

Requirements for programs Open from 2024

Programme Open U13

General information

- For all gymnasts up to and including the age of 12
- Scoring will be according to the valid FIG Junior Code, with various simplifications
- The apparatus (vaulting table, uneven bars and balance beam) according to the valid FIG standards
- Difficulty values above B (from code FIG) are not recognised
- At least 5 elements must be performed (4 elements + dismount)

For too short exercises with less than 5 elements, the following points will be deducted from the final score as neutral point :

Number of elements:	Deduction:
5 or more	0.00 pts.
4 or 3	2.00 pts.
2 or 1	4.00 pts.

Vault Height of the **springboard** 1.25 m
Jumping with the 'booster' or 1-2 springboards
The gymnasts can perform 1 vault
If the jump is 0, it may be repeated with a deduction of 1.0 point

Uneven bars The 7 most difficult elements plus dismount count.
Additional A-elements: «Baby-Rim» (Rim upswing stretched)
1½ swings on the upper bar (forward swing, back swing, pre-swing) e.g. before fag or Baby-Rim
For transition from lower bar to upper bar, jump without element = no deduction of 0.50 points.
Only 2 freely chosen composition requirements (KA) count.
These can be selected on uneven bars from the 7 KA from the STV competition programme for the P5 Amateur programme. Each KA has a value of 0.50 points (max. 1.00 point).

Beam The 7 most difficult elements (gymnastics or acrobatics) plus dismount count.
2 freely chosen composition requirements (KA) according to code FIG count. Each is worth 0.50 points (max. 1.00 point).

Floor The 7 most difficult elements (gymnastics or acrobatics) plus dismount count.
2 freely chosen composition requirements (KA) according to code FIG count. Each is worth 0.50 points (max. 1.00 point)
Rondat - Flick-Flack backwards, also known as acro backwards
One-legged somersault - two-legged somersault or somersault - forward flick-flack count as a forward acro runway, as well as a forward somersault run-up (two-legged jump).
If no **somersault is shown**, it is valid:
No dismount: deduction of 0.50 pts. / and only 7 elements count

Programme Open

General information

- For all gymnasts aged 13 and over
- Scoring will be according to the valid FIG Junior Code, with various simplifications
- The apparatus (vaulting table, uneven bars and balance beam) according to the valid FIG standards

- At least 5 elements must be performed (4 elements + dismount)

For too short exercises with less than 5 elements, the following points will be deducted from the final score as neutral point :

Number of elements:	Deduction:
5 or more	0.00 pts.
4 or 3	2.00 pts.
2 or 1	4.00 pts.

Vault *The gymnasts can perform 2 jumps if they are different.
Only jumps with a maximum D value of 2.80 points will be recognised.
It's the better jump that counts.
If 2 identical jumps are shown, the 1st jump counts.
Board or booster allowed (without deduction).*

Uneven bars *The 7 most difficult elements plus dismount count.
2 freely chosen composition requirements (KA) count.
These can be selected on uneven bars from the 7 KA from the STV competition programme for the P5 Amateur programme. Each KA has a value of 0.50 points (max. 1.00 point).*

Beam *The 7 most difficult elements (gymnastics or acrobatics) plus dismount count.
2 freely chosen composition requirements (KA) according to code FIG count. Each is worth 0.50 points (max. 1.00 point).*

Floor *The 7 most difficult elements (gymnastics or acrobatics) plus dismount count.
2 freely chosen composition requirements (KA) according to code FIG count. Each is worth 0.50 points (max. 1.00 point).
A forward acro series also includes a forward running somersault (two-legged jump).*

*If no somersault is shown, it is valid:
No dismount: deduction of 0.50 pts. / and only 7 elements count*

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