

## Pink Voluntary 2-Piece Rules

**2022**

Routines may be constructed using any skills from the Pink Events Uncoded elements list as well as elements from the FIG code of points. Uncoded elements will be given 0.1 value whilst all other skills will be valued as per the FIG code of points. All routines must have 8 elements and **MISSING ELEMENTS will incur a 1.0 penalty each. Missing CRs will incur a 0.5 penalty** which will be deducted from the DV.

Gymnasts who perform **BARRED ELEMENTS** will receive **NO DV**. Gymnasts who exceed the **maximum DV** for vault will be given **NO SCORE**.

### AGE GROUPS AT LEVELS 7-5

FLOOR		VAULT
	Composition Requirements	Barred Elements
<b>7</b>	Acrobatic element with flight Dance passage of 2 different leaps / hops Non-flight acrobatic element to land in straddle Element with <b>HOLD</b> (min 2 seconds) <p style="text-align: center;"><b>MAX SKILL VALUE A</b></p>	Handspring Backward Flic All somersaults
<b>6</b>	Acrobatic series with 2 elements (1 x flight) Dance passage of 2 different leaps / hops Acrobatic element showing handstand Connection of 2 different jumps <p style="text-align: center;"><b>MAX SKILL VALUE A</b></p>	Backward Flic All somersaults
<b>5</b>	Acrobatic series with 2 elements (minimum 1 x flight) Dance passage of 2 different leaps / hops Walkover forward <b>OR</b> backward Connection of 2 different jumps (1 x coded) <p style="text-align: center;"><b>MAX SKILL VALUE A</b></p>	All somersaults

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### AGE GROUPS AT LEVELS 4-1

<b>4</b>	Acrobatic series <b>backwards</b> with 2 flight elements Dance passage of 2 different leaps / hops (1x 180° cross or side split) Element with minimum 360° turn / spin Acrobatic element forward / side with flight <p style="text-align: center;"><b>MAX SKILL VALUE B</b></p>	Backward Somersaults	Maximum DV of <b>3.2</b>
<b>3</b>	Acrobatic series <b>backwards</b> with 3 flight elements Dance passage of 2 different coded leaps / hops (1x 180° cross/side split) Element with minimum 360° turn / spin Acrobatic series forward / side - 2 elements (1 x flight) <p style="text-align: center;"><b>MAX SKILL VALUE B</b></p>	Straight Somersaults	Maximum DV of <b>3.2</b>
<b>2</b>	Acro line with <b>backwards</b> salto Dance passage of 2 different coded leaps / hops (1x 180° cross/side split, 1 x <b>B Value</b> ) Element with minimum 540° turn / spin Free cartwheel / front somersault <p style="text-align: center;"><b>MAX SKILL VALUE B</b></p>		Maximum DV of <b>3.8</b>
<b>1</b>	Acro line with salto in the <b>straight</b> position Dance passage of 2 different coded leaps / hops (1x 180° cross/side split, 1 x <b>B Value</b> ) Element with minimum 720° turn / spin Acro line with forward salto <p style="text-align: center;"><b>MAX SKILL VALUE C</b></p>		Maximum DV of <b>5.0</b>

## Pink Voluntary 2-Piece Rules - BOYS

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Gymnasts who perform **BARRED ELEMENTS** will receive **NO DV**. Gymnasts who exceed the **maximum DV** for vault will be given **NO SCORE**.

FLOOR		VAULT
	Composition Requirements	Barred Elements
<b>7</b>	Acrobatic element with flight Connection of 2 different jumps Non-flight acrobatic element to land in straddle Mushroom, straddle lever <b>OR</b> pike lever <b>HOLD</b> (min 2 seconds) <b>MAX SKILL VALUE A</b>	Handspring Backward Flic All somersaults
<b>6</b>	Acrobatic series with 2 elements (1 x flight) Connection of 2 different jumps (1 x min 180° turn) Acrobatic element showing handstand Mushroom, straddle lever <b>OR</b> pike lever <b>HOLD</b> (min 2 seconds) <b>MAX SKILL VALUE A</b>	Backward Flic All somersaults
<b>5</b>	Acrobatic series with 2 elements (minimum 1 x flight) Cross or side split <b>HOLD</b> (min 2 seconds) Walkover forward <b>OR</b> backward Straddle lever headstand or Planche <b>HOLD</b> (min 2 seconds, legs optional) <b>MAX SKILL VALUE A</b>	All somersaults

## Pink Voluntary 2-Piece Rules - BOYS

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Gymnasts who perform **BARRED ELEMENTS** will receive **NO DV**. Gymnasts who exceed the **maximum DV** for vault will be given **NO SCORE**.

### AGE GROUPS AT LEVELS 4-1

<b>4</b>	Acrobatic series <b>backwards</b> with 2 flight elements Cross or side split <b>HOLD</b> (min 2 seconds) Straddle lever handstand or Planche <b>HOLD</b> (min 2 seconds, legs optional) Acrobatic element forward / side with flight <b>MAX SKILL VALUE B</b>	Backward Somersaults	Maximum DV of <b>3.2</b>
<b>3</b>	Acrobatic series <b>backwards</b> with 3 flight elements Standing scale <b>HOLD</b> (min 2 seconds) Straddle lever handstand or Planche <b>HOLD</b> (min 2 seconds, legs optional) Acrobatic series forward / side - 2 elements (1 x flight) <b>MAX SKILL VALUE B</b>	Straight Somersaults	Maximum DV of <b>3.2</b>
<b>2</b>	Acro line with <b>backwards</b> salto Standing scale with minimum 135° split <b>HOLD</b> (min 2 seconds) Handstand pirouette (min 360° turn) Free cartwheel / front somersault <b>MAX SKILL VALUE B</b>		Maximum DV of <b>3.8</b>
<b>1</b>	Acro line with <b>backwards</b> salto <b>straight</b> Standing scale with minimum 360° split <b>HOLD</b> (min 2 seconds) 2 circles of flair Acro line with forward salto <b>MAX SKILL VALUE C</b>		Maximum DV of <b>5.0</b>

# PINK EVENTS

## Uncoded Elements List 2022

All uncoded elements will receive **0.1 DV**

### FLOOR

cat leap 1/2 turn  
 scissor leap  
 tuck jump with / without 1/2 turn  
 straight jump with / without 1/2 turn  
 star jump

#### 1 1/2 spin = B VALUE

single leg balance  
 splits  
 bridge  
 straddle lever hold  
 pike lever hold  
 mushroom hold

cartwheel  
 1 handed cartwheel  
 dive cartwheel  
 backward roll  
 backward roll to straddle  
 backward roll to front support  
 backward roll to handstand  
 forward roll  
 forward roll to straddle  
 handstand forward roll  
 backward walkover  
 forward walkover  
 tic-toc

### VAULT

Table of Elements	DV
front - kick to handstand flat back (60cm block)	0.8
front - (Optional height (max 105 cm) mats)	1.4
back - (Optional height (max 105 cm) mats)	2.0
back - (Optional height)	2.6
back - (Optional height)	2.6
back - (Optional height)	3.2
back - (Optional height)	3.8
front - off (120 cm table vault)	4.4
back - hand or piked (optional height)	5.0