

First Competition

COMPULSORY ROUTINE				
National Under 10 years	National Under 11 years	National Under 12 years	National Under 13 years	National Under 14 years
(born in 2012-2011)	(born in 2010)	(born in 2009)	(born in 2008)	(born in 2007)
Front drop To feet To seat 1/2 twist to feet Tuck jump 1/2 twist to seat To feet Straddle jump Back drop 1/2 twist to feet	Front drop To feet To seat 1/2 twist to feet Tuck jump 1/2 twist to seat To feet Straddle jump Back drop 1/2 twist to feet	Back Tuck 1/2 twist to seat 1/2 twist to feet Tuck jump 1/2 twist front drop To feet Back Drop 1/2 twist to feet Straddle jump Front salto tuck	Back Tuck 1/2 twist to seat 1/2 twist to feet Tuck jump 1/2 twist front drop To feet Back Drop 1/2 twist to feet Straddle jump Front salto tuck	<p>10 different elements, maximum 3 elements allowed with less than 270° somersault rotation. Each element meeting the requirement will be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.</p> <p>1. One element landing on the front of the body 2. One element landing on the back of the body 3. Back somersault Straight with full twist 4. Maximum 3 elements allowed with less than 270 degrees rotation</p>

Any change during a compulsory routine Under (10 - 11 - 12 years) is considered an interruption of the exercise.

Any change during a compulsory routine for age group Under 13 years will result in a penalty of 1.0 points.

For the age groups Under 13-14 years any missing requirement in the first routine will result in a penalty of 2.0 points.

For each missing requirement, by the difficulty judges. Such changes will be recorded on the competition card by the difficulty judges.

Second Competition

COMPULSORY ROUTINE						
National Under 10 years <small>(born in 2012-2011)</small>	National Under 11 years <small>(born in 2010)</small>	National Under 12 years <small>(born in 2009)</small>	National Under 13 years <small>(born in 2008)</small>	National Under 14 years <small>(born in 2007)</small>	National Junior 14 - 15 - 16 years old <small>(born in 2006-2005-2004)</small>	National Senior 17 years and more <small>(born in 2003 and after)</small>
Front drop To feet To seat 1/2 twist to feet Tuck jump 1/2 twist to seat To feet Straddle jump Back drop 1/2 twist to feet	3/4 Back tuck/pike/straight To feet Pike Jump Back drop 1/2 twist to feet Tuck jump 1/2 twist to seat Straddle jump Straddle jump Barani tuck	3/4 Back tuck/pike/straight To feet Back Tuck Barani tuck Tuck jump Back drop 1/2 twist to feet Straddle jump Back straight Barani straight	3/4 Back tuck/pike/straight Cody tuck Straddle jump Barani pike Tuck jump Back pike Barani straight Pike Jump Crush dive Barani ball out tuck	10 different elements, maximum 2 elements allowed with less than 270° somersault rotation. Each element meeting the requirement will be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. One element to front or back. 2. One element from front or back, in combination with requirement no.1 3. Back somersault Straight with full twist 4. One element double front or back somersault with or without twist.	FIG Rules 10 different elements, only one skill allowed with less than 270° somersault rotation. Each element meeting the requirement will be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements. 1. One element to front or back. 2. One element from front or back, in combination with requirement no.1 3. One element double front or back somersault with or without twist. 4. One element with a minimum of 540° twist.	FIG Rules 10 different elements, each with a minimum of 270° somersault rotation. 4 elements marked with an asterisk (*) on the competition card, will have difficulty ratings. The difficulty will be added to the execution score to give the total score for this routine. None of these four elements may be repeated in the second routine of the qualifying round, otherwise the difficulty will not be counted.
VOLUNTARY ROUTINE						
VOLUNTARY	VOLUNTARY	VOLUNTARY	VOLUNTARY	VOLUNTARY	VOLUNTARY	VOLUNTARY

Any change during a compulsory routine Under (10 - 11 - 12 years) is considered an interruption of the exercise.

Any change during a compulsory routine for age group Under 13 years will result in a penalty of 1.0 points.

For the age groups Under 13-14 years, juniors and seniors, any missing requirement in the first routine will result in a penalty of 2.0 points. For

Each missing requirement, by the difficulty judges. Such changes will be recorded on the competition card by the difficulty judges.

In all voluntary routines, changes to the elements and the order in which they are written on the competition card are permitted without a penalty.