cast to handstand (min. 135°) + Back hip circle + Underswing	D-Score: 5 pts

Beam:

Beam measures from floor 1m with mats of 20cm under beam and Happy-Landing for dismount. Time limit: 1:20 min.

Alternative A:	Mount (any; does not have to be from CdP) 4 Steps in relevé with passé at each step Grand battement with left leg + grand battement with right leg ½ turn on two legs in tuck stand Scale (135°) Stretched jump Sissone Dismount: Straddle pike jump	D-Score: 2.5 pts
Alternative B:	Mount (any; does not have to be from CdP) Handstand (2 sec) Sissone ½ turn on one leg Scale (135°) Gym-Series: Split leap + stretched jump Stretched jump with ½ turn Tuck jump Cartwheel Dismount: Straddle pike jump or salto fwd	D-Score: 5 pts

Floor:

With or without floor music – max. 1:20 min.

Alternative A:	Headstand (2 sec) Gym-Series: Stretched jump with ½ turn + stretched jump with ½ turn 2 connected cartwheels Bridge with straight arms and knees Cat leap Handstand Roll bwd to push-up position with straight arms Sissone	D-Score: 2.5 pts
Alternative B:	Head kip 1/1 turn on one leg Connection: split leap + cat leap Cartwheel + roll bwd to handstand Stretched jump with 1/1 turn Round-off Handstand fwd roll Walkover bwd Handspring fwd (take-off from one leg, landing on two legs)	D-Score: 5 pts

General:

On beam and floor the elements can be shown in any order.

Also additional elements can be shown: extra elements don't get any DV in the D-Score, but deductions for execution according to the CdP will be applied.

Specific deductions (D-Panel):

For any missing element (no attempt): neutral deduction -1.5 pt

For not recognized element: neutral deduction -1.0 pt

Pause in gym-series (BB, FX): neutral deduction -0.5 pt

Recognition of specific elements:

Element:	<i>Criteria for recognition</i>	<i>Deductions:</i>
Handstand (BB and FX)	DV will only be given, if deviation of all body parts is not bigger than 20° of vertical position.	> 20° from vertical: -1.0 neutral Less than 2 sec: -0.5 (E-Score)
Sissone and split leap (BB and FX)	These elements are not recognized, if split is under 90°.	Split <90°: -1.0 neutral Split <135°: -0.5 (E-Score) Split 135°-180°: deductions according to CdP
Scale (BB)	Element is not recognized, if split is under 90°.	Split <135°: -0.5 (E-Score) Split <90°: -1.0 neutral
Cast to handstand (UB)	<i>Alternative A:</i> Not recognized, if handstand is under 90°	Cast <90°: -1.0 neutral (and -0.3 in E-Score according to CdP)
	<i>Alternative B:</i> Not recognized, if under 135°.	Cast <135°: -1.0 neutral and -0.3 (E-Score) Cast <90°: -0.5 (E-Score)

LEVEL 2: (2007 and younger)

According to the CdP with the following simplifications:

Vault:

Two jumps, can be the same or different, the better one counts.

Height of vaulting table: 1.15 m; 2 springboards permitted without deduction.

Following elements, which are not in CdP, will be credited as A-elements:

Uneven bars:

Cast squat-on (tucked or piked) with jump to high bar

$\frac{3}{4}$ giant

2 tap swings directly connected

Beam:

Turn on one leg 180°

Stretched jump with $\frac{1}{2}$ turn

Floor:

Roll bwd to handstand

D-Score:

Difficulties: A – 0.1; B – 0.2; C – 0.3; D – 0.4; E – 0.5; F – 0.6

Special requirements: each 0.5

E-Score: 5 and more elements: 10 pts

4 elements: 8 pts

3 elements: 6 pts

2 elements: 4 pts

1 element: 2 pts

General:

Additional mats are permitted.

Additional gym mat (30cm) under bars is permitted.

Beam measures from floor 1m with mats of 20cm and Happy-Landing for dismount.