

Pink Voluntary 2-Piece Rules 2025 / 2026

Routines may be constructed using any skills from the Pink Events Uncoded elements list as well as elements from the NGA UK Technical Handbook. Uncoded elements will be given 0.1 value whilst all other skills will be valued as per the NGA UK technical handbook. Number of skills required for each level is outlined below.

All routines will be marked out of 10.00 where all SR's and skill requirements are met

Gymnasts with missing elements will incur a 0.1 penalty for each missing skill. Missing SRs will incur a 0.5 penalty which will be deducted from the 10.00SV.

Gymnasts who perform BARRED ELEMENTS will receive NO DV and will incur a 0.5 deduction

AGE GROUPS AT LEVELS 7-5

FLOOR		VAULT
Special Requirements	Barred Elements	
7 Acrobatic element with flight Dance passage of 2 different leaps / hops Non-flight acrobatic element to land in straddle stand Element with HOLD (min 2 seconds) 6 x A Value or Uncoded skills required	Handspring Backward Flic All somersaults	Straight Jump kick to handstand flat back SV: 10.00
6 Acrobatic series with 2 elements (1 x flight) Dance passage of 2 different leaps / hops Acrobatic element showing handstand Connection of 2 different jumps 6 x A Value or Uncoded skills required	Backward Flic All somersaults B Value Skills	Handspring flat back SV: 10.00 Straight Jump kick to handstand flat back SV 9.5
5 Acrobatic series with 2 elements (minimum 1 x flight) Dance passage of 2 different leaps / hops Walkover forward OR backward Connection of 2 different jumps (1 x coded) 7 x A Value or Uncoded skills required	All somersaults B Value Skills	Handspring to stand on blocks - SV 10.00 1/2 on to stand - SV 9.50 Handspring Flat back - SV 9.00

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AGE GROUPS AT LEVELS 4-1

4	Acrobatic series backwards with 2 flight elements Dance passage of 2 different leaps / hops (1x 120° cross or side split) Element with minimum 360° turn / spin Acrobatic element forward / side with flight 7 x B Value, A Value or Uncoded skills required	Backward Somersaults C Value Skills	Handspring or 1/2 on over table vault SV 10.00 Handspring to stand on mats SV 9.50
3	Acrobatic series backwards with 3 flight elements Dance passage of 2 different coded leaps / hops (1x 150° cross/side split) Element with minimum 360° turn / spin A forward salto OR Aerial skill 7 x B Value, A Value or Uncoded skills required	Straight Somersaults C Value Skills	1/2 on 1/2 off SV 10.00 Handspring or 1/2 on over table vault SV 9.50
2	Acro line with backwards salto Dance passage of 2 different coded leaps / hops (1x 180° cross/side split, 1 x B Value) Element with minimum 540° turn / spin A forward salto OR Aerial skill 8 x B Value, A Value skills required (uncoded will no longer count)	C Value Skills	1/2 on full off OR Handspring full off SV 10.00 1/2 on 1/2 off SV 9.50
1	Acro line with salto in the straight position Dance passage of 2 different coded leaps / hops (1x 180° cross/side split, 1 x B Value) Element with minimum 720° turn / spin Acro line with forward salto 8 x C Value, B Value or A Value skills required		Tsukahara tuck or pike - SV 10.00 1/2 on full off - SV 9.50 1/2 on 1/2 off - SV 9.00

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	FLOOR		VAULT
	Composition Requirements	Barred Elements	
7	Acrobatic element with flight Connection of 2 different jumps Non-flight acrobatic element to land in straddle Mushroom, straddle lever OR pike lever HOLD (min 2 seconds) 6 x A Value or Uncoded skills required	Handspring Backward Flic All somersaults	Straight Jump kick to handstand flat back SV 10.00
6	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 OR pike lever HOLD (min 2 seconds) 6 x A Value or Uncoded skills required	Backward Flic All somersaults B Value Skills	Handspring flat back SV 10.00 Straight Jump kick to handstand flat back SV 9.5
5	Acrobatic series with 2 elements (minimum 1 x flight) Cross or side split HOLD (min 2 seconds) Backward walkover OR Backward roll to handstand Straddle lever headstand or Planche HOLD (min 2 seconds, legs optional) 7 x A Value or Uncoded skills required	All somersaults B Value Skills	Handspring to stand on blocks - SV 10.00 1/2 on to stand - SV 9.50 Handspring Flat back - SV 9.00

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AGE GROUPS AT LEVELS 4-1

4	Acrobatic series backwards with 2 flight elements Cross or side split HOLD (min 2 seconds) Straddle lever handstand or Planche HOLD (min 2 seconds, legs optional) Acrobatic element forward / side with flight 7 x B Value, A Value or Uncoded skills required	Backward Somersaults C Value Skills	Handspring or 1/2 on over table vault SV 10.00 Handspring to stand on mats SV 9.50
3	Acrobatic series backwards with 3 flight elements Standing scale HOLD (min 2 seconds) Straddle lever handstand or Planche HOLD (min 2 seconds, legs optional) Acrobatic series forward / side - 2 elements (1 x flight) 7 x B Value, A Value or Uncoded skills required	Straight Somersaults C Value Skills	1/2 on 1/2 off SV 10.00 Handspring or 1/2 on over table vault SV 9.50
2	Acro line with backwards salto Standing scale with minimum 135° split HOLD (min 2 seconds) Handstand pirouette (min 360° turn) Free cartwheel / front somersault 7 x B Value, A Value or Uncoded skills required	C Value Skills	1/2 on full off OR Handspring full off SV 10.00 1/2 on 1/2 off SV 9.50
1	Acro line with backwards salto straight Standing scale with minimum 360° split HOLD (min 2 seconds) 2 circles of flair Acro line with forward salto 8 x C Value, B Value or A Value skills required		Tsukahara tuck or pike - SV 10.00 1/2 on full off - SV 9.50 1/2 on 1/2 off - SV 9.00

PINK EVENTS

Uncoded Elements List 2025 / 2026

All uncoded elements will receive **0.1 DV**

FLOOR

leaps & jumps	cat leap 1/2 turn scissor leap tuck jump with / without 1/2 turn straight jump with 1/2 turn star jump
balances & holds	single leg balance splits bridge straddle lever hold Shoulder stand (candlestick) pike lever hold mushroom hold
acro	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