

H-categories

Element groups per apparatus

Floor

- I. Non-acrobatic elements
- II. Acrobatic elements forward
- III. Acrobatic elements backward and twisting elements
- IV. Dismount, provided that it's from EG II or EG III and landed on 2 feet (no walking front handspring, dive roll or similar)

Pommel Horse

- I. Single leg swings and scissors
- II. Circle and flairs, with and/or without spindles and handstands, Kehr swings, Russian w., flops and combined elements
- III. Travel type elements, including Krolls, Tong Fei, Wu Guonian, Roth and Traveling Spindles
- IV. Dismounts

Rings

- I. Kip and swing elements & swings through or to handstand
- II. Strength elements and hold elements (2 sec.)
- III. Swing to Strength hold elements (2 sec.)
- IV. Dismounts

Parallel Bars

- I. Elements in support or through support on 2 bars
- II. Elements starting in upper arm position
- III. Long swings in hang on 1 or 2 bars and Underswings
- IV. Dismounts

High Bar

- I. Long hang swings and turns
- II. Flight elements
- III. In bar and Adler elements
- IV. Dismounts

➔ Every element groups need to be performed

H5

Routines on Floor, Pommel Horse, Rings, Parallel Bars and High Bar are graded, based on the tables below, by the judges.

Maximum amount of elements, element groups and dismounts

Maximum amount counting elements	5, dismount + highest 4 elements	
Fulfillment of the element group (except the dismount)	sA or higher	+0,50
Dismount	sA of tA	+0,30
	A or higher	+0,50

Rules for difficulty

Element	Value
sA	0,1
tA	0,1
A	0,1
B	0,2
C of hoger	No value, exceedance maximum difficulty

Penalty shortage on elements

4 or 5 elements	No penalty
3 elements	3,00 points penalty
2 elements	5,00 points penalty
1 element	7,00 points penalty
0 elements	Final score 0,00

Floor

It is not mandatory to use the complete floor area.

Bonus Rules

Combination of salto's on floor, conform NTS:

A-A	0,10 point
A-B or B-B	0,20 point

Pommel horse

It is not mandatory to use alle parts of the horse.

A pommel horse routine may exist out of a composition on the mushroom and/or the horse. However, the elements on both apparatuses need to be well connected. Between both parts of the routine, a break is allowed of a maximum of 30 seconds, whereafter the routine is to be continued on the second apparatus. When switching, the gymnast is to greet the judges again before continuing the routine. It is only necessary to fulfill the dismount requirement once. This can be done on the mushroom or the horse.

Vault

Height 125 of 135 cm.

Usage of a trampoline is allowed, but yields a penalty of 1,00 point.

D4

Routines on Floor, Pommel Horse, Rings, Parallel Bars and High Bar are graded, based on the tables below, by the judges.

Maximum amount of elements, element groups and dismounts

Maximum amount counting elements	6, dismount + highest 5 elements	
Fulfillment of the element group (except the dismount)	sA	+0,00
	tA or higher	+0,50
Dismount	sA	+0,00
	tA	+0,30
	A or higher	+0,50

Rules for difficulty

Element	Value
sA	0,1 on pommel horse and high bar. No value on floor, parallel bars and rings
tA	0,1
A	0,1
B	0,2
C	0,3
D of hoger	No value, exceedance maximum difficulty

Penalty shortage on elements

4 or 5 elements	No penalty
3 elements	3,00 points penalty
2 elements	5,00 points penalty
1 element	7,00 points penalty
0 elements	Final score 0,00

Floor

It is not mandatory to use the complete floor area.

Bonus Rules

Combination of salto's on floor, conform NTS:

A-A or A-B	0,10 point
B-B, B-C or C-C	0,20 point

Pommel horse

It is not mandatory to use alle parts of the horse.

A pommel horse routine may exist out of a composition on the mushroom and/or the horse. However, the elements on both apparatuses need to be well connected. Between both parts of the routine, a break is allowed of a maximum of 30 seconds, whereafter the routine is to be continued on the second apparatus. When switching, the gymnast is to greet the judges again before continuing the routine. It is only necessary to fulfill the dismount requirement once. This can be done on the mushroom or the horse.

Vault

Height 125 of 135 cm.

Usage of a trampoline is allowed, but yields a penalty of 1,00 point.

D3

Routines on Floor, Pommel Horse, Rings, Parallel Bars and High Bar are graded, based on the tables below, by the judges.

Maximum amount of elements, element groups and dismounts

Maximum amount counting elements	7, dismount + highest 6 elements	
Fulfillment of the element group (except the dismount)	sA	+0,00
	tA or higher	+0,50
Dismount	sA	+0,00
	tA	+0,30
	A or higher	+0,50

Rules for difficulty

Element	Value
sA	No value
tA	0,1
A	0,1
B	0,2
C	0,3
D of hoger	No value, exceedance maximum difficulty

Penalty shortage on elements

5, 6 or 7 elements	No penalty
4 elements	3,00 points penalty
3 elements	5,00 points penalty
1 of 2 elements	7,00 points penalty
0 elements	Final score 0,00

Bonus Rules

Combination of salto's on floor, conform NTS:

A-A or A-B	0,10 point
B-B, B-C or C-C	0,20 point

Vault

Height 135 cm.

Usage of a trampoline is not allowed.

D2

Routines on Floor, Pommel Horse, Rings, Parallel Bars and High Bar are graded, based on the tables below, by the judges.

Maximum amount of elements, element groups and dismounts

Maximum amount counting elements	8, dismount + highest 7 elements	
Fulfillment of the element group (except the dismount)	sA of tA	+0,00
	A or higher	+0,50
Dismount	sA of tA	+0,00
	A	+0,30
	B or higher	+0,50

Rules for difficulty

Element	Value
sA	No value
tA	0,1 (but no completion element group)
A	0,1
B	0,2
C	0,3
D	0,4
E of hoger	No value, exceedance maximum difficulty

Penalty shortage on elements

6, 7 or 8 elements	No penalty
5 elements	3,00 points penalty
4 elements	4,00 points penalty
3 elements	5,00 points penalty
2 elements	6,00 points penalty
1 element	7,00 points penalty
0 elements	Final score 0,00

Bonus Rules

Combination of salto's on floor, conform NTS:

A-B, A-C, B-B or B-C	0,10 point
C-C or D-combi	0,20 point

Vault

Height 135 cm.

Usage of a trampoline is not allowed.

D1

Routines on Floor, Pommel Horse, Rings, Parallel Bars and High Bar are graded, based on the tables below, by the judges.

Maximum amount of elements, element groups and dismount

Maximum amount counting elements	10, dismount + highest 9 elements	
Fulfillment of the element group (except the dismount)	sA of tA	+0,00
	A or higher	+0,50
Dismount	sA, tA of A	+0,00
	B	+0,30
	C or higher	+0,50

Rules for difficulty

Element	Value
sA	No value
tA	No value
A	0,1
B	0,2
C	0,3
D	0,4
E	0,5
F	0,6
G	0,7
H	0,8
I	0,9

Penalty shortage on elements

7 to 10 elements	No penalty
6 elements	3,00 points penalty
5 elements	4,00 points penalty
4 elements	5,00 points penalty
3 elements	6,00 points penalty
2 elements	7,00 points penalty
1 element	8,00 points penalty
0 elements	Final score 0,00

Bonus Rules

Combination of tucks on floor, also twist combinations:

A-B, A-C, B-B or B-C	0,10 point
C-C, D-combi or higher	0,20 point

Vault

Height 135 cm.

Usage of a trampoline is not allowed.

Elements

All Elements with a difficulty of TA and higher can be found in the document “Elements List Men”

Student A-elements (sA)

These student A-elements are only applicable to Men Level 5 and on High Bar and Pommel Horse on Men Level 4. The here presented list is not complete and can be expanded to the view of the judges. The determination of the element group is also determined by the personal view of the judges.

Element / Apparatus	Element Group
Floor	
Every roll forwards on the floor	I
Every roll backwards on the floor	I
Handstands balanced for less than 2 seconds	I
Jump to lying support	I
Straight jump with 1/1 twist	I
Pommel Horse	
Four simple leg swings (2L+2R) to the back and front	I
Half scissor and one legged circle	I
Half circle	II
Simple Wende as dismount	IV
Mushroom: 1 circle from stance	II
Mushroom: 1 circle from circle	II
Mushroom: 180° Russian wendeswing or more	II
Mushroom: ½ spindle or more	II
Mushroom: Wende (1/2 twist) from circle	IV
Rings	
Swinging	I
Knee grab to support (with regrip of the hand)	I
Straddle back lever 2s	II
Tucked planche 2s	II
Swing to front lever 2s, also straddled	III
Support swing or back uprise to tucked planche 2s	III
Dorsal hang with release as dismount	IV
Parallel Bars	
Swinging in support	I
Shoulder stand	II
Every roll	II
Swinging in upper arm support	II
Swinging in hang	III
From hang, back uprise to upper arm hang	III
Swing with Wende	IV
High Bar	
Swinging	I
Swing with half twist	I
From support, cast with half twist tucked over the bar to hang	II
Voronin tucked	II
Backward hip circle tucked	III
Forward hip circle tucked	III
Underswing as dismount (also with ½ twist)	IV
Forward swing with ½ twist dismount	IV

Added Jumps

Jump	D-score
Squat jump on, straight jump off	0.80
Roll forward	0.80
Squat jump on, straight jump with ½ twist or more off	1.00
Straddle cut	1.00
Squat over	1.20
Thief jump	1.30
Straight jump on, front tuck off	1.40