

Pink Voluntary Rules 2024

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.

A routine with less than 7 skills will incur a 1.0 penalty for each missing skill. 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	BARS
	Composition 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) MAX SKILL VALUE A	Handspring Backward Flic All somersaults	Maximum DV of 0.8	Max DV of 3.0
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 MAX SKILL VALUE A	Backward Flic All somersaults	Maximum DV of 1.4	Max DV of 3.5
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) MAX SKILL VALUE A	All somersaults	Maximum DV of 2.2	Max DV of 4.0

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AGE GROUPS AT LEVELS 4-1

FLOOR		VAULT	BARS
Composition Requirements	Barred Elements		
4	Acrobatic series backwards 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;">MAX SKILL VALUE B</p>	Backward Somersaults	Maximum DV of 3.2 Max DV of 4.5
3	Acrobatic series backwards with 3 flight elements Dance passage of 2 different coded leaps / hops (1x 180° cross/side split) Element with minimum 360° turn / spin A forward salto OR Aerial skill <p style="text-align: center;">MAX SKILL VALUE B</p>	Straight Somersaults	Maximum DV of 3.8 Max DV of 4.5
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 <p style="text-align: center;">MAX SKILL VALUE B</p>		Maximum DV of 4.2 Max DV of 4.5
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 <p style="text-align: center;">MAX SKILL VALUE C</p>		Maximum DV of 5.0 Max DV of 4.5

Pink Events Voluntary Rules - BOYS 2024

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A routine with less than 7 skills will incur a 1.0 penalty for each missing skill. Missing CRs will incur a 0.5 penalty which will be deducted from the total score. Gymnasts who perform **BARRED ELEMENTS** will receive **NO DV**. Gymnasts who exceed the **maximum DV** for vault will be given **NO DV**.

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) MAX SKILL VALUE A	Handspring Backward Flic All somersaults Maximum DV of 0.8
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) MAX SKILL VALUE A	Backward Flic All somersaults Maximum DV of 1.4
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) MAX SKILL VALUE A	All somersaults Maximum DV of 2.2

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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 MAX SKILL VALUE B	Backward Somersaults	Maximum DV of 3.2
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) MAX SKILL VALUE B	Straight Somersaults	Maximum DV of 3.8
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 MAX SKILL VALUE B		Maximum DV of 4.2
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 MAX SKILL VALUE C		Maximum DV of 5.0

PINK EVENTS

Uncoded Elements List 2024

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 / without 1/2 turn star jump
spin	1 1/2 spin = B VALUE
balances & holds	single leg balance splits bridge straddle lever hold 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

VAULT

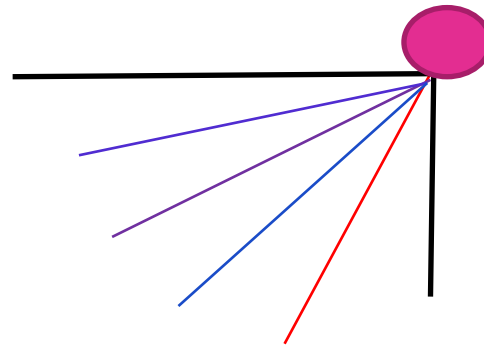
Table of Elements	DV
Straight jump on - kick to handstand flat back (60cm block)	0.8
Handspring flat back (Optional height 60cm, 90cm or 120cm)	1.4
1/2 on to stand fall to back on mats (Optional height 60cm, 90cm or 120cm)	1.8
Handspring to stand on mats - (Optional height 60cm, 90cm or 120cm)	2.2
Handspring (optional height: 100cm, 105cm or 110cm)	2.6
1/2 on (optional height: 100cm, 105cm or 110cm)	2.6
1/2 on 1/2 off (optional height: minimum 110cm)	3.2
1/2 on full off (optional height: minimum 115cm)	3.8
Handspring full off (optional height: minimum 115cm)	4.2
Tsukahara tucked or piked (optional height: 120cm OR 125cm)	5.0

Pink Events Set Bar Routines

ROUTINE A DV - 3.0	ROUTINE B DV - 3.5	ROUTINE C DV - 4.0	ROUTINE D DV - 4.5
<i>From a 60cm block</i>	<i>From a 60cm block</i>	<i>From a 60cm block</i>	<i>From springboard</i>
Jump to front support	Jump to front support	Jump to front support	Chin up circle over to front support
Cast return to bar	Cast return to bar	Cast return to bar	Cast return to bar
Cast return to bar	Cast back hip circle	Cast back hip circle	Cast back hip circle
Forward circle to stand	Forward circle to stand	Squat on OR Straddle shoot dismount	Squat on OR Straddle shoot dismount

NOTE: As these are set routines there will be NO PENALTY for counterswings.

Please see below the guide for 'height of cast' penalties:



No penalty

0.1

0.3

0.5

0.8

All other execution penalties (bent arms, bent legs, leg separation etc) will be as per the code of points