

## Pink Voluntary Rules 2025

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

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### AGE GROUPS AT LEVELS 4-1

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

# PINK EVENTS

## Uncoded Elements List 2025

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 1/2 turn  
star jump

single leg balance  
splits  
bridge  
straddle lever hold  
Shoulder stand (candlestick)  
pike lever hold  
mushroom hold

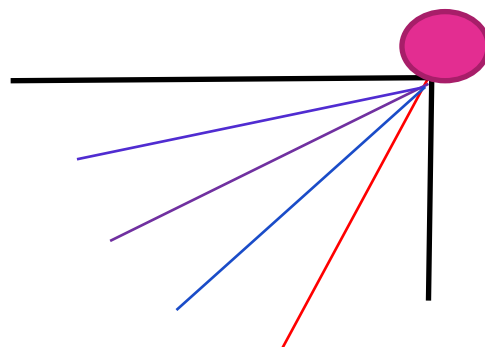
cartwheel  
1 handed cartwheel  
dive cartwheel  
backward roll  
backward roll to straddle  
backward roll to front support  
backward roll to handstand  
forward roll  
forward roll to straddle  
handstand forward roll  
backward walkover  
forward walkover  
tic-toc

## Pink Events Set Bar Routines

| ROUTINE A<br>SV 10.0   | ROUTINE B<br>SV 10.0   | ROUTINE C<br>SV 10.0   | ROUTINE D<br>SV 10.0   |
|--|--|--|--|
| <p><b>From a 60cm block</b></p> <p>Jump to front support<br/>Cast return to bar<br/>Cast return to bar<br/>Forward circle to stand</p> | <p><b>From a 60cm block</b></p> <p>Jump to front support<br/>Cast return to bar<br/>Cast back hip circle<br/>Forward circle to stand</p> | <p><b>From a 60cm block</b></p> <p>Jump to front support<br/>Cast return to bar<br/>Cast back hip circle<br/>Squat on OR Straddle shoot dismount</p> | <p><b>From springboard</b></p> <p>Chin up circle over to front support<br/>Cast return to bar<br/>Cast back hip circle<br/>Squat on OR Straddle shoot dismount</p> |

**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

0.2

0.3

0.5

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