



# Around the World Criteria 5 Piece Gymnastics Competition



## Level 1

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# LONDON

### Floor - 12m x 2m strip non sprung routine options

Option A DV 10.5	Option B DV 10
1. Forward roll to stand (Without hands)	1. Forward roll to straddle sit (show 3 seconds) bring legs together into a tuck shape
2. Forward roll to straddle sit	2. Rock and roll to stand with no hands
3. V-Sit with hands (min 3 second hold)	3. Arabesque
4. Back Support to Front Support, jump feet into squat,	4. Tuck jump, star jump
5. Jump $\frac{1}{2}$ Turn	5. Shoulder stand with hands (3 second hold)
6. 1 handed Cartwheel to lunge	6. Back Support to Front Support, jump feet into squat,
7. Backward Roll to straddle stand	7. 2x chasses (can be linked to 8)
8. Chasse cat leap	8. Cartwheel

### VAULT - 30cm Mats

- o Fast run up, arm circle, straight jump onto the mat into immediate dive roll.

This vault for beginner levels focusses on a fast run up, and the importance of arm circles and arm placements throughout the vault with a dive roll to land standing back up on their feet.

### TRAMPETTE (can use cheese run up for under 6)

Gymnasts must choose 2 different or the same jumps.

- o Straight jump
- o Tuck jump
- o Star jump





# Around the World Criteria 5 Piece Gymnastics Competition



## Level 2 PARIS

### Floor - 12m x 2m strip non sprung routine options

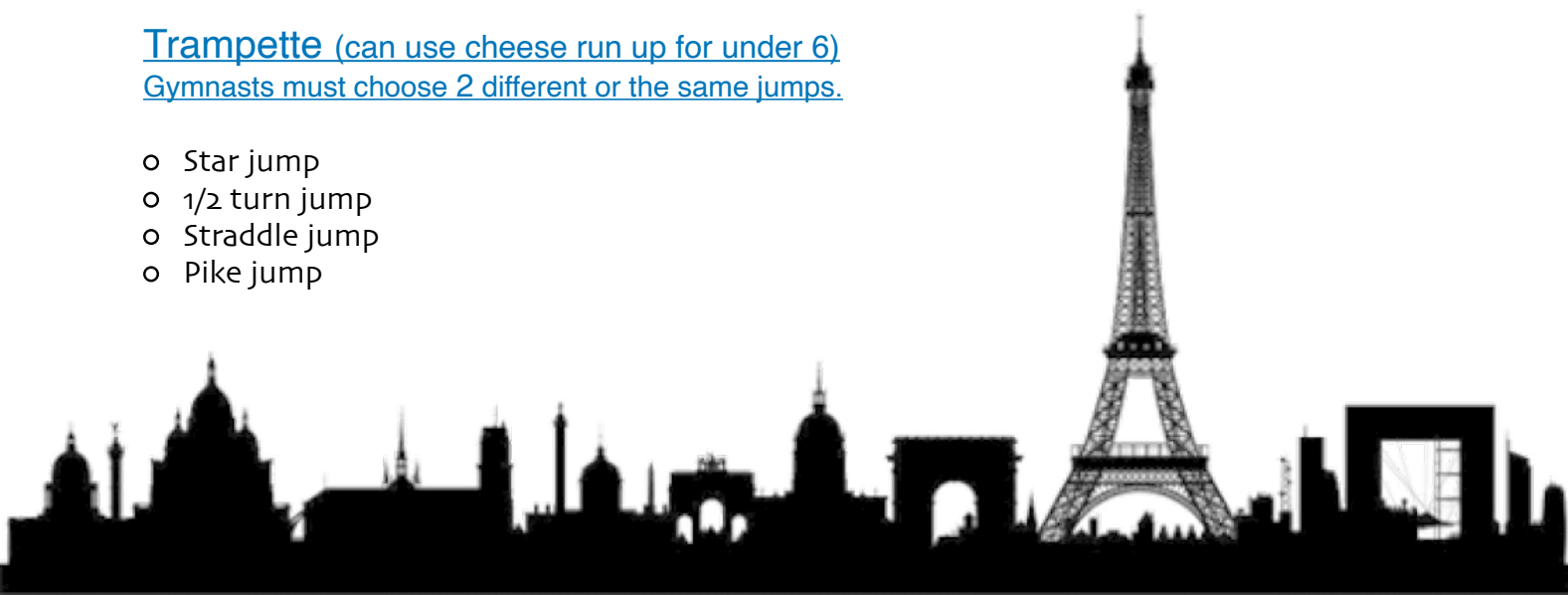
Option A DV 10.5	Option B DV 10
1. Handstand	1. Kick towards handstand (legs in a split or join)
2. 1/2 spin or half turn jump	2. 1/2 spin or half turn jump
3. Cartwheel linked to cartwheel snap down with a straight jump	3. 2 linked cartwheels
4. Backward roll to front support	4. Backward roll to straddle stand, jump into front support shape
5. Splits OR Japana OR Pike fold (min 3 second hold)	5. 1 x Press up OR arch roll into dish
6. Bend back to bridge (Hold 3 seconds)	6. Push up to bridge (Hold 3 seconds)
7. Kickover	7. Kickover (bonus 0.3)
8. Arabesque (above 45 degrees)	8. Arabesque (above 45 degrees)

### Vault - 60cm Block & Mats

- o Straight Jump from board onto block – Handspring flat back off end of block to land on level safety mats (60cm block and level safety mats)

### Trampoline (can use cheese run up for under 6) Gymnasts must choose 2 different or the same jumps.

- o Star jump
- o 1/2 turn jump
- o Straddle jump
- o Pike jump





# Around the World Criteria 5 Piece Gymnastics Competition



## Level 3 SYDNEY

### Floor - Half Sprung floor 5m x 12m (Must include all elements in any order)

- Floor routine does not include music but must include artistry and use of the floor
- Must choose either option A or option B for each number.

Option A	Option B
1. Handstand to bridge (show position) – exit optional	1. Handstand Forwards roll
2. Cartwheel, chasse, round off straight jump into backward roll to pike stand	2. Roundoff immediate jump half turn step out into cartwheel
3. Forward roll to straddle sit (show position), quarter turn to show splits	3. Backwards roll to front support, swing leg into splits (can be front or box splits)
4. Full Spin	4. Full Turn Jump
5. Chassé cat leap half turn	5. Chasse split leap
6. Backwards walkover	6. Forwards Walkover
7. Shoulder stand with hand support	7. V-sit hold without hand support

### Vault

- Option 1- Handstand flatback 60cm DV 10
- Option 2- Handspring to stand 60cm DV 10.5

### Trampoline (Can use cheese run up for 6 and under)

Gymnasts must choose 2 different or the same jumps.

- o Straddle jump DV 10
- o Half turn tuck jump DV 10
- o Handspring to stand DV 10.5

### Beam (Set routine)

1. Jump to front support – lift one leg over beam to cross sit, lift to straddle lever 2 second hold, come down and swing to squat.
2. Straight jump
3.  $\frac{1}{2}$  turn on 1 or 2 feet
4. Arabesque
5. Caterpillar (from pike stand, walk hands out to long front support - HOLD for 2 seconds. Walk feet back in to pike stand. Keeping legs straight throughout).
6. Dismount- from middle off beam, run jump take off from two feet into star jump **OR** Roundoff off the end of beam.

### Bars (set routine on low bar only)

1. Chin up circle over from 1 or 2 feet (can use block)
2. 2 casts showing a good shape
3. **Optional Back hip circle (bonus 0.3)**
4. Circle forward to chin up





# Around the World Criteria 5 Piece Gymnastics Competition



## Level 4 SAN FRANCISCO

Floor - Full floor 12m x 12m (Must include all elements in any order)

- Floor routine music should be 45s-1m
- Must choose either option A or option B for each number.
- Routine will consist of 6 moves including dance linking moves.

	Option A	Option B
1	Roundoff Flic / Cartwheel Flic (to 1 or 2 feet)	Handspring into dive roll
2	Straddle lever	Candlestick (Shoulder stand with arms above head)
3	Full spin	Full turn jump
4	Full turn cat leap into split leap	Scissor Kick into $\frac{1}{2}$ turn cat leap
5	Forward walkover	valdez
6	Chest stand (legs optional)	Headstand

### Vault - 90cm Blocks

- Option 1- Squat through / Straddle Over DV 10.5
- Option 2- Handspring DV 10.7
- Option 3-  $\frac{1}{2}$  on DV 11

### Trampoline

Gymnasts must choose 2 different or the same jumps.

- o Handspring to stand DV 10.5
- o Full turn jump DV 10.5
- o Front somersault tucked or piked DV 11





# Around the World Criteria 5 Piece Gymnastics Competition



## Level 4 SAN FRANCISCO

### Beam

- Must add artistry (moves can be in any order)
- Must choose either option A or option B for each category, can mix and match between A and B
- Routine will consist of 6 moves in total

Category	Option A	Option B
<b>Any amount of choice (Bonus of up to 0.4 for creativity)</b>		
<b>Strength (choose 1)</b>	Straddle lever (can be done any way on the beam - sideways or forwards)	Caterpillar to long front support hold
<b>Spin (choose 1)</b>	Half spin on 1 foot into half spin on 2 feet to complete the full turn	Full spin
<b>Controlled acro 1 (choose 1)</b>	Shoulder stand (do not need to hold as long as shape is shown)	Backward roll to knee
<b>Acro 2 (choose 1)</b>	Handstand	Cartwheel
<b>Dismount (choose 1)</b>	Roundoff the end of beam	Front handspring

### Bars (set routine)

1. Float swing (can be from floor or springboard) to land
2. Chin up circle over
3. Single cast to back hip circle
4. Dismount - choose one of the following:
  - Circle forward to chin up hold
  - Straddle OR pike undershoot (Bonus 0.3)
  - Squat on jump forwards or catch the high bar, 1 x swing and release on back swing (Bonus 0.3)





# Around the World Criteria 5 Piece Gymnastics Competition



## Level 5 SHANGHAI

Floor- Full floor 12m x 12m

Music maximum 1 minute 10seconds

- Choose 3 Acro, 2 must be linked
- Choose 1 spin / turn
- Choose 2 jumps / leaps must be linked
- Choose 1 flexibility or strength
- Choose 1 balance
- Start Value will be the top 8 skills You MUST provide a tariff sheet in order
- Repetition of skills is ALLOWED but will not be counted twice to increase Start Value.
- Example - if you choose a Roundoff flick tuck, and want to use the flick (0.3) and tuck (0.4) towards start value but can also do a free cartwheel (0.3) then the roundoff (0.2) will be dropped from your start value but may still be deducted for execution.

	<b>Acro Choose 3 2 must be linked</b>	<b>Spins / Turns Choose 1</b>	<b>Jumps / leaps Choose 2 Must be linked</b>	<b>Flexibility and strength Choose 1</b>	<b>Balance Choose 1</b>
<b>A 0.1</b>	<ul style="list-style-type: none"> <li>• 1 Handed cartwheel</li> <li>• Handstand forward roll</li> </ul>	<ul style="list-style-type: none"> <li>• Tuck 1/2</li> <li>• Straight jump 1/2</li> </ul>	<ul style="list-style-type: none"> <li>• Cat leap 1/2</li> <li>• Scissor Kick</li> </ul>	<ul style="list-style-type: none"> <li>• Japana</li> <li>• Bridge</li> </ul>	<ul style="list-style-type: none"> <li>• Handstand in Split</li> <li>• Y balance</li> </ul>
<b>B 0.2</b>	<ul style="list-style-type: none"> <li>• Backward walkover</li> <li>• Forward walkover</li> <li>• Roundoff</li> </ul>	<ul style="list-style-type: none"> <li>• Full spin</li> <li>• Full turn jump</li> </ul>	<ul style="list-style-type: none"> <li>• Wolf jump</li> <li>• Stag jump / leap</li> <li>• Side leap</li> </ul>	<ul style="list-style-type: none"> <li>• Splits</li> <li>• Swim through</li> <li>• Pike up to headstand</li> </ul>	<ul style="list-style-type: none"> <li>• Shoulder stand (arms above head)</li> <li>• Elbow Stand - legs optional</li> </ul>
<b>C 0.3</b>	<ul style="list-style-type: none"> <li>• Back handspring to 1</li> <li>• Back handspring to 2</li> <li>• Front handspring to 1</li> <li>• Front handspring to 2</li> <li>• Free cartwheel</li> <li>• One arm walkover (front or back)</li> </ul>	<ul style="list-style-type: none"> <li>• Illusion</li> <li>• Double spin</li> <li>• 1 and a half turn jump</li> </ul>	<ul style="list-style-type: none"> <li>• Cat leap full turn</li> <li>• Tuck shushanova</li> <li>• Straddle jump</li> <li>• Wolf jump 1/2</li> <li>• Split jump / leap</li> <li>• Straddle Jump 1/2 turn</li> <li>• W Jump 1/2 turn</li> </ul>	<ul style="list-style-type: none"> <li>• Straddle lever</li> <li>• Pike lever</li> <li>• Press up clap</li> </ul>	<ul style="list-style-type: none"> <li>• Chest Stand</li> <li>• Handstand 1/2 pirouette</li> </ul>
<b>D 0.4</b>	<ul style="list-style-type: none"> <li>• Back somersault tucked/Piked</li> <li>• Front somersault tucked or piked</li> <li>• Front somersault step out</li> <li>• Layout step out</li> <li>• Free walkover</li> </ul>	<ul style="list-style-type: none"> <li>• L spin (leg horizontal to floor)</li> <li>• Wolf spin 1/1</li> <li>• Full turn Tuck jump</li> </ul>	<ul style="list-style-type: none"> <li>• Straddle shushanova</li> <li>• Split change</li> <li>• Cat leap 1 1/2</li> <li>• Straddle Jump 1/1 turn</li> <li>• W Jump 1/1 turn</li> </ul>	<ul style="list-style-type: none"> <li>• Straight leg needle/spike (can be done standing or on tummy)</li> <li>• Pike stand lower to Straddle lever</li> </ul>	<ul style="list-style-type: none"> <li>• Elephant lift to handstand</li> <li>• Handstand full pirouette</li> </ul>





# Around the World Criteria 5 Piece Gymnastics Competition



## Level 5 SHANGHAI

### Vault - Table Vault 110cm

- |  |         |
|--|---------|
| Option 1- Handspring                                     | DV 10   |
| Option 2- Straight jump on, front or back somersault off | DV 10.5 |
| Option 3- 1/2 on   | DV 10.5 |
| Option 4- 1/2 on 1/2 or full off                         | DV 11   |

### Trampoline

Gymnasts must choose 2 different or the same jumps.

- o Front somersault tucked or pike DV 11
- o Barani DV 11
- o Straight front DV 11.5

### Beam

- Must add artistry (moves can be in any order)
- Must choose either option A, option B or option C for each category
- Routine will consist of 6 moves

Category	Option A DV 0.2	Option B DV 0.3	Option C DV 0.4
Any amount of choice (Bonus of up to 0.4 for creativity)			
Acro (choose 1)	Forward roll	Cartwheel	Backward / forward walkover
Acro 2 (choose 1)	Handstand	Backward roll to knee	Flic to 1 or 2 feet
Jump/leap (choose 1 combination)	Cat leap into tuck jump	Tuck jump into W jump	Split jump/leap into straight jump with switch feet
Spin (choose 1)	1/2 spin on 1 foot to 1/2 spin on 2 feet	Full spin	1/2 wolf spin
Dismount (choose 1) (Can be linked to acro)	Front handspring	Barani/Aerial	Front/Back somersault





# Around the World Criteria 5 Piece Gymnastics Competition



## Level 5 SHANGHAI

### Bars - Level 5 & 6

- Choose either Option A or Option B for each of the Categories
- Close bar move can be on the low or high bar
- 1 additional skill may be added into the routine from the list below to increase difficulty value. This isn't compulsory.
- Moves are awarded their difficulty value once and can be competed on the low bar or high bar.

Category	Option A - DV 0.2	Option B - DV 0.3
<b>Mount - choose 1</b>	Float swing, Circle Up	Upstart
<b>Close bar move - choose 1</b>	Back-hip circle	1 cast into 2 back-hip circles
<b>Bar change - choose 1</b>	Squat on Catch the high bar	Sole circle catch the high bar
<b>High bar mount - choose 1</b>	Circle Over	Long Upstart
	<b><u>Choose up to 1 additional skill</u></b>	<b><u>Choose up to 1 additional skill</u></b>
<b>Dismount</b>	<b><u>Dismount of choice</u></b>	<b><u>Dismount of choice</u></b>

Additional skills
Front hip circle - 0.3
Layaway upstart 0.3
Baby giant- 0.3
Cast to Handstand 0.4
After squat on catch the high bar, swing half turn to face the low bar, repeat half turn to face out and continue with high bar routine 0.4
<u>Dismounts</u>
Straddle/Piked undershoot 0.1
Front Support undershoot to long swing and re-grip, dismount on the back swing 0.1
Straddle undershoot 1/2 turn 0.2
Straddle undershoot 1/1 turn 0.3
Back away 0.3





# Around the World Criteria 5 Piece Gymnastics Competition



## Level 6 ATHENS

Floor- Full floor 12m x 12m

Music maximum 1 minute 10seconds

- Choose 3 Acro, 2 must be linked
- Choose 1 spin / turn
- Choose 2 jumps / leaps must be linked
- Choose 1 flexibility or strength
- Choose 1 balance
- Start Value will be the top 8 skills You MUST provide a tariff sheet in order
- Repetition of skills is ALLOWED but will not be counted twice to increase Start Value.
- Example - if you choose a Roundoff flick tuck, and want to use the flick (0.3) and tuck (0.4) towards start value but can also do a free cartwheel (0.3) then the roundoff (0.2) will be dropped from your start value but may still be deducted for execution.

	Acro Choose 3 2 must be linked	Spins / Turns Choose 1	leaps Choose 2 Must be linked	Flexibility and strength Choose 1	Jumps Choose 1
<b>A</b> 0.1	<ul style="list-style-type: none"> <li>• Backward walkover</li> <li>• Forward walkover</li> <li>• Roundoff</li> <li>• Handstand full pirouette</li> </ul>	<ul style="list-style-type: none"> <li>• Full spin</li> </ul>	<ul style="list-style-type: none"> <li>• Cat leap full turn</li> <li>• Split leap</li> </ul>	<ul style="list-style-type: none"> <li>• Splits</li> <li>• Swim through</li> <li>• Pike up to headstand</li> <li>• Chest stand</li> </ul>	<ul style="list-style-type: none"> <li>• Straddle Jump</li> <li>• Wolf Jump 1/2 turn</li> <li>• Split Jump</li> <li>• Straddle Jump 1/2 turn</li> </ul>
<b>B</b> 0.2	<ul style="list-style-type: none"> <li>• Back handspring to 1</li> <li>• Back handspring to 2</li> <li>• Front handspring to 1</li> <li>• Front handspring to 2</li> <li>• Free cartwheel</li> <li>• One arm walkover (front or back)</li> </ul>	<ul style="list-style-type: none"> <li>• Illusion</li> <li>• Double spin</li> </ul>	<ul style="list-style-type: none"> <li>• Split change</li> <li>• Cat leap 1 1/2</li> <li>• Ring leap</li> </ul>	<ul style="list-style-type: none"> <li>• Straddle lever</li> <li>• Pike lever</li> <li>• Press up clap</li> </ul>	<ul style="list-style-type: none"> <li>• Straddle shushanova</li> <li>• Straddle Jump 1/1 turn</li> <li>• W Jump 1/1 turn</li> </ul>
<b>C</b> 0.3	<ul style="list-style-type: none"> <li>• Back somersault tucked/straight</li> <li>• Front somersault tucked or piked</li> <li>• Front somersault step out</li> <li>• Layout step out</li> <li>• Free walkover</li> </ul>	<ul style="list-style-type: none"> <li>• L spin (leg horizontal to floor)</li> <li>• Wolf spin 1/1</li> </ul>	<ul style="list-style-type: none"> <li>• Split change side leap</li> <li>• Split leap full turn</li> <li>• Split change half turn</li> </ul>	<ul style="list-style-type: none"> <li>• Straight leg needle/spike (can be done standing or on tummy)</li> <li>• Hand stand lower to Straddle lever</li> </ul>	<ul style="list-style-type: none"> <li>• Double Turn straight jump</li> <li>• 1 and 1/2 turn tuck jump</li> </ul>
<b>D</b> 0.4	<ul style="list-style-type: none"> <li>• Half Twist Somersault</li> <li>• Full Twist Somersault</li> <li>• Straight Front</li> </ul>	<ul style="list-style-type: none"> <li>• Full Spin holding leg above head</li> </ul>	<ul style="list-style-type: none"> <li>• Split change ring leap</li> </ul>	<ul style="list-style-type: none"> <li>• Straddle lever to handstand</li> <li>• Chest stand with knees bent and feet touching the floor</li> </ul>	<ul style="list-style-type: none"> <li>• Full turn tuck jump shushanova</li> <li>• Full turn straddle jump shushanova</li> </ul>





# Around the World Criteria 5 Piece Gymnastics Competition



## Vault - Table Vault 110cm

- Option 1- Straight jump on, front or back somersault off DV 10.5
- Option 2- 1/2 on DV 10.5
- Option 3- 1/2 on 1/2 or full off DV 11
- Option 4- Yurchenko (without somersault) DV 11.5

## Trampoline

Gymnasts must choose 2 different or the same jumps

- o Straight Front DV 10
- o Full Twisting Straight Front DV 11
- o From 3-4 bounces - standing backwards full twist DV 11 (no run up)

## Bars

-Please see Level 5 Bars. Level 5 and Level 6 bars are the same move table.

## Beam

- Must add artistry (moves can be in any order)
- Must choose either option A, option B or option C for each category
- Routine will consist of 6 moves

Category	Option A DV 0.2	Option B DV 0.3	Option C DV 0.4
Mount	Straight Jump onto 1 or 2 feet (end or side of beam)	Jump to handstand - exit optional	Jump into splits
Acro (choose 1)	Free roll	Cartwheel	Backward / forward walkover
Acro 2 (choose 1)	Handstand	Backward roll to knee	Flic to 1 or 2 feet
Jump/leap (choose 1 combination)	Cat leap full turn step into arabesque	1/2 turn Tuck jump into W jump or split jump	Split leap into W hop
Spin (choose 1)	Full spin	1/2 wolf spin	Full Wolf spin
Dismount (choose 1)	Front somersault tucked or pike	Gainer off the side (tuck or pike back from 1 foot)	Cartwheel or roundoff back somersault tucked or straight





# Around the World Criteria 5 Piece Gymnastics Competition



## Music

Levels 1 & 2 - Music is not permitted for these levels.

Level 3 - Music is not required. This is a transitional level to get gymnasts ready for a full floor routine with music.

Levels 4-6 - Music is expected but not mandatory and cannot exceed 1m

All music must be sent with final entry, named, via email in MP3 format via wetransfer. The main coach on the day must also bring backup of all music in the form of a phone or USB that can be plugged in if there is an unforeseen technical issue.

There is no penalty or bonus for music. It is gymnast choice if they would like to use it or not, and all competitors, male or female are welcome to use music.