Around the World Criteria 5 Piece Gymnastics Competition

Level 1 LONDON

Floor - 12m x 2m strip non sprung routine options

Option A DV 10.5	Option B DV 10
1. Forward roll to stand (Without hands)	1. Forward roll to straddle sit (show 3 seconds) bring legs together into a tuck shape
2. Forward roll to straddle sit	2. Rock and roll to stand with no hands
3. V-Sit with hands (min 3 second hold)	3. Arabesque
4. Back Support to Front Support, jump feet into squat,	4. Tuck jump, star jump
5. Jump ½ Turn	5. Shoulder stand with hands (3 second hold)
6. 1 handed Cartwheel to lunge	6. Back Support to Front Support, jump feet into squat,
7. Backward Roll to straddle stand	7. 2x chasses (can be linked to 8)
8. Chasse cat leap	8. Cartwheel

VAULT - 30cm Mats

- Fast run up, arm circle, straight jump onto the mat into immediate dive roll.

This vault for beginner levels focusses on a fast run up, and the importance of arm circles and arm placements throughout the vault with a dive roll to land standing back up on their feet.

TRAMPETTE (can use cheese run up for under 6)

Gymnasts must choose 2 different or the same jumps.

- Straight jump
- Tuck jump
- Star jump

Around the World Criteria 5 Piece Gymnastics Competition

Level 2 PARIS

Floor - 12m x 2m strip non sprung routine options

Option A DV 10.5	Option B DV 10
1. Handstand	1. Kick towards handstand (legs in a split or join)
2. 1/2 spin or half turn jump	2. 1/2 spin or half turn jump
3. Cartwheel linked to cartwheel snap down with a straight jump	3. 2 linked cartwheels
4. Backward roll to front support	4. Backward roll to straddle stand, jump into front support shape
5. Splits OR Japana OR Pike fold (min 3 second hold)	5. 1 x Press up OR arch roll into dish
6. Bend back to bridge (Hold 3 seconds)	6. Push up to bridge (Hold 3 seconds)
7. Kickover	7. Kickover (bonus 0.3)
8. Arabesque (above 45 degrees)	8. Arabesque (above 45 degrees)

Vault - 60cm Block & Mats

- Straight Jump from board onto block – Handspring flat back off end of block to land on level safety mats (60cm block and level safety mats)

Trampette (can use cheese run up for under 6)

Gymnasts must choose 2 different or the same jumps.

- Star jump
- 1/2 turn jump
- Straddle jump
- Pike jump

Around the World Criteria
5 Piece Gymnastics Competition

Level 3
SYDNEY

Floor - Half Sprung floor 5m x 12m (Must include all elements in any order)

- Floor routine does not include music but must include artistry and use of the floor
- Must choose either option A or option B for each number.

Option A	Option B
1. Handstand to bridge (show position) – exit optional	1. Handstand Forwards roll
2. Cartwheel, chasse, round off straight jump into backward roll to pike stand	2. Roundoff immediate jump half turn step out into cartwheel
3. Forward roll to straddle sit (show position), quarter turn to show splits	3. Backwards roll to front support, swing leg into splits (can be front or box splits)
4. Full Spin	4. Full Turn Jump
5. Chassé cat leap half turn	5. Chasse split leap
6. Backwards walkover	6. Forwards Walkover
7. Shoulder stand with hand support	7. V-sit hold without hand support

Vault

Option 1- Handstand flatback 60cm DV 10
Option 2- Handspring to stand 60cm DV 10.5

Trampette (Can use cheese run up for 6 and under)

Gymnasts must choose 2 different or the same jumps.

- Straddle jump DV 10
- Half turn tuck jump DV 10
- Handspring to stand DV 10.5

Beam (Set routine)

1. Jump to front support – lift one leg over beam to cross sit, lift to straddle lever 2 second hold, come down and swing to squat.
2. Straight jump
3. ½ turn on 1 or 2 feet
4. Arabesque
5. Caterpillar (from pike stand, walk hands out to long front support - HOLD for 2 seconds. Walk feet back in to pike stand. Keeping legs straight throughout).
6. Dismount- from middle off beam, run jump take off from two feet into star jump OR Roundoff off the end of beam.

Bars (set routine on low bar only)

1. Chin up circle over from 1 or 2 feet (can use block)
2. 2 casts showing a good shape
3. Optional Back hip circle (bonus 0.3)
4. Circle forward to chin up

Around the World Criteria
5 Piece Gymnastics Competition

Level 4
SAN FRANCISCO

Floor - Full floor 12m x 12m (Must include all elements in any order)

- Floor routine music should be 45s-1m
- Must choose either option A or option B for each number.
- Routine will consist of 6 moves including dance linking moves.

	Option A	Option B
1	Roundoff Flic / Cartwheel Flic (to 1 or 2 feet)	Handspring into dive roll
2	Straddle lever	Candlestick (Shoulder stand with arms above head)
3	Full spin	Full turn jump
4	Full turn cat leap into split leap	Scissor Kick into ½ turn cat leap
5	Forward walkover	valdez
6	Chest stand (legs optional)	Headstand

Vault - 90cm Blocks

Option 1- Squat through / Straddle Over	DV 10.5
Option 2- Handspring	DV 10.7
Option 3- 1/2 on	DV 11

Trampette

Gymnasts must choose 2 different or the same jumps.

o Handspring to stand	DV 10.5
o Full turn jump	DV 10.5
o Front somersault tucked or piked	DV 11

Around the World Criteria
5 Piece Gymnastics Competition

Level 4
SAN FRANCISCO

Beam

- Must add artistry (moves can be in any order)
- Must choose either option A or option B for each category, can mix and match between A and B
- Routine will consist of 6 moves in total

Category	Option A	Option B
Any mount of choice (Bonus of up to 0.4 for creativity)		
Strength (choose 1)	Straddle lever (can be done any way on the beam - sideways or forwards)	Caterpillar to long front support hold
Spin (choose 1)	Half spin on 1 foot into half spin on 2 feet to complete the full turn	Full spin
Controlled acro 1 (choose 1)	Shoulder stand (do not need to hold as long as shape is shown)	Backward roll to knee
Acro 2 (choose 1)	Handstand	Cartwheel
Dismount (choose 1)	Roundoff the end of beam	Front handspring

Bars (set routine)

1. Float swing (can be from floor or springboard) to land
2. Chin up circle over
3. Single cast to back hip circle
4. Dismount - choose one of the following:
   - Circle forward to chin up hold
   - Straddle OR pike undershoot (Bonus 0.3)
   - Squat on jump forwards or catch the high bar, 1 x swing and release on back swing (Bonus 0.3)

Around the World Criteria
5 Piece Gymnastics Competition

Level 5
SHANGHAI

Floor- Full floor 12m x 12m

Music maximum 1 minute 10seconds

- Choose 4 Acro, 2 must be linked
- Choose 2 jumps / leaps can be linked to each other or any other move
- Choose 1 flexibility, strength or spin
- Choose 1 balance
- Start Value will be the top 8 skills You MUST provide a tariff sheet in order
- Repetition of skills is ALLOWED but will not be counted twice to increase Start Value.
- Example - if you choose a Roundoff flick tuck, and want to use the flick (0.3) and tuck (0.4) towards start value but can also do a free cartwheel (0.3) and backhandspring to one (0.3) then the roundoff (0.2) will be dropped from your start value but may still be deducted for execution.

	Acro **Choose 4** **2 must be linked**	**Jumps / leaps** **Choose 2** **Must be linked**	**Flexibility, strength & Spins** **Choose 1**	**Balance** **Choose 1**
A 0.1	• 1 Handed cartwheel • Handstand forward roll	• Cat leap 1/2 • Scissor Kick • Tuck jump 1/2 • Straight jump 1/2	• Japana • Bridge	• Handstand in Split • Y balance
B 0.2	• Backward walkover • Forward walkover • Roundoff	• Wolf jump • Stag jump / leap • Side leap • Full turn jump	• Splits • Swim through • Pike up to headstand • Full spin	• Shoulder stand (arms above head) • Elbow Stand - legs optional
C 0.3	• Back handspring to 1 • Back handspring to 2 • Front handspring to 1 • Front handspring to 2 • Free cartwheel • One arm walkover (front or back)	• Cat leap full turn • Tuck shushanova • Straddle jump • Wolf jump 1/2 • Split jump / leap • Straddle Jump 1/2 turn 1 and a half turn jump	• Straddle lever • Pike lever • Press up clap • Illusion • Double spin	• Chest Stand • Handstand 1/2 pirouette
D 0.4	• Back somersault tucked/ Piked • Front somersault tucked or piked • Front somersault step out • Layout step out • Free walkover	• Straddle shushanova • Split change • Cat leap 1 1/2 • Straddle Jump 1/1 turn • W Jump 1/1 turn • Full turn Tuck jump	• Straight leg needle/spike (can be done standing or on tummy) • Pike stand lower to Straddle lever • L spin (leg horizontal to floor) • Wolf spin 1/1	• Elephant lift to handstand • Handstand full pirouette

Around the World Criteria 5 Piece Gymnastics Competition

Level 5 SHANGHAI

Vault - Table Vault 110cm

Option 1- Handspring	DV 10
Option 2- Straight jump on, front or back somersault off	DV 10.5
Option 3- 1/2 on	DV 10.5
Option 4- 1/2 on 1/2 or full off	DV 11

Trampette

Gymnasts must choose 2 different or the same jumps.

- Front somersault tucked or pike DV 11
- Barani DV 11
- Straight front DV 11.5

Beam

- Must add artistry (moves can be in any order)
- Must choose either option A, option B or option C for each category
- Routine will consist of 6 moves

Category	Option A DV 0.2	Option B DV 0.3	Option C DV 0.4
Any mount of choice (Bonus of up to 0.4 for creativity)			
Acro (choose 1)	Forward roll	Cartwheel	Backward / forward walkover
Acro 2 (choose 1)	Handstand	Backward roll to knee	Flic to 1 or 2 feet
Jump/leap (choose 1 combination)	Cat leap into tuck jump	Tuck jump into W jump	Split jump/leap into straight jump with switch feet
Spin (choose 1)	1/2 spin on 1 foot to 1/2 spin on 2 feet	Full spin	1/2 wolf spin
Dismount (choose 1) (Can be linked to acro)	Front handspring	Barani/Aerial	Front/Back somersault

Around the World Criteria 5 Piece Gymnastics Competition

Level 5 SHANGHAI

Bars - Level 5 & 6

- Choose either Option A or Option B for each of the Categories
- Close bar move can be on the low or high bar
- 1 additional skill may be added into the routine from the list below to increase difficulty value. This isn't compulsory.
- Moves are awarded their difficulty value once and can be competed on the low bar or high bar.

Category	Option A - DV 0.2	Option B - DV 0.3
Mount - choose 1	Float swing, Circle Up	Upstart
Close bar move - choose 1	Back-hip circle	1 cast into 2 back-hip circles
Bar change - choose 1	Squat on Catch the high bar	Sole circle catch the high bar
High bar mount - choose 1	Circle Over	Long Upstart
	Choose up to 1 additional skill	**Choose up to 1 additional skill**
Dismount	**Dismount of choice**	**Dismount of choice**

Additional skills
Front hip circle - 0.3
Layaway upstart 0.3
Baby giant- 0.3
Cast to Handstand 0.4
After squat on catch the high bar, swing half turn to face the low bar, repeat half turn to face out and continue with high bar routine 0.4
Dismounts
Straddle/Piked undershoot 0.1
Front Support undershoot to long swing and re-grip, dismount on the back swing 0.1
Straddle undershoot 1/2 turn 0.2
Straddle undershoot 1/1 turn 0.3
Back away 0.3

Around the World Criteria
5 Piece Gymnastics Competition

Level 6 ATHENS

Floor- Full floor 12m x 12m
Music maximum 1 minute 10seconds

- Choose 4 Acro, 2 must be linked
- Choose 1 spin or lever
- Choose 2 jumps / leaps can be linked to each other or any other move
- Choose 1 flexibility or strength
- Start Value will be the top 8 skills You MUST provide a tariff sheet in order
- Repetition of skills is ALLOWED but will not be counted twice to increase Start Value.
- Example - if you choose a Roundoff flick tuck, and want to use the flick (0.3) and tuck (0.4) towards start value but can also do a free cartwheel (0.3) and free walkover (0.3) then the roundoff (0.2) will be dropped from your start value but may still be deducted for execution.

	Acro Choose 4 2 must be linked	Spins / Levers Choose 1	Jumps / leaps Choose 2 can be linked to acro or each other	Flexibility, strength & Control Choose 1
A 0.1	• Backward walkover • Forward walkover • Roundoff • Handstand full pirouette	• Splits • Full Spin • Straddle lever hold	• Straddle Jump • Wolf Jump 1/2 turn • Split Jump • Straddle Jump 1/2 turn • Tuck Shushanova • Cat leap full turn • Split leap	• Swim through • Pike up to headstand • Chest stand with straight legs
B 0.2	• Back handspring to 1 • Back handspring to 2 • Front handspring to 1 • Front handspring to 2 • Free cartwheel • One arm walkover (front or back)	• Pike Lever • Illusion • Double spin	• Straddle shushanova • Straddle Jump 1/1 turn • W Jump 1/1 turn • 1 and 1/2 turn jump • Split change • Cat leap 1 1/2 • Ring leap	• Candlestick hold (3s) with arms above head • Press up clap
C 0.3	• Back somersault tucked/ straight • Front somersault tucked or piked • Front somersault step out • Layout step out • Free walkover	• Straddle lever lift to pike stand • L spin (leg horizontal to floor) • Wolf spin full turn	• 1/2 turn tuck jump shushanova • 1/2 turn straddle jump shushanova • Wolf Jump full turn • Split change side leap • Split leap full turn • Split change half turn	• Straight leg needle/spike (can be done standing or on tummy) • Hand stand lower to Straddle lever
D 0.4	• Half Twist Somersault • Full Twist Somersault • Straight Front	• Russian Lever • Straddle lever to handstand • Full Spin holding leg above head	• Full turn tuck jump shushanova • Full turn straddle jump shushanova • Split change ring leap	• Chest stand with knees bent and feet touching the floor

Around the World Criteria
5 Piece Gymnastics Competition

Vault - Table Vault 110cm

Option 1-	Straight jump on, front or back somersault off	DV 10.5
Option 2-	1/2 on	DV 10.5
Option 3-	1/2 on 1/2 or full off	DV 11
Option 4-	Yurchenko (without somersault)	DV 11.5

Trampette

Gymnasts must choose 2 different or the same jumps

- Straight Front — DV 10
- Full Twisting Straight Front — DV 11
- From 3-4 bounces - standing backwards full twist — DV 11 (no run up)

Bars

-Please see Level 5 Bars. Level 5 and Level 6 bars are the same move table.

Beam

- Must add artistry (moves can be in any order)
- Must choose either option A, option B or option C for each category
- Routine will consist of 6 moves

Category	Option A DV 0.2	Option B DV 0.3	Option C DV 0.4
Mount	Straight Jump onto 1 or 2 feet (end or side of beam)	Jump to handstand - exit optional	Jump into splits
Acro (choose 1)	Free roll	Cartwheel	Backward / forward walkover
Acro 2 (choose 1)	Handstand	Backward roll to knee	Flic to 1 or 2 feet
Jump/leap (choose 1 combination)	Cat leap half turn step into arabesque	1/2 turn Tuck jump into W jump or split jump	Split leap into W hop
Spin (choose 1)	Full spin / full turn jump	1/2 wolf spin	Full Wolf spin
Dismount (choose 1)	Front somersault tucked or pike	Gainer off the side (tuck or pike back from 1 foot)	Cartwheel or roundoff back somersault tucked or straight

Around the World Criteria
5 Piece Gymnastics Competition

Music

Levels 1 &2 - Music is not permitted for these levels.

Level 3 - Music is not required. This is a transitional level to get gymnasts ready for a full floor routine with music.

Levels 4-6 - Music is expected but not mandatory and cannot exceed 1m

All music must be sent with final entry, named, via email in MP3 format via wetransfer. The main coach on the day must also bring backup of all music in the form of a phone or USB that can be plugged in if there is an unforeseen technical issue.

There is no penalty or bonus for music. It is gymnast choice if they would like to use it or not, and all competitors, male or female are welcome to use music.