

PINK VOLUNTARY 2-PIECE RULES

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

8yrs, 10&U, 12&U, Senior

FLOOR		VAULT
	Composition Requirements	Barred Elements
7	Acrobatic element with flight Dance passage of 2 different leaps / hops Non-flight acrobatic element to land in straddle Element with HOLD (min 2 seconds) MAX SKILL VALUE A	Handspring Backward Flic All somersaults
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
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

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AGE GROUPS AT LEVELS 4-1

10&U, 12&U, Senior

FLOOR		VAULT
	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 MAX SKILL VALUE B	Backward Somersaults
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 Acrobatic series forward / side - 2 elements (1 x flight) MAX SKILL VALUE B	Straight Somersaults
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 Free cartwheel / front somersault MAX SKILL VALUE B	Maximum DV of 3.4
1	Acro line with backwards salto straight 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 MAX SKILL VALUE C	Maximum DV of 5.0

PINK VOLUNTARY 2-PIECE RULES - BOYS

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.

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AGE GROUPS AT LEVELS 7-5

8yrs, 10&U, 12&U, Senior

FLOOR		VAULT
	Composition Requirements	Barred Elements
7	Acrobatic element with flight Connection of 2 different jumps Non-flight acrobatic element to land in straddle Tuck OR frog HOLD (min 2 seconds) <p style="text-align: right;">MAX SKILL VALUE A</p>	Handspring Backward Flic All somersaults
6	Acrobatic series with 2 elements (1 x flight) Connection of 2 different jumps (1 x min 180° turn) Acrobatic element showing handstand Mushroom, tuck OR pike lever HOLD (min 2 seconds) <p style="text-align: right;">MAX SKILL VALUE A</p>	Backward Flic All somersaults
5	Acrobatic series with 2 elements (minimum 1 x flight) Connection of 2 different jumps (1 x min 360° turn) Cross OR side split OR bridge HOLD (min 2 seconds) Straddle lever OR pike lever HOLD (min 2 seconds) <p style="text-align: right;">MAX SKILL VALUE A</p>	All somersaults
		Maximum DV of 0.8 Maximum DV of 1.2 Maximum DV of 2.0

PINK VOLUNTARY 2-PIECE RULES - BOYS

Routines may be constructed using any skills from the Pink Events Uncoded elements list as well as elements from the FIG code of points.

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AGE GROUPS AT LEVELS 4-1

10&U, 12&U, Senior

FLOOR		VAULT
Composition Requirements	Barred Elements	
4	Acrobatic series backwards with 2 flight elements Connection of 3 different jumps (1 x min 360° turn) Backward roll to handstand HOLD (hold handstand min 2 seconds) Acrobatic element forward / side with flight MAX SKILL VALUE B	Backward Somersaults Maximum DV of 2.4
3	Acrobatic series backwards with 3 flight elements Jump with min 540° turn Standing scale (Y Balance / Arabesque / etc) HOLD (min 2 seconds) Elephant lift to handstand OR Planche HOLD (min 2 seconds) Acrobatic series forward / side - 2 elements (1 x flight) MAX SKILL VALUE B	Straight Somersaults Maximum DV of 2.8
2	Acro line with backwards salto Standing scale (Y Balance / Arabesque / etc) with min 135° split HOLD (min 2 seconds) Handstand pirouette (min 180° turn) OR jump with min 540° turn Free cartwheel / front somersault MAX SKILL VALUE B	Maximum DV of 3.4
1	Acro line with backwards salto straight Connection of 2 or more jumps (1 x min 540° turn) Handstand pirouette (min 360° turn) OR straddle lever to handstand OR russian lever Acro line with forward salto MAX SKILL VALUE C	Maximum DV of 5.0

PINK EVENTS

Uncoded Elements List 2018

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-tock

VAULT

Table of Elements	DV
Straight jump on - kick to handstand flat back (60cm block)	0.8
Handspring flat back (80 cm mats)	1.2
Handspring flat back (105 cm mats)	1.6
Handspring to stand - (105 cm block / mats)	2.0
Handspring (105 cm table vault)	2.4
1/2 on (105 cm table vault)	2.4
Handspring (115 cm table vault)	2.8
1/2 on (115 cm table vault)	2.8
1/2 on 1/2 off (120 cm table vault)	3.4
1/2 on full off (120 cm table vault)	4.0
Handspring full off (120 cm table vault)	4.0
Tsukahara tucked	4.6
Tsukahara piked	5.0