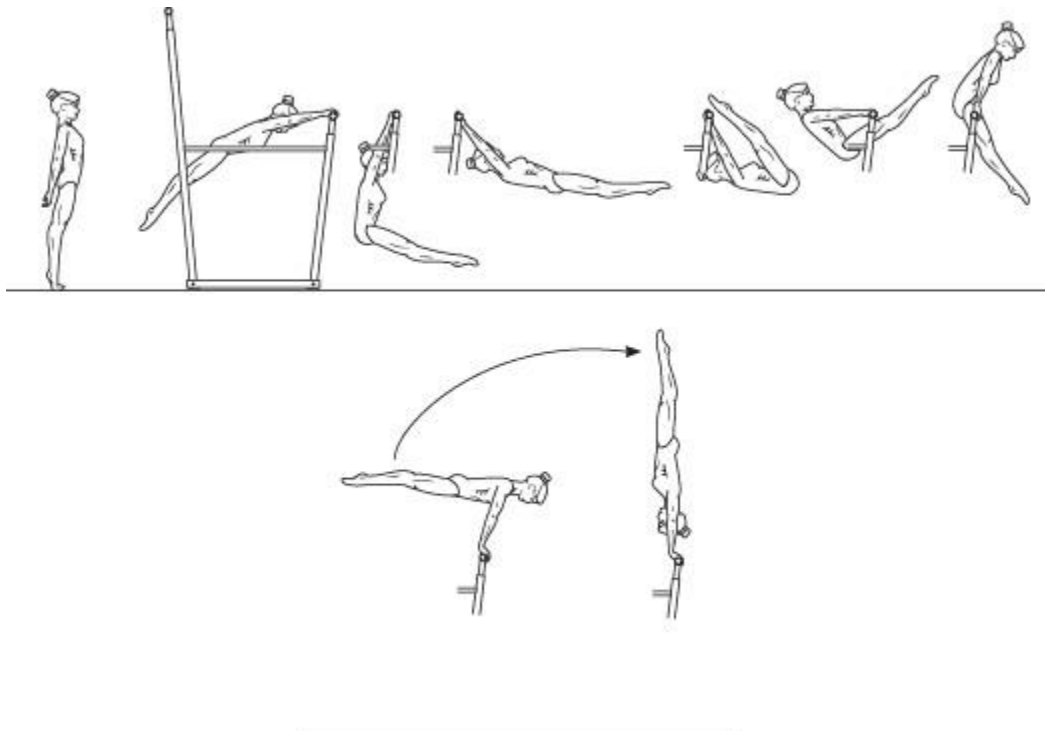


PLEASE NOTE:

- The figures are a **GUIDELINE** to assist with learning the routines. There is flexibility within the text of the routines to allow for choices in technique. NOT ALL of the choices are shown in the pictures. When in doubt, follow the written word of the text.
- The evaluation emphasis will be on technique, form, execution, and body shape throughout the major elements.
- When elements are listed as “**a. b. c.**” etc., it means the gymnast has a choice of which element to perform.
- General deductions and judging guidelines are listed at the end of this document.
- The direction of ½ (180°) TURNS may be reversed and are indicated by an asterisk (*).
- Skills can be considered for additional bonus if indicated by TWO (2) asterisks (**).
- Routines must be performed according to FIG apparatus specifications. Refer to the *FIG Code of Points* [HERE](#).
- If, after the completion of the last event, an athlete’s AA score is a maximum of 0.10 less than the qualifying score to Hopes Classic, American Classic, and US Classic (NOT applicable to Hopes Championships or US Championships), the coach may submit an inquiry for the gymnast’s lowest scoring event in order that the athlete be considered for qualification purposes. Any change of score is official and is included in the final results.

Starting Position: The gymnast begins from a stand inside the bars (on the mat or a board) facing the low bar.

1. GLIDE KIP (0.40), CAST TO HANDSTAND (1.00)

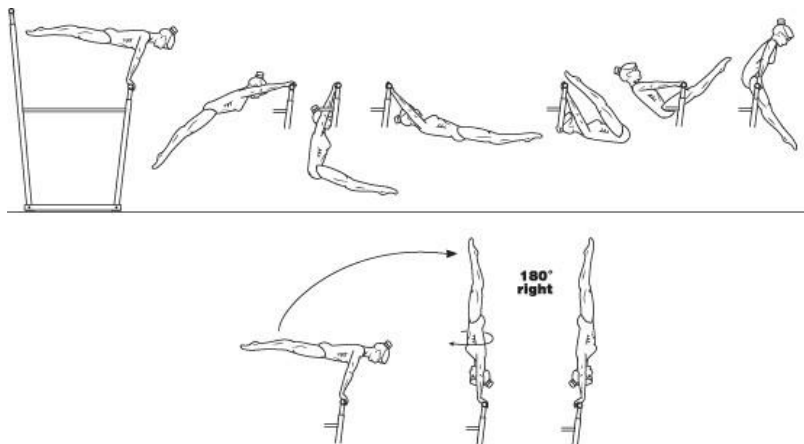


Jump from both feet and swing the body forward with legs together (**PIKED**) or **STRADDLED** to execute a **GLIDE KIP**.

With the shoulders slightly in front of the bar, immediately execute a **CAST TO HANDSTAND** with legs together, showing a straight body position with the head neutral at the completion of the **HANDSTAND**.

GLIDE KIP (0.40)	
Up to 0.10	Insufficient extension of the glide (stretched hip angle)
Each Up to 0.30	Bent arms / legs
CAST TO HANDSTAND (1.00)	
Each Up to 0.30	Bent arms / legs
Up to 0.20	Leg separation
<u>0.50</u>	Performing a straddled cast
Up to 0.20	Failure to maintain straight body throughout
	Failure to complete Handstand (Up to vertical)
No deduction	<ul style="list-style-type: none"> Up to 10° from Vertical
<u>0.10</u>	<ul style="list-style-type: none"> 11° - 20° from Vertical
<u>0.20</u>	<ul style="list-style-type: none"> 21° - 30° from Vertical
<u>0.30</u>	<ul style="list-style-type: none"> 31° or more from Vertical

2. GLIDE KIP (0.40), CAST TO HANDSTAND WITH (*) ½ (180°) TURN (1.00)



At the completion of the **CAST TO HANDSTAND**, lower down from vertical to execute a forward **GLIDE** swing, **PIKED** or **STRADDLED**. Maintain flat hips while lowering out of the **HANDSTAND** (figure 1). At the completion of the **GLIDE** swing, lift the feet to the bar to execute a **GLIDE KIP**.

With the shoulders slightly in front of the bar, immediately execute a **CAST TO HANDSTAND WITH ½ (180°) TURN** with legs together or straddled showing a straight body position at the completion of the handstand with the head neutral and legs together. The technique for **½ (180°) TURN** is optional.

GLIDE KIP (0.40)	
Up to 0.10	Insufficient extension of the glide (stretched hip angle)
Each Up to 0.30	Bent arms / legs
CAST TO HANDSTAND WITH ½ (180°) TURN (1.00)	
Each Up to 0.30	Bent arms / legs
Up to 0.20	Leg separation
Up to 0.20	Failure to maintain straight body throughout
Up to the value of the element	Failure to complete Handstand ½ (180°) TURN in vertical
No deduction	<ul style="list-style-type: none"> Up to 20° from Vertical
0.05 – 0.10	<ul style="list-style-type: none"> 21° - 30° from Vertical
0.15 – 0.20	<ul style="list-style-type: none"> 31° - 45° from Vertical
0.25 – 0.30	<ul style="list-style-type: none"> 46° or more from Vertical
<u>0.50</u>	<ul style="list-style-type: none"> Failure to perform the ½ (180°) turn
See General	Repeating a Glide Kip Cast Handstand
No deduction for repetition	Gymnast falls on Cast Handstand ½ Turn and repeats the element. (Re-start judging at the point of interruption. Do not deduct for execution errors on the 2 nd attempt.)

2025 - 2028 ELITE COMPULSORY: UNEVEN BARS

3. PERFORM TWO DIFFERENT CIRCLES, MUST BE CONNECTED, FROM CHOICES 3a, 3b, 3c, 3d
If two different circles are not performed, deduct value of element.

3a. CLEAR HIP CIRCLE TO HANDSTAND (1.20)

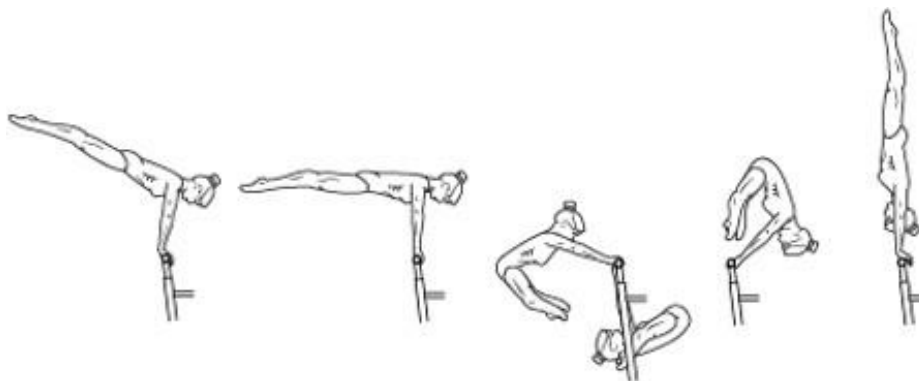


If the CAST TO HANDSTAND WITH 1/2 (180°) TURN and first CIRCLE SKILL are not directly connected, the gymnast is allowed an additional Glide Kip Cast to Handstand (legs together or straddled) with no deduction for adding extra elements. However, appropriate execution deductions will be applied.

Execute a **CLEAR HIP CIRCLE**, finishing in a **HANDSTAND** with the body extended. Maintain straight arms and legs throughout.

CLEAR HIP CIRCLE TO HANDSTAND (1.20)	
No deduction. Deduct only execution.	Adding a Glide Kip cast Handstand before the Clear Hip Circle to Handstand
Each Up to 0.30	Bent arms / legs
Each Up to 0.20	Laboring or struggling to vertical
Each Up to 0.20	Failure to maintain straight body throughout
Each Up to 0.40	Failure to complete element to Handstand (Up to vertical)
	Failure to complete Handstand (Up to vertical)
No deduction	<ul style="list-style-type: none"> Up to 10° from Vertical
<u>0.10</u>	<ul style="list-style-type: none"> 11° - 20° from Vertical
<u>0.20</u>	<ul style="list-style-type: none"> 21° - 30° from Vertical
<u>0.30</u>	<ul style="list-style-type: none"> 31° - 45° from Vertical
<u>0.40</u>	<ul style="list-style-type: none"> 46° or more from Vertical

3b. STALDER CIRCLE BACKWARD TO HANDSTAND (1.20)



If the CAST TO HANDSTAND WITH 1/2 (180°) TURN and first CIRCLE SKILL are not directly connected, the gymnast is allowed an additional Glide Kip Cast to Handstand (legs together or straddled) with no deduction for adding extra elements. However, appropriate execution deductions will be applied.

Execute a **BACKWARD STALDER CIRCLE**, finishing in a **HANDSTAND** with the body extended. Maintain straight arms and legs throughout.

Initiate a second **DIFFERENT CIRCLE**, finishing in a **HANDSTAND** with the body extended. Maintain straight arms and legs throughout.

STALDER CIRCLE BACKWARD TO HANDSTAND (1.20)	
No deduction. Deduct only execution.	Adding a Glide Kip cast Handstand before the Stalder Circle Backward to Handstand
Each Up to 0.30	Bent arms / legs
Each Up to 0.20	Laboring or struggling to vertical
Each Up to 0.20	Failure to attain straight body in vertical
Each Up to 0.40	Failure to complete element to Handstand (Up to vertical)

3c. BACKWARD SOLE CIRCLE TO HANDSTAND (1.20)



If the CAST TO HANDSTAND WITH 1/2 (180°) TURN and first CIRCLE SKILL are not directly connected, the gymnast is allowed an additional Glide Kip Cast to Handstand (legs together or straddled) with no deduction for adding extra elements. However, appropriate execution deductions will be applied.

Execute a **BACKWARD SOLE CIRCLE**, finishing in a **HANDSTAND** with the body extended. Maintain straight arms and legs throughout.

Initiate a second **DIFFERENT CIRCLE**, finishing in a **HANDSTAND** with the body extended. Maintain straight arms and legs throughout.

BACKWARD SOLE CIRCLE TO HANDSTAND (1.20)	
No deduction. Deduct only execution.	Adding a Glide Kip cast Handstand before the Backward Sole Circle to Handstand
Each Up to 0.30	Bent arms / legs
Each Up to 0.20	Laboring or struggling to vertical
Each Up to 0.20	Failure to attain straight body in vertical
Each Up to 0.40	Failure to complete element to Handstand (Up to vertical)

3d. CLEAR PIKED BACKWARD SOLE CIRCLE TO HANDSTAND (1.20)



If the CAST TO HANDSTAND WITH 1/2 (180°) TURN and first CIRCLE SKILL are not directly connected, the gymnast is allowed an additional Glide Kip Cast to Handstand (legs together or straddled) with no deduction for adding extra elements. However, appropriate execution deductions will be applied.

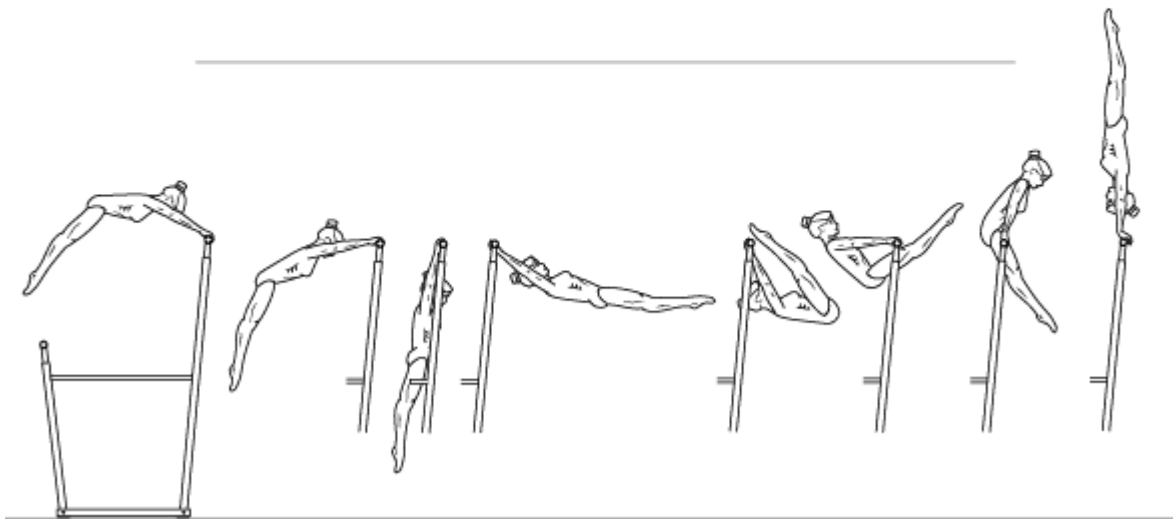
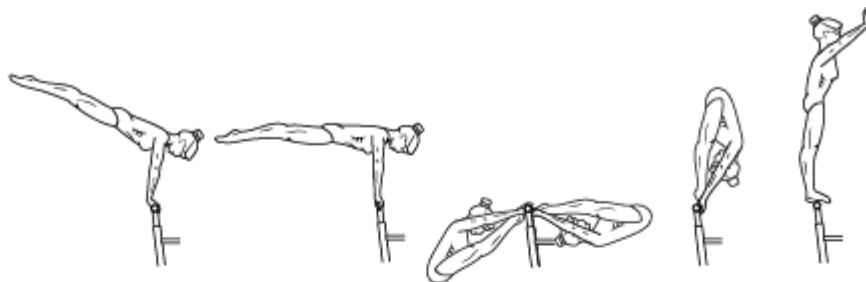
Execute a **CLEAR PIKED BACKWARD SOLE CIRCLE**, finishing in a **HANDSTAND** with the body extended. Maintain straight arms and legs throughout.

Initiate a second **DIFFERENT CIRCLE**, finishing in a **HANDSTAND** with the body extended. Maintain straight arms and legs throughout.

CLEAR PIKED BACKWARD SOLE CIRCLE TO HANDSTAND (1.20)	
No deduction. Deduct only execution.	Adding a Glide Kip cast Handstand before the Clear Piked Backward Sole Circle to Handstand
Each Up to 0.30	Bent arms / legs
Each Up to 0.20	Laboring or struggling to vertical
Each Up to 0.20	Failure to attain straight body in vertical
Each Up to 0.40	Failure to complete element to Handstand (Up to vertical)

If the gymnast does not directly connect the two circles and performs a glide kip Cast to Handstand (legs together or straddled) BETWEEN the two circles, deduct 0.30 for adding an extra element.

4. BACKWARD SOLE CIRCLE (0.40), LONG HANG KIP (0.40), CAST TO HANDSTAND (1.00)



If not directly connected from the Circle element, the gymnast is allowed an additional Glide Kip Cast to Handstand (legs together or straddled) with no deduction for adding extra elements. However, appropriate execution and amplitude deductions of the Cast will be applied.

Execute a **BACKWARD SOLE CIRCLE**.

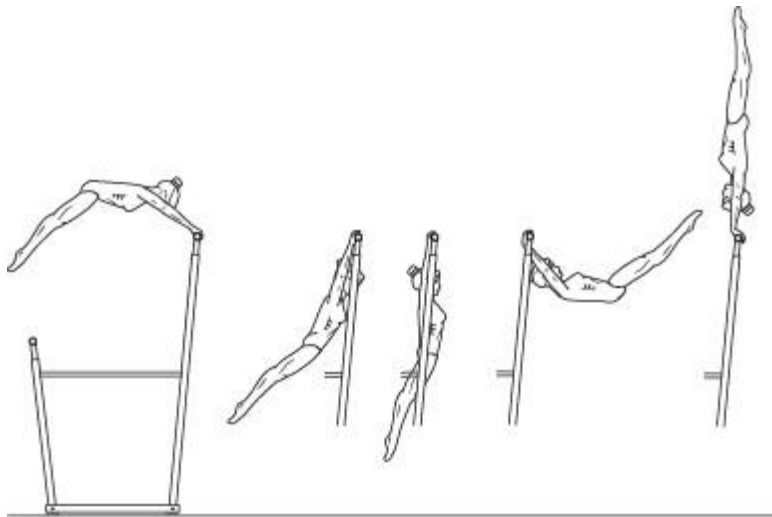
From the pike position on the low bar, immediately jump forward to execute a **LONG HANG KIP**.

With the shoulders slightly in front of the bar, immediately execute a **CAST TO HANDSTAND** with legs together or straddled showing a straight body position at the completion of the handstand with the head neutral and legs together.

BACKWARD SOLE CIRCLE (0.40), LONG HANG KIP (0.40), CAST TO HANDSTAND (1.00)

BACKWARD SOLE CIRCLE (0.40)	
No deduction. Deduct only execution.	Adding a Glide Kip cast Handstand before the Backward Sole Circle
<u>0.20</u>	Bent legs before the completion of the circle
LONG HANG KIP (0.40)	
Up to 0.10	Insufficient extension of forward swing (stretched hip angle)
Each Up to 0.30	Bent arms / legs
CAST TO HANDSTAND (1.00)	
Each Up to 0.30	Bent arms / legs
Up to 0.20	Leg separation
Up to 0.20	Failure to maintain straight body throughout
	Failure to complete element to Handstand (Up to vertical)
No deduction	<ul style="list-style-type: none"> • Up to 10° from Vertical
<u>0.10</u>	<ul style="list-style-type: none"> • 11° - 20° from Vertical
<u>0.20</u>	<ul style="list-style-type: none"> • 21° - 30° from Vertical
<u>0.30</u>	<ul style="list-style-type: none"> • 31° or more from Vertical

5. BACKWARD GIANT CIRCLE TO HANDSTAND (0.80)



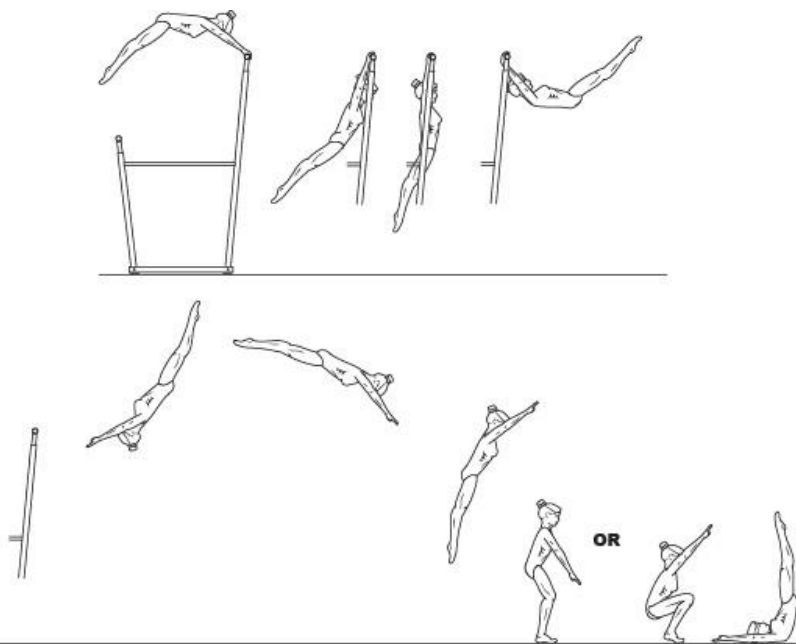
While maintaining an open the shoulder angle, push backward, maintaining a hollow-body position as the downward-forward swing begins. The legs are allowed to remain together or straddled on the downward swing. Either above the low bar OR as the feet pass the low bar, relax the hollow position to an arch.

Maintain this arched position through the bottom (under the high bar) and aggressively kick forward-upward toward vertical to execute a **BACKWARD GIANT CIRCLE TO HANDSTAND**. The head remains neutral. The technique performing the element as an “accelerated **GIANT CIRCLE**” with a hollow body shape through vertical is acceptable.

The gymnast may perform a maximum of two Giant circles with no deduction for adding extra elements. However, appropriate execution and amplitude deductions of the Giant Circle will be applied.

BACKWARD GIANT CIRCLE TO HANDSTAND (0.80)	
Each Up to 0.30	Bent arms / legs
<u>0.20</u>	Failure to show open hips in the bottom of the swing (piked)
Up to 0.20	Failure to finish with a straight body in vertical
Up to 0.40	Failure to complete element to Handstand (Up to vertical)

6a. FLYAWAY STRETCHED / HOLLOW DISMOUNT (1.00)



Additional matting is suggested.

While maintaining an open shoulder angle, push backward, maintaining a hollow-body position as the downward-forward swing begins. The legs are allowed to remain together or straddled on the downward swing. Either above the low bar OR as the feet pass the low bar, relax the hollow position to an arch.

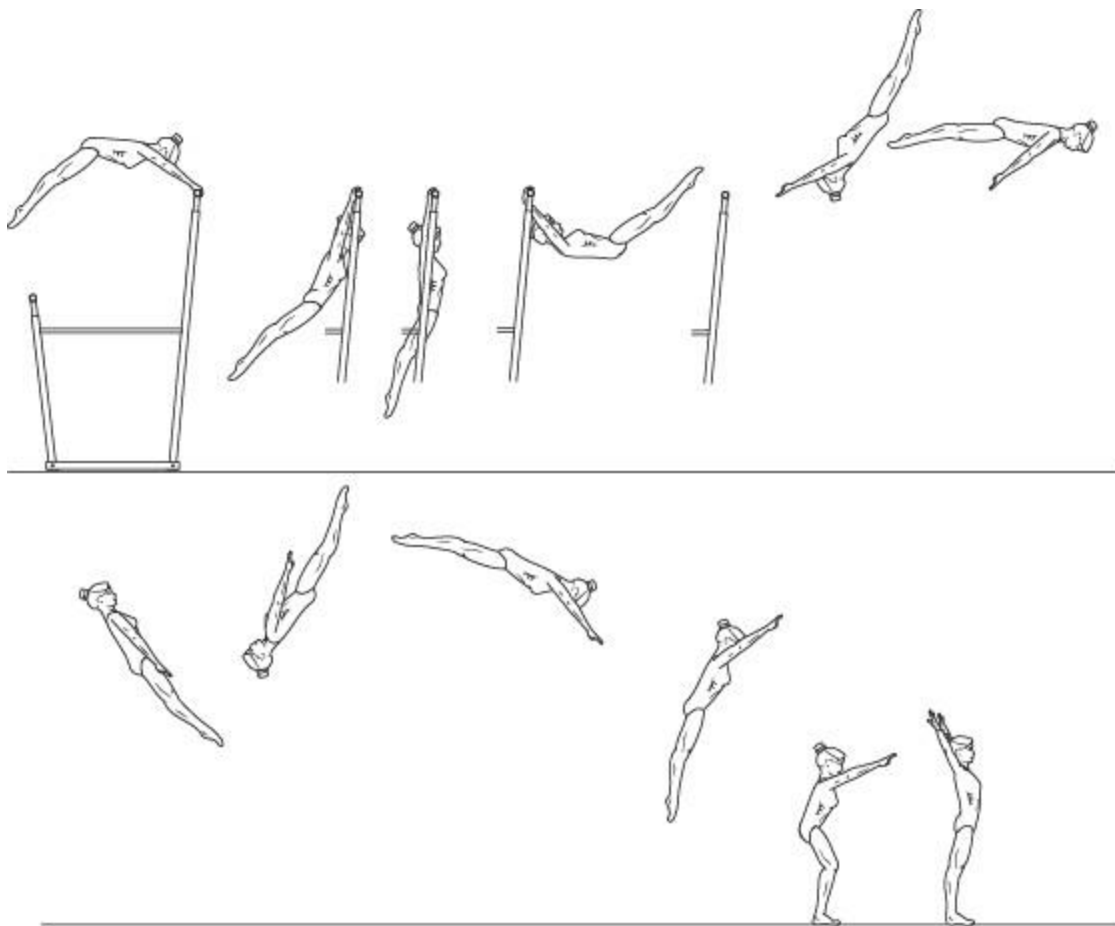
Maintain this arched position through the bottom (under the high bar) and aggressively kick forward-upward with legs/feet together to a hollow-body position with the head neutral, focusing on the toes.

As the feet approach the level of the high bar, release the bar with an open shoulder angle, maintaining a neutral head position. The body continues to rise to execute a **FLYAWAY DISMOUNT**, with the hips performed at a minimum of high bar height in a **STRETCHED / HOLLOW POSITION**. An alternate skill cushion made of softer foam is allowed if the dismount is performed landing on the back. It is **NOT** allowed if the gymnast lands on her feet.

Upon landing: A coach is allowed to assist (spot) the landing.

FLYAWAY STRETCHED / HOLLOW DISMOUNT (1.00)	
Up to 0.30	Bent legs
<u>0.20</u>	Failure to show open hips in the bottom of the swing (piked)
Up to 0.50	Failure to maintain straight or hollow body throughout (no arch allowed)
Up to 0.30	Insufficient height of FLYAWAY (hips should be above bar height)
LANDING DEDUCTIONS - Evaluated based only on body position at the point of arrival on the mat.	
Up to 0.20	Incorrect posture on landing
No deduction	Backward motion or over rotation to the back is allowed
No deduction	Coach spots on landing

6b. DOUBLE FLYAWAY STRETCHED / HOLLOW DISMOUNT (1.00)



Additional matting is suggested.

Note: The gymnast is allowed to perform Two (2) **BACKWARD GIANT CIRCLES** prior to the **DOUBLE FLYAWAY STRETCHED / HOLLOW** without receiving a deduction for the additional skill. However, appropriate execution deductions will be applied.

While maintaining an open the shoulder angle, push backward, maintaining a hollow-body position as the downward-forward swing begins. The legs are allowed to remain together or straddled on the downward swing. Either above the low bar OR as the feet pass the low bar, relax the hollow position to an arch.

Maintain this arched position through the bottom (under the high bar) and aggressively kick forward-upward with legs/feet together to a hollow-body position with the head neutral, focusing on the toes.

As the feet approach the level of the high bar, release the bar with an open shoulder angle, maintaining a neutral head position. The body continues to rise to execute a **DOUBLE FLYAWAY STRETCHED DISMOUNT**, with the hips performed at a minimum of high bar height in a **STRETCHED / HOLLOW POSITION**. Land on both feet in demi-plié.

Upon landing: A coach is allowed to assist (spot) the landing.

2025 - 2028 ELITE COMPULSORY: UNEVEN BARS

DOUBLE FLYAWAY STRETCHED / HOLLOW DISMOUNT (1.00)	
Up to 0.30	Bent legs
<u>0.20</u>	Failure to show open hips in the bottom of the swing (piked)
Up to 0.50	Failure to maintain straight or hollow body throughout (no arch allowed)
Up to 0.30	Insufficient height of DOUBLE FLYAWAY (hips should be above bar height)
LANDING DEDUCTIONS - Evaluated based only on body position at the point of arrival on the mat.	
Up to 0.20	Incorrect posture on landing
No deduction	Backward motion or over rotation to the back is allowed
No deduction	Coach spots on landing

The gymnast may rest for a maximum of thirty (30) seconds before remounting the bar to perform the following.

7. FORWARD SKILL – MAY BE PERFORMED ON THE LOW BAR OR THE HIGH BAR (1.20)

7a. FORWARD CIRCLE TO HANDSTAND AS LISTED IN THE [FIG CODE OF POINTS](#)

OR

7b. FORWARD GIANT SWING AS LISTED IN THE FIG CODE OF POINTS

- a. *Evaluation of the element begins from the moment the hips leave the bar on the cast and continues through vertical at the conclusion of the element.*
- b. *There is no maximum number of attempts to complete the skill. All appropriate execution, amplitude, and fall deductions will be taken on each attempt.*

ENDO CIRCLE FWD TO HANDSTAND (1.20), WEILER KIP STALDER CIRCLE TO HANDSTAND (1.20) FRONT TOE CIRCLE TO HANDSTAND (1.20)	
Deduct only execution.	Cast into element
Each Up to 0.30	Bent arms / legs
Each Up to 0.20	Labouring or struggling to vertical
Each Up to 0.20	Failure to attain straight body in vertical
Each Up to 0.40	Failure to complete element to Handstand (Up to vertical)
<u>0.50</u>	Endo to straddle L and press to handstand. Plus, execution faults.
<u>0.50</u>	Front toe on jumps off bar. Plus, execution faults.

FORWARD GIANT CIRCLE TO HANDSTAND LEGS TOGETHER OR STRADDLED(1.20)	
Each Up to 0.30	Bent arms / legs
Up to 0.20	Failure to finish with a straight body in vertical
Up to 0.40	Failure to complete element to Handstand (Up to vertical)

2025 - 2028 ELITE COMPULSORY: UNEVEN BARS

BONUS OPPORTUNITY	
<u>+0.50</u>	Athlete performs a 360 degree LA turn in any element during the routine .
A clear attempt at a BONUS element / connection regardless of execution errors WILL receive BONUS. NO BONUS will be awarded if there is a FALL.	
If the athlete performs the 360 degree LA turn:	
<ul style="list-style-type: none"> • in either of the circles on the low bar, the circles MUST be connected. • in a circle or giant on the high bar, the two circles on the low bar MUST still be performed and connected. • in the Giant Circle on the high bar, she may perform one Giant Circle before the dismount. 	

GENERAL DEDUCTIONS / JUDGING GUIDELINES	
Refer to the Development Program Code of Points for additional General Execution Deductions	
Deductions for form / execution MAY NOT exceed the assigned Value of the Element.	
Falls will be in addition to execution errors.	
A clear attempt at a BONUS element regardless of execution errors WILL receive BONUS. NO BONUS will be awarded if there is a FALL.	
<u>0.50</u>	Falls
Value of the element PLUS <u>0.50</u>	Omitting an element
Up to the value of the element	Incomplete element. See individual boxes for specifics.
<u>0.30</u>	Adding an element (when not allowed) or performing elements out of order
Up to the value of the element PLUS <u>0.50 for the spot</u>	Spotting to assist the completion of an element
<u>0.20</u>	Verbal coaching an athlete during a routine.
<u>0.30</u>	Not performing the routine according to FIG apparatus specifications
No deduction for repetition	Repeating element(s) after a FALL (i.e. Cast Handstand-FALL past vertical, Cast Handstand, Backward Giant)
<u>Each 0.30</u>	Repeating an element without a FALL (i.e. Glide Kip-Cast Handstand, Glide Kip-Cast Handstand , Glide Kip-Cast Handstand ½ turn) Only count Glide Kip Cast Handstand as One (1) element if repeated.
Up to 0.40	Amplitude of Circle skills (use DEV / JO deductions for Clear Hip Circle.)