

GYMNASTICS CUPPERS – JUDGING GUIDELINES

Each gymnast has the option to compete a floor routine and/or vault. Points will be given for participation on each piece, and then each routine will be scored by the judges.

Move values will follow the Varsity Code of Points.

FLOOR:

Women

Gymnasts will perform a floor routine with their own choice of choreography and skills. Floor music is

[Optional moves must not exceed one tumble line, one leap series, one jump, one spin and two freestanding acro.]

Credit 8 highest moves according to Varsity Code of Points Difficulty value.

Deduct as usual.

Subtract execution from start value.

Men

Routine containing moves of the gymnasts' choice.

Credit 8 highest moves according to Varsity CoP

Judge as usual.

VAULT:

Compete ONE vault, table 125 cm for girls and 135 cm for boys.

Red block will also be set up on the tumble track for beginners' vaults.

Once routines have been judged, total up final score and rank in order

Gymnasts are awarded 4 points for every floor routine and 3 points for each vault.

First place overall is awarded an extra 10 points, second place 8, third place 6, fourth place 4 and fifth place 2 for girls and boys each.

Total up all points per college (boys and girls) to determine winner.

Updated 10/11/2016

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Standardising scores can be done according to the table below:

Gymnast	College	Floor Score	Vault Score	Floor position	Vault position	Total Score	Total position	Winning points (if applicable)

Vault D score

Squat On, jump off 1.20

Squat through 1.60

Straddle over 1.60

Handspring 2.40

Yamashita 2.60

1/2 on 2.80

1/2 on, 1/2 off 3.00

If performed over red block, deduct 0.5 from start value. Note: Can allow Handspring Flatback for SV

2.0.

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Floor Recommended Elements:

Women

Uncoded elements (0.1 each)	FIG A elements (0.3 each)	FIG B elements (0.4 each)	FIG C elements (0.5 each)
Wolf Jump, Straight Jump, also with ½ turn, Spin with ½ turn, Arabesque (must be held), Y balance (must be held), Illusion turn 1/1 with one hand support, Cartwheel, also one handed Forward Roll Handstand forward roll Backward walkover Valdez Forward walkover Headspring Backward roll to handstand	Split leap, Split or stag jump, Pike jump (also with half turn), Straddle jump, Sissone, ring or stag ring jump, Full spin on one leg, Straight jump with full turn, Cat leap, Wolf jump or hop, Fouetté hop, Tuck hop or jump, Jump or press to handstand, Backward roll to handstand with ½, full or 1 ½ turn, Hecht roll, Handspring, Round off, All flic-flac and gainer flic variations, Salto fwd tuck or piked, Salto bwd tuck, piked or straight, Free cartwheel also free walkover and free round off	Split leap with half turn, Tour jeté, Split jump with half turn, Changeleg leap (switch leap), Sheep jump, Pike jump with full turn, also straddle Cat leap with full turn, Double spin, Full spin with free leg at horizontal, Salto fwd tucked with half twist, Salto fwd stretched, Salto bwd tucked or stretched with half or full twist	Split leap with full turn, Split jump with full turn, Changeleg leap with half turn, Butterfly, Straddle jump with full turn, Changeleg leap to ring, Cat leap with double turn, Triple spin on one leg, Salto fwd tucked with 1 ½ twist, Salto fwd stretched with full or 1 ½ twist, Salto bwd stretched with 1 ½ or 2/1 twist

Men

Uncoded elements1 (0.1 each)	Uncoded elements 2 (0.1 each)	Uncoded elements 3 (0.1 each)	FIG A elements (0.3 each)
Handstand (no hold) Forward roll to stand Side Straddle Roll Headstand tucked legs (2s) Tuck Jump	Backward Roll to Straddle Stand Backward Roll to Stand Cartwheel Full Pancake/Pike Headstand Straight Legs (2s) L-sit (2s)	Handstand forward Roll Jump full twist Forward Roll to Straddle Stand Round Off 2x Cartwheel (no gap) Straddle Jump	Hstd. to L-sit/V-sit Handstand Press Rock to Handstand Handstand (2s) Straddle Planche Handstand ½ Turn Backward walkover Forward walkover Split (Front/Side) L-sit bwd to stand Standing scale (Arabesque, Y Balance etc) Jump to support Jump to support (½ twist) Jump bwd. To support Butterfly

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Circles/Flares (2)
Back roll handstand ½ twist

Neck or headspring

Front Handspring

Dive Roll

Front tuck/pike

Front Aerial

Back tuck/pike

Back Handspring (flick)

Jump bwd ½ Twist Forward Roll

Jump bwd. ½ twist Handspring

Side Aerial

Side Flip