



nederlandse studenten turn bond

Female Gymnastics Rules 2022

Regulations

Gymnasts and Trainers

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Introduction

This document is written as a manual for gymnasts and trainers.

In this document you will find the regulations that apply to all student gymnastics apparatus competitions that are organized under the authority of the Dutch Student Gymnastics Association (NSTB). It is a concise and simplified version of the NTS regulations 2022-2024 of the Royal Dutch Gymnastics Union (KNGU) with adaptations to promote the accessible student gymnastics atmosphere.

In this manual you will find information about determining the correct level, composing your exercises, the composition of the grade, added student elements, apparatus requirements and the rules per level.

Do you have any questions about these regulations, or would you like to see an example of an exercise? Check out the part of our website dedicated to "[Help for beginners](#)." If you have any other questions about the rules or judging on competitions, please send an email to juryzaken@nstb.nl.

References

On the web pages below you will find all KNGU documents that are referred to. These are unfortunately all in Dutch as the KNGU does not offer English rules and regulations.

[1] NTS regulations 2025-2029 KNGU:

[1-NTS-Reglement-2025-2029-Keuze-deel-1-tm-3-versie-11-https://dutchgymnastics.nl/assets/Wedstrijdzaken-/Turnen-Dames/Reglementen/1-NTS-Reglement-2025-2029-Keuze-deel-1-tm-3-versie-11-08-25.pdf08-25.pdf](https://dutchgymnastics.nl/assets/Wedstrijdzaken-/Turnen-Dames/Reglementen/1-NTS-Reglement-2025-2029-Keuze-deel-1-tm-3-versie-11-08-25.pdf08-25.pdf)

[2] Supplements women 2025-2029 KNGU:

<https://dutchgymnastics.nl/assets/Publications/3.1-NTS-Supplementen-Bovenbouw-2025-2029-versie-11-07-25-TD.pdf>

[3] NTS code of points 2025-2029 KNGU:

<https://dutchgymnastics.nl/assets/Wedstrijdzaken-/Turnen-Dames/Reglementen/Elemententabellen-samengevoegd.pdf>

[4] Additional vaults supplements A-D KNGU:

<https://dutchgymnastics.nl/assets/Wedstrijdzaken-/Turnen-Dames/Reglementen/Toegevoegde-sprongen-supplement-A-B-C-D-versie-aug.2025.pdf>

Abbreviations

VT	Vault	HB	High bar
UB	Uneven bars	LB	Low bar
BB	Balance beam	fw	Forward
FX	Floor exercise	bw	Backward
DV	Difficulty value	sw	Sideward
CR	Composition requirement	LA	Longitudinal axis
CV	Connection value	HS	Handstand
DB	Dismount bonus	RF	Round-off flic-flac
SA	Student A	SB	Serie bonus
TA	Additional A		

Inclusion

In the spirit of inclusion, the NSTB emphasizes that every participant, regardless of gender identity, is welcome in every discipline.

General regulations

Competition attire

All gymnasts are allowed to wear a pair of shorts or tight leggings (length is free) under or over the leotard at all competitions. If no leotard is worn, the clothing must be safe and close-fitting so that the jury is not prevented from judging the exercise. This does not result in a deduction. If the clothing is deemed unsafe by the judges and/or the competition organisation, you will be requested to change before you are allowed to perform your exercise.

Bandages, tape, handguards and other **injury preventing or injury supportive** supplies **are always allowed and** may be of any colour. There is no deduction if they are not skin-coloured.

Assistance and position of spotter(s)

All levels

The spotter may be present anywhere during the exercise on all apparatus, provided that the jury members' view is not restricted. If the gymnast is not touched, the presence of the spotter has no implications for the final grade (no E-deduction, no N-deduction, counts for DV/CR/CV).

Verbal assistance/encouragement is permitted for everyone.

D1 to D5

Assistance on UB, BB and FX results in a neutral deduction of 1.00. Elements that are completed with assistance of a spotter do not count towards the difficulty value, composition requirements and connection value. Any technical deductions do count towards the E-score. Assistance on vault in level 1 to 5 will invalidate the vault and the final score of that vault will be 0.

D6

In this level, the neutral deduction for assistance is also 1.00, but the element will count for difficulty value on uneven bars, beam and floor. Assistance on vault gives a deduction of 2.00 points, but it does not invalidate the jump. Any technical deductions count towards the E-score.

Presentation before/after exercise

Before you can start your exercise, the jury will give a signal to indicate that they are ready for your exercise. Usually, one jury member will raise a hand. A nod or verbal signal is also used.

You then have to present yourself to the jury. Gymnasts usually do this by raising both arms at the same time (in an elegant manner). After this, you perform your exercise. You conclude your exercise by presenting to the jury again. If you fall and therefore have an interruption of your exercise, it is not necessary to present again, but it is allowed.

- Not presenting yourself to the jury will give a neutral deduction of 0.30 per occurrence.

Interaction with jury members

Encouraged interaction with jury members:

- During warm-up: consult with the jury members if multiple levels are divided into 1 group about the order in which the levels will be performed.
- During warm-up: if you are not performing on the apparatus, please report.
- Vault: Report which vault(s) will be performed before your attempt.

Permitted contact with jury members:

- Request D-score: use the D-score note for this. Hand it in at a time when no exercise is in progress.
- Request Neutral deduction

Forbidden contact with jury members:

- Request E-score

Allow jury members the space to do their job properly! Also leave enough space behind and next to the jury table free, so that the jury members can consult with each other in private.

Composition of the score

You will receive 1 final score on each apparatus (vault, uneven bars, beam and floor). The final score is the sum of the D score (Difficulty) and E-score (Execution) minus any neutral deductions (penalties). For all-around competitions, the final scores of all four apparatus are added together. A higher score means a better performance.

D-score

Vault

For vaults, you may attempt two vaults (the second is not mandatory **in all-round competitions**). The vaults may be the same or different. For all-around competitions, the highest score counts towards the final score. For apparatus competitions, the average of two jumps is the final score. The D-score is determined by the vault you perform **and whether you receive the vault bonus. Per supplement a vault bonus is formulated to challenge you to perform different vaults.** In the [vault table](#) you will find the value of the vaults and which vaults are allowed per level. If you perform a vault that is not listed for your level in the table, your vault is invalid. The final score thus is 0.00 **and you also will not be able to receive the vault bonus.**

Uneven bars, beam and floor

For these apparatuses, the D-score consists of four components: difficulty value (DV), composition requirements (CR), connection value (CV) and dismount bonus (DB) (DB only D1, D2 and D3). In the supplements you will find the complete rules per level.

Difficulty value (DV)

An exercise consists of elements from the elements table [\[3\]](#). Each element has a value (0.1-0.4) indicated by a letter. In student gymnastics we know A, B, C, D, E, F, G and H elements, Additional A elements (TA) and Student A elements (SA). In the table below you can see which elements are allowed per level and what value they have. If you perform an element higher than the allowed difficulty in your level (for example in D3 a D element is performed), the value of the element is downgraded to the highest difficulty value that is allowed in your level.

Allowed difficulty value per level						
	SA	TA	A	B	C	D and higher
D1			0.1	0.2	0.3	0.4
D2			0.1	0.2	0.3	
D3		0.1	0.1	0.2	0.3	
D4		0.1	0.1	0.2		
D5		0.1	0.1			
D6	0.1	0.1	0.1			

Number of elements in an exercise

This table shows the number of elements that must be performed in an exercise per level. The values of the highest 5, 6, 7 or 8 elements (depending on level and apparatus) are added together for the DV. The dismount is always included in the DV. If you do not perform a dismount, one element less is counted towards your DV.

Number of elements for DV per level				
	Uneven bars	Beam and Floor		
	Total	Total	Min. Dance	Min. Acro
D1	8	8	3	3
D2	7	8	3	3
D3	7	7	3	2
D4	6	7	3	2
D5	6	6	3	2
D6	5	6	3	2

Recognition of DV of elements

An element can only receive DV once in every exercise. If you perform the same element again, it will not receive DV, but any errors in the execution of the element will count towards the E-score. If an element does not go according to plan and the jury finds it unrecognizable (for example a handstand on the beam where you fall right next to it without coming back onto the beam with your feet), the element will not be given a value. If you then perform the element successfully so that it is recognizable, the second attempt will be given a value.

Elements that take off entirely out of the border markings (FX) will not receive DV.

There are a number of dance elements on the beam and floor that look different, but are still considered the same elements. These are listed in the elements table in the same box (they have the same number) and are marked with a *. You may therefore only perform 1. If you perform more elements from the same box marked with *, the 2nd and subsequent elements will be regarded as repeated elements and they do not receive DV/CR/CV.

A few examples:

- Floor: split jump take-off with 2 legs, back jump take-off with 2 legs, back jump take-off with 2 legs with $\frac{1}{2}$ turn and sissone are all in a marked box (number 1.109). So you only receive DV once for these jumps.
- Floor: straddle jump $\frac{1}{2}$ turn and split jump take-off with 2 legs $\frac{1}{2}$ turn are both in a marked box (number 1.207). So you only receive DV once for these jumps.
- On beam, all gymnastic jumps performed in parallel position (shoulders parallel to the beam) receive 1 DV higher. It remains the same element, so you can perform it either in parallel or in cross position (with your face towards the point of the beam). Awarding of DV is done chronologically. Gymnastic turns keep the same DV. Note: In D1 and D2 TA elements are not allowed. In those levels TAs performed in parallel position remain TA elements and can therefore not receive DV/CV/CR.
- On beam and floor, at least 3 dance elements and 2 or 3 acro elements must be performed. Dance elements include all gymnastic jumps, gymnastic turns and some beam elements that are indicated with (D) in the table of elements. All other elements are considered acro elements. If you perform fewer dance or acro elements than the indicated number, fewer elements count towards your DV.

Dismount bonus (DB)

On uneven bars, beam and floor, a Dismount Bonus of 0.20 points will be awarded for a difficult dismount (only for D1, D2 and D3). The difficulty requirement of the dismount for awarding the bonus is stated in the relevant supplements. To be awarded the Dismount Bonus, the dismount must be performed without a fall. To receive the Dismount Bonus on floor, the last acro line must be performed without a fall.

Composition requirements (CR)

On each apparatus, 4 times 0.50 can be earned for your D-score by successfully performing composition requirements. The CR's differ per level (see supplements). They can only be met by recognizably performing value elements (unless stated otherwise). One element may fulfil multiple CR's and it does not have to be an element that counts towards the DV. On beam, all CR's must be performed on the beam, so a jump or dismount can never fulfil an CR. On UB, all CR's must be performed as a mount or on the apparatus, so a dismount can never fulfil an CR.

A composition requirement is not a requirement to be allowed to perform at a level! It is no problem to not perform/attempt CRs. You will just not receive the 0.50 for your D-score.

Connection value (CV)

By connecting elements, you can receive extra points for your D-score. Per connection 0.1 or 0.2 may be awarded for your D score. The supplements indicate for each level what the content of a connection must be.

The connection must be direct. You may not hesitate, wobble, stop, correct foot placement, take a step or unnecessarily touch the beam with your foot. If you fall during or after the connection, you will not receive a CV. On floor it is possible to make indirect acrobatic connections in level 1,2 and 3. The same elements on uneven bars and acrobatic elements on beam and floor may be used 2 times in the same connection. For the third and subsequent times you do not receive CV. (Repeated dance elements can never receive CV).

Examples:

- Cartwheel-cartwheel on beam: This is 1 connection in which the cartwheel is used 2x for CV.
- Cartwheel-cartwheel-cat leap: Here you receive CV for the cartwheel-cartwheel. Then the cartwheel is used 2x. The cartwheel-cat leap does not get CV because you would then use the cartwheel for the third time.
- Cartwheel-round off and then cartwheel-cat leap: The cartwheel-round off receives CV. The cartwheel-cat leap does not receive CV because it is a different connection.
- Note that on uneven bars, a horizontal cast may also counts as an element. Kip - backwards hip circle cannot receive CV, because there is a horizontal cast before the hip circle (even if it is almost invisible). If your horizontal cast is so high that it counts as a value element, then both kip- swing and swing-hip circle can receive CV.

Repeated elements

In principle, repeated elements do not receive difficulty or connection value. If they are considered repeated elements, they cannot be used to fulfill composition requirements or a series bonus. There are a few general exceptions and exceptions specific to each apparatus, some of which have already been described in previous sections. For clarity, here is an overview of all exceptions and other rules regarding repeated elements:

Vault:

- The same vault may be performed twice, also in event competitions. Pay attention! The vault bonus will only be awarded if two different jumps are competed, specified per supplement.

Uneven bars:

- On bars, the "cast" requirement may be performed anywhere in the routine. This allows a repeated element or a TA element (D2-D6) to be used to award the composition requirement.
- D1: On bars, elements performed as casts may be repeated in the routine, but only receive one DV.
- D2-D6: On bars, elements 1.101, 1.103, and 1.104 [3] may be performed as upswings and, if repeated in the routine, also receive DV.
- Furthermore, on bars, the same elements may be performed twice within a single connection to receive CV. However, these elements only receive one DV.

Beam:

- There are several acrobatic B elements with hand support and flight that are performed twice in the routine. They receive CV and SB, but not 2x DV. These are the elements:
 1. Back handspring with closed legs
 2. Back handspring step out
 3. Auerbach back handspring
 4. Round-off
 5. Front walkover
- On beam (just like on floor), acrobatic elements may be performed twice within a single connection to receive CV. Dance elements may not be repeated. The repeated elements only receive one DV. For example in D4: cartwheel-cartwheel. You receive 0.1 VW for this connection, but only one A value for the first cartwheel.
- Dance elements with a take-off or landing from one or both feet with the same leg position are considered the same elements.
- Jumps performed in parallel position receive 1 DV higher than the same jump performed in transverse position. If the same element is performed in both parallel and transverse positions, only one DV is awarded in chronological order. Jumps that begin in parallel and end in transverse positions, or vice versa, are considered elements performed in transverse positions (an added 90° turn does not alter the element).

Floor exercise:

- On floor (just like on beam), acrobatic elements may be performed twice within a single combination to receive CV. Dance elements may not be repeated. Repeated elements, however, only receive one DV. For example in D4: back handspring - back handspring - back handspring. You receive 0.1 CV for this combination, but you receive one A-value only for the first back handspring.

SE/VW/SB:

- A single element can fulfill more than one SE; however, an element may not be repeated to fulfill another SE.
- Elements may not be repeated in another connection for CV. Recognition is in chronological order.
- To receive a series bonus:
 1. The same dance element may not be repeated in the connection.
 2. The same acrobatic element (with/without flight) may be repeated in the connection.
- For direct connections of 3 or more identical elements, you can only receive CV for the connection between the first 2 elements. You only receive DV once. For example:
 1. You make 3 giants. You then receive CV between giants 1 and 2. Not between giants 2 and 3. Only the first giant receives DV.
 2. You perform a round-off - back handspring - back handspring - back handspring. You then receive CV between back handspring 1 and 2. Not between back handspring 2 and 3. Only the first back handspring receives DV.

Recognition of the same and different elements:

- Elements are considered the same if they are listed under the same number in the Code of Points [3]. They are only awarded one DV in the exercise, in chronological order.
- Acrobatic elements are considered different if they are listed under the same number and meet the following criteria:
 1. These involve different body positions (tucked, piked, or lay-out) in somersaults.
 2. These involve different degrees of rotation: 180°, 360°, 540°, etc. (½, 1/1, 1 ½, etc.).
 3. The support is performed on one or both hands or without support.
 4. The push-off is performed with one or both legs.
- If an element is downgraded and acknowledged as another element recognized in the element table [3] because it does not meet the technical requirements, and the element is later performed with correct technique, both elements receive a DV.

For example: You perform a split jump with a half twist on floor and it is not fully rotated. The split jump with a half twist is downgraded to a normal split jump. If you then attempt the split jump with a half twist again later in the routine and succeed (with a full half twist), both elements receive DV.
- If an element receives one DV lower because it does not meet the technical requirements and is performed again later in the routine, it is considered a repetition and no DV is awarded.

For example: You perform a split jump with a half twist on floor and it is downgraded to a split jump. If you then perform a split jump without a twist again later in the routine, it does not receive a DV because it is a repeated element.
- A maximum of one turn (pirouette) in a tucked position on one leg (wolf turn) is awarded DV, in chronological order. The maximum number of turns recognized is:
 - 4-fold turn for pirouettes in passé
 - 3-fold turn for all other pirouettes with a different leg position
 - 1½ turns for jumps in splits and/or straddle position
 - 1/1 turn (360°) for complex jumps

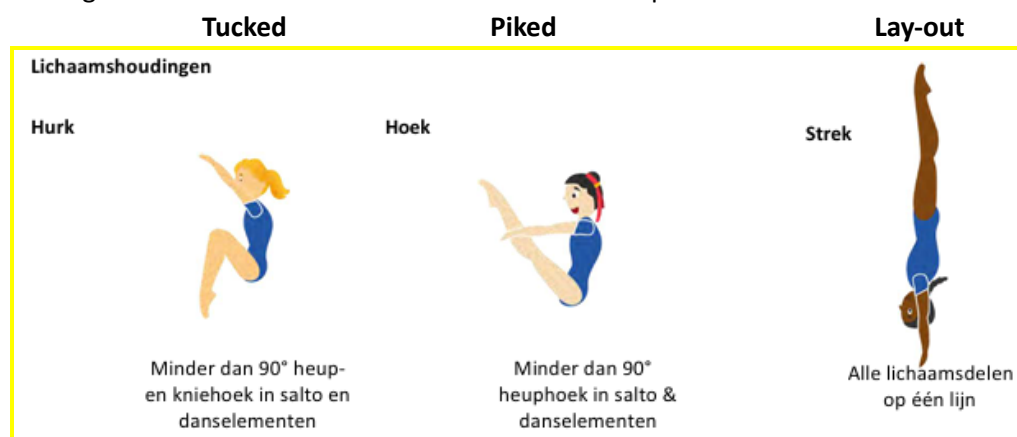
E-score

The E-score indicates how well the exercise is performed. A perfectly performed exercise gets 10.00. A certain number of points are deducted for each error. This can be 0.10, 0.30, 0.50 or 1.00 per error. There are errors that get the same deduction on each apparatus. The table below contains some examples of general deductions to give you an idea of what the jury is looking for. For details, please see section 8, "Technical Guidelines," of the NTS 2025-2029 [1]. Apparatus specific deductions are summarized under the relevant apparatuses on [pages 14-23](#) and are detailed in Part III of the NTS 2025-2029 [1].

Execution errors	0.10	0.30	0.50	1.00
Bent arms/knees	X	X	X	
Leg or knee separations	X	X		
Insufficient height of elements (external amplitude)	X	X		
Insufficient exactness of tuck or pike position in saltos	X	X		
Hesitation during performance of elements or connections	X			
Body and/or leg position in elements (non-dance)	X			
Technical errors in dance elements	X	X	X	
Performance of dismounts too close to apparatus (UB and BB)		X		
Landing faults (all elements including dismount) deduction may not exceed 0.80 if there is no fall				
Legs apart on landing	X			
Extra arm swings	X			
Lack of balance	X	X		
Extra steps, slight hop	X			
Very large step or jump (guideline – more than shoulder width)		X		
Body posture fault	X	X		
Deep squat			X	
Support on mat/apparatus with 1 or 2 hands				X
Brushing/touching apparatus/mats with hands, but not falling		X		

- Elements with longitudinal axis rotation must be completely exactly, otherwise they will be downgraded (e.g. a 1 1/2 pirouette that is not completely exactly becomes a 1/1 pirouette)
- Insufficient split in leaps/turns: deviation 0-20° = 0.10 deduction, 20-45° = 0.30 deduction and more than 45° = other element or no value.

There are technical guidelines for the execution of various poses in the elements. Deviations from these guidelines also result in deductions. Some examples:



* Copied from NTS regulations 2025-2029 section 8.1

Neutral deductions

In addition to the technical and artistic deductions from the E-score, there are also neutral deductions that are deducted from your final score. These include, for example, too few elements in your exercise, stepping outside the lines of the floor, forgetting to present to the jury and spotter assistance. They are further described in the general regulations and apparatus-specific regulations.

Too few elements (short exercise)

If you perform an exercise that is too short on uneven bars, beam or floor, you will receive a neutral deduction depending on the number of elements you miss. For this number, all unrepeat elements in your entire exercise count (also acro elements after the last acro line on FX). Example: in a floor exercise with 7 dance elements and no acro elements, you will not receive a neutral deduction for an exercise that is too short.

Neutral deduction	Number of elements required in supplement			
	8	7	6	5
	Number of elements performed			
0.00	7 or 8	6 or 7	5 or 6	4 or 5
4.00	5 or 6	4 or 5	3 or 4	3
6.00	3 or 4	2 or 3	2	2
8.0	1 or 2	1	1	1
10.00	None	None	None	None

Originality bonus

In student gymnastics, creativity is highly valued. You can therefore receive a bonus of up to 0.3 points for your exercise. Judges are free to award a bonus of up to 0.3 points for an exercise. The table below contains guidelines and examples for this bonus.

Bonus	Examples
0.1	Funny sign of control in a posture element, where contact is made with the jury (2s.) Prop for the exercise, for example a stick-on moustache, hat or glasses.
0.2	Exercise to music with matching dance, other than the standard (think of dances from films, folk dances or classics that the audience knows). Matching clothing for an exercise.
0.3	Exercise with a lot of creativity, where the music, attributes and clothing.

Determining your level

In women's student artistic gymnastics we have 6 levels. Level 1 is the highest and level 6 the lowest. Everyone can participate! If you have just started gymnastics you can participate directly in D6.

Before the competitions you indicate the level that you are going to compete in. So you do not choose for an entire season, but each competition separately. If you have registered for the wrong level for your first competition, you can immediately correct it in the next competition. If you suddenly make rapid progress, you can immediately go up a level.

From KNGU:

If you have (recently) competed in KNGU competitions, the table below is intended as a tool to indicate which student level you probably belong to. Do look at your current level. Division 4/5 and supplement D/E do not automatically lead to a student level. This is because TAs are allowed in D3, while this is not the case in supplement D. If you were competing in supplement D and you no longer need TA-elements to complete your exercise, try D2. If you were competing in supplement E and you still had too few A-elements for supplement D, try D3.

KNGU senior division	KNGU senior supplement	NTSB student level
1	A	D1
2	B	
3	C	D2
4	D	
5	E	D3
6	F	D4
7	G	D5
8	H	D6

Without KNGU:

Look at the composition requirements of the levels. Tick all the requirements that you can do. Then check at which level you can achieve at least 2 or 3 requirements on each apparatus. If you achieve few requirements on one apparatus and achieve almost all of them on the other, then that is absolutely no problem. It is an exception if a gymnast achieves all CR's on all apparatus. Also check whether you can achieve the required number of elements of the correct difficulty (SA, TA or A) without getting a neutral deduction (1 less than in the supplements is not yet a deduction).

A few tips:

- Horizontal casts on uneven bars are difficult for everyone, so do not let the swing stop you from doing a higher level.
- A circle element is required on uneven bars for composition requirement 3. In D4 to D6, a hip circle is sufficient for this requirement.
- The 'through or to handstand' requirements on beam can also be met by sideways elements such as a cartwheel or round off. It has to be an A value element though.

Composition of your exercise

For all elements that you perform in your exercise, it is important that you master them well and can perform them safely.

1. Check which elements you need to earn as many CR's as possible. If you have multiple options, go for the element with the highest DV.
2. Check what the most difficult dismount is that you can successfully perform.
3. Uneven bars and beam: Add a mount.
4. Beam and floor: Count the number of dance and acro elements that you have now have and add elements to get to the minimum number that is indicated in the supplements with the most difficult elements that you can successfully.
5. Now count the total number of elements that you have again. If you do not have enough, add the most difficult elements that you can successfully perform.
6. If necessary, add a simple "backup" element if there is a chance that something will go wrong. This element will normally not count for the DV (unless something fails) so it is especially important that you can perform it very neatly. It prevents you from getting high neutral deductions if something else does go wrong.
7. See which elements you can perform in connection and whether this results in CV.

Sometimes adding extra/more difficult elements results in a higher D-score, but lowers your E-score because you have an extra deduction. So consider whether it will benefit your final grade to choose difficult elements.

Apparatus specific rules

Vault

Performed Jumps

The athlete must perform 1 or 2 jumps from the jump table. Inform the judges in advance which jump(s) you will be performing. The permitted jumps can be found in the [NSTB vault table](#). If the athlete performs 2 jumps, the take-off apparatus may not be changed (springboard or mini trampoline).

For all-around competitions:

1. One or 2 jumps may be performed.
2. The highest performed jump counts.

For apparatus competitions:

1. Two jumps must be performed.
2. The average of the 2 performed jumps counts.

Run-up

If the athlete refuses a jump and has not touched the board or apparatus, one additional run-up is permitted. This does not result in a deduction.

If the board or apparatus is not touched, it does not count as a jump, but as a run-up.

If the board or apparatus is touched, it counts as a performed jump.

Invalid jumps:

- No hand placement. Support with only 1 hand results in a neutral deduction of 2.00, the vault remains valid.
- Not pushing off with both feet from the springboard or trampoline results in an invalid vault.
- Approach and touch springboard/trampoline/vaulting table without performing a vault.
- Safety collar not used for Yurchenko vaults (inform the organisation well in advance, see apparatus regulations).
- Physical assistance in D1 to D5.
- Do not land on the feet first or unrecognisable/not permitted vault.
- Feet on the vaulting table for vaults where this is not required.
- Use of a trampoline in D1 and D2.

Mini trampoline

The use of a mini trampoline instead of a springboard is permitted in all of D1 to D6. The D-score will be reduced by 1.00. In D6 the D-score is reduced by 0.5. The take-off device must be the same for both vaults.

Jump Bonus

A bonus of 0.20 can be earned if you perform two different vaults, specified by supplement. To award the bonus, both vaults must be performed without a fall and both vaults must be valid in the supplement. The bonus is added to the final score (average of the two vaults).

Apparatus specific deductions

From takeoff, the following jump phases are assessed:

- First flight phase
- Rebound phase
- Second flight phase
- Landing

Below are the most important apparatus-specific deductions for vault (section 10 NTS 2025-2029 [3]).

First flight phase	0.10	0.30	0.50	1.00
Missing degrees of LA turn during flight phase:				
- Gr. 1 with ½ turn (180°)	≤45°	≤90°		
- Gr. 3 with ¼ turn (90°)		≤45°		
- Gr. 4 with ¾ turn (270°)	≤45°			
- Gr. 5 with ½ turn (180°)		≤45°		
- Gr. 1 or 2 with 1/1 turn (360°)	≤45°	≤90°		
Bad technique:				
- Hip angle, arched back	X	X		
- Bent knees	X	X	X	
- Leg or knee separations	X	X		
Push-off phase				
Bad technique:				
- Staggered hand placement (not in Tsukahara vaults)	X			
- Bent arms/shoulder angle	X	X	X	
- Not passing through vertical	X			
- LA turn of second flight phase begun too early	X	X		
D6: not landing on 2 feet in or stretched or tucked jump mount				X
D6: pause or extra step between mount and dismount			X	
Second flight phase				
Exaggerated 'snap' movement (bw vaults)/exaggerated hip angle (fw vaults)	X	X		
Height	X	X	X	
Body position				
- Exact tuck/pike position in salto	X	X		
- Exact tuck/pike position in salto with LA turn	X			
- Insufficient stretched position in lay-out salto	X			
- Insufficient stretched position in lay-out salto with LA turn	X	X		
- Piking too early after lay-out position	X	X		
- Insufficient or no extension after tucked or piked salto's	X	X		
Bent knees	X	X	X	
Opened legs or knees	X	X		
Underrotation of salto (without fall ¹ , with fall ²)	X ¹	X ²		
Distance from vaulting table	X	X		
Dynamics	X	X		

* In line with section 10 from NTS 2025-2029

Neutral deductions

Physical assistance in D6:

- 2.00 N

Use of minitrampoline in D3-D6:

- D3 t/m D5 - 1.00 N
- D6 - 0.5 N

Uneven bars

The evaluation of the exercise begins with the take-off from the springboard or mat. Additional aids under the springboard (e.g. an extra springboard) are not permitted.

Mount

In all levels, the mount may be repeated in the exercise for DV. In D1 and D2, the mount may be used for CR1, flight element from HB to LB or from LB to HB.

Cast

For D1 to D5, requirement 2 (cast to horizontal) may be performed anywhere during the exercise.

Every cast can fulfill the CR, even if it is a repeated element. This means that a repeated element (D3 to D5) or a TA element (D1 and D2) may be used to award the requirement. In D6, there is no cast to horizontal requirement.

Casts need to exactly meet the requirement to be awarded the CR.

Flight elements

Flight elements receive DV if there is a short/temporary hang or support of both hands on the bar after the flight element. In all supplements, there is no 0.50 deduction given for jumping to the high bar from 2 feet on the low bar.

Intermediate swing and empty swing

If an empty swing or intermediate swing is performed between two elements, or after the second/last element, no CV can be received for that connection.

An empty swing is a swing forward or backward without executing an element from the table, before the swing goes in the opposite direction.

An intermediate swing is a swing or back swing in support or hang fw and/or bw, which is not necessary to perform the next element.

Dismount

If there is no attempt at all to make a dismount:

- Count 1 element less towards the DV
- Apply a 0.50 neutral deduction
- 1.00 E-deduction if a fall occurs, or landing deductions if there is no fall

Dismount has started (but e.g. not landed on the feet first):

- Count 1 element less towards the DV
- 1.00 E-deduction for fall

In D6, a dismount from the LB may be performed. The exercise may then be performed in 2 parts, without deduction.

Fall time

If you fall, you may take magnesium again, do your handgrips properly and talk to your coach/fellow gymnasts. Try to start your exercise again within 30 seconds. There is no deduction for exceeding 30 seconds.

Apparatus specific deductions

In the table below you will find the most important apparatus specific deductions for uneven bars. The full information can be found in section 11 of the NTS 2022-2024 [\[3\]](#).

Faults	0.10	0.30	0.50 Or higher
<i>Without a fall the maximum execution deduction can't be higher than 0.80 per element</i>			
Bodylines in HS and cast to HS	X	X	
Adjusting of handposition		X	
Touching of the mat			0,50
Hitting of the apparatus hard with feet			0,50
Hitting the mat hard with feet (fall)			1,00
No characteristic elements (elements with pushoff 2 feet or thighs)			0,50
Bad rhythm in elements	X		
Insufficient heights in flight elements	X	X	
Underrotation of flight elements	X		
Insufficient extension in kips	X		
Intermediate swing (does not count for element 3.002 for levels d5 and d6)			0,50
Empty swing			0,50
Stop / interruption / extra try			0,50
Angle of finished elements	X	X	X
Amplitude of swings fw or bw under horizontal	X		
Amplitude of casts	X	X	
Excessive bending of the hip joint during the landing of the dismount	X	X	

* In line with section 11 from the NTS 2025-2029.

Balance Beam

The composition of a balance beam routine is based on the gymnast's movements, both gymnastic and artistic. The choreography of these movements on the beam should be performed in varied rhythm and tempo, creating a continuous and cohesive whole. There should be a balance between:

- dance elements
- acrobatic elements
- choreography

Balance disturbances

Without a fall, the balance deduction is a *maximum of 0.50*

- Balance 0.10 + touching the beam 0.30 = 0.40
- Balance 0.30 + touching the beam 0.30 = 0.50
- Balance 0.50 + touching the beam 0.30 = 0.50
- Balance 0.10 + holding the beam 0.50 = 0.50 (holding is decisive)
- Balance 0.30 + holding the beam 0.50 = 0.50 (holding is decisive)
- Balance 0.50 + holding the beam 0.50 = 0.50 (holding is decisive)

Mount

Some elements are only listed as mounts in the table of elements, but can be performed in the exercise (or vice versa). These elements can only receive DV once. If an element is listed both as a mount and as an element in the exercise in the table of elements, DV can be awarded to both elements.

Rolls, handstands and holds

Rolls and handstands count for DV and CR at all levels.

Rolls and handstands may not fulfill all SEs at every level:

- D1: handstands and rolls may only be used to fulfill SE 2
- D2 through D6: handstands and rolls may be used to fulfill all SEs

In D6, other positions may also be used for SEs.

Handstands (without longitudinal axis turn) & positions must be held for at least 2 seconds to receive DV if prescribed in the element table. If the element is not held for 2 seconds and is not listed as another element in the Code, 1 DV lower or no DV is awarded (the handstand or position must be achieved).

There are TA elements that must be held for at least 1 second to receive DV. If the element is not held for 1 second and is not listed as another element in the table, no DV is awarded. A handstand held for 1 second may still be counted as a fleeting handstand.

Series bonus

The series bonus of 0.10 p. is given for a connection of 3 or more acrobatic and/or dance elements (including mount and dismount). The order in which the dance acro or mix is performed is free.

The series bonus can only be awarded once. To receive a series bonus, the same dance element in the connection may NOT be repeated. The same acro element within the connection may be repeated.

Artistic presentation and choreography

The artistic presentation of an exercise is not how well you perform the elements, but how you connect the elements. Creativity, self-confidence and personal style are important. The exercise must be a coherent whole with:

- Changes in height (low on the beam to high on the toes)
- Changes in direction (forwards, backwards and sideways movements)
- Changes in rhythm and tempo
- Creative and original movements and transitions

If this sounds complicated or difficult, remember: an exercise should not be a series of separate elements in a row, make it something fun!

In the table below you will find all official deductions for the artistry of your exercise. These deductions are applied once after the exercise. Do not get fixated on all these deductions. The jury will mainly pay attention to the general impression that your exercise gives and will take into account the level at which you perform. In practice this means that a beautiful routine will be deducted 0.0 or 0.1, and up to 0.5 for a less artistic routine. This is compared between gymnasts within a level, so the lower levels are not expected to perform as artistically as the higher levels.

Faults	0.10
Lack of confidence	X
Insufficient personal style	X
Insufficient variation in rhythm and tempo in elements	X
Exercise as a series of disconnected elements (fluency)	X
Mount without DV	X
Insufficient use of the entire length of the beam	X
Lack of movements sideways (no DV)	X
No combination of movements or elements close to the beam (torso, thigh, head)	X
Insufficient complexity or creativity of movements	X
More than 1 half turn on 2 feet	X

* In line with section 12 from the NTS 2025-2029.

Apparatus specific deductions

In the table below you will find the most important apparatus specific deductions for balance beam. The full information can be found in section 12 of the NTS 2022-2024.

Faults	0.10	0.30	0.50
Poor rhythm in connections	X		
Excessive preparation <ul style="list-style-type: none">• Adjustments and unnecessary steps (each time)• Excessive arm swings before dance elements (each time)• Pause of more than 2 seconds (each time)	X X X		
Additional support to the side of the beam		X	
Grasp beam in order to avoid a fall			X
Additional movements to maintain balance	X	X	X
Lack of movements sideways	X		
No movements/elements close to the beam where a part of the torso touches the beam	X		
One-sided use of elements: more than one ½ turn on 2 feet with straight legs	X		

* In line with section 12 from the NTS 2025-2029.

Dismount

If there is no attempt at all to make a dismount:

- Count 1 element less towards the DV
- Apply a 0.50 neutral deduction
- 1.00 E-deduction if a fall occurs, or landing deductions if there is no fall

Dismount has started (but e.g. not landed on the feet first):

- Count 1 element less towards the DV
- 1.00 E-deduction for fall

Time and falltime

In student gymnastics there is no deduction for an exercise that takes too long, but there are guidelines to ensure that the competition does not run out of time. The elements that you perform must be connected artistically into one whole. No extensive pieces of choreography are required in the exercise. The longer the exercise lasts, the greater the chance of mistakes (wobbles etc. during choreography also count towards the E-score).

Recommended duration of an exercise:

- D1, D2, D3: maximum 90 seconds
- D4: maximum 80 seconds
- D5 and D6: maximum 70 seconds

If you fall during your exercise, you are supposed to climb back onto the beam within 10 seconds to continue your exercise. There is no deduction for exceeding the 10 seconds and the fall time does not count for the exercise time.

Floor

Acro lines

There are requirements for acro lines:

- D1 and D2: An acro line consists of at least 2 directly connected elements, one of which is a salto pushed off from a rebound (a standing salto or aerial does not count as an acro line).
- D3 through D5: An acro line consists of at least 1 flight element with or without hand support, taking off from 1 or 2 feet. Mixed connections can also count as an acro line.
- D6: The last acro element counts as the dismount. Performing acro lines is not mandatory. If a salto is not first landed on the feet, the series is still considered an acro line.

All acro elements performed after the last counting acro line are not counted for DV, CR, or SE.

The maximum number of acro lines is:

- D1 through D4: 4 acro lines
- D5 and D6: 3 acro lines

If more are performed, the elements do not count for the D-score, but errors do count for the E-score. Most routines require only 2 acro lines.

Dance passage

A dance passage is a **direct or indirect connection** (KNGU only uses indirect connections) of at least 2 different gymnastic leaps or hops. The goal is to use a large part of the floor in a flowing line.

The first leap must be taken off from 1 leg and land on 1 leg, the second leap must be taken off from 1 leg and may land on 1 or both legs. For any third and subsequent leaps or hops, there are no requirements for the take-off and landing. In an indirect connection, steps or hops may be included between the jumps.

Time and Music

In student gymnastics, there is no deduction for an exercise that takes too long. A longer exercise requires more fitness. It also becomes more difficult to tie everything together artistically and to keep the exercise interesting. The jury also looks at this. The longer the exercise lasts, the greater the chance of mistakes (mistakes during the choreography also count for the E-score). There is no minimum duration for an exercise.

Recommended duration of an exercise:

- D1, D2, D3: maximum 90 seconds
- D4: maximum 80 seconds
- D5 and D6: maximum 70 seconds

The timing starts when the gymnast starts moving.

In D1 to D5 it is mandatory to perform your exercise to music. Not using music results in a neutral deduction of 1.00. D6 may choose to perform an exercise either with or without music. An exercise without music does not result in a deduction in D6, but artistry is taken into account.

In addition to the traditional 'floor music' it is also permitted to use music with words. This does not result in a deduction. A signal or tone at the beginning is permitted. This does not count towards the time. Make sure you choose music that suits you and your style of gymnastics.

The competition organization indicates in advance how the music should be supplied. The competition organization also has the right to refuse music longer than the maximum time of the level in question in order to ensure a smooth competition.

Springboard

In D5 and D6, it is permitted to use a springboard for hand placement in the following acrobatic flight elements: cartwheel with flight phase, round-off, flic-flac, and front handspring.

Line errors

The lines mark the 12m x 12m area allowed for your routine. Standing on the line is permitted. If you touch the floor outside the line, a neutral deduction applies.

- A step or landing outside the lines with one foot or hand = -0.10 N
- Step(s) outside the lines with both feet, both hands, or another body part, or landing with both feet outside the lines = -0.30 N
- Elements initiated outside the line do not count for DV or CR.

Errors made outside the lines (e.g., stepping out and then falling) do count toward the E-score.

Artistic presentation and choreography

The artistic presentation of an exercise is not how well you perform the elements, but how you connect the elements. Creativity, expression, musicality, self-confidence and personal style are important. The exercise must be a coherent whole with:

- Changes in height (low to the floor to high on the toes)
- Changes in direction (forwards, backwards and sideways movements)
- Creative and original movements and transitions

If this sounds complicated or difficult, remember: an exercise should not be a series of separate elements one after the other, try to relate to the music and make something beautiful out of it!

In the table below you will find all official deductions for the artistry of your exercise. These deductions are applied once after the exercise. Do not be blinded by all these deductions. The jury pays mainly attention to the general impression that your exercise gives and takes into account the level at which you perform. In practice this means that a beautiful routine will be deducted 0.0 or 0.1, and up to 0.5 for a less artistic routine. This is compared between gymnasts within a level, so the lower levels are not expected to perform as artistically as the higher levels.

Faults	0.10	0.20	0.30
Artistic Performance			
Poor posture (head, shoulders, torso)	X	X	
Poor footwork (feet not pointed/ relaxed/turned inwards)	X		
Lack of amplitude in the movement	X		
Lack of full body movement	X		
Lack of complex movements (<i>a complex movement is a movement that requires training hours, coordination and preparation</i>)	X		
Musicality			
Bad expressive presentation in relation to the style of music	X	X	X
Insufficient connectivity from the music to the routine (partially or during the whole routine)	X	X	X
Lack of synchronization between movement and musical beat at the end of the music	X		
Music			
Bad editing of music	X		
Composition			
Bad choreography in the corner/lack of variation			X
No movement close to the floor where at least the torso or thigh or knee or head make contact with the floor			

*In line with section 13 from the NTS 2025,2029

Apparatus specific deductions

In the table below you will find the most important apparatus specific deductions for floor.

Faults	0.10
Excessive preparation <ul style="list-style-type: none"> - Adjustment (<i>unnecessary steps</i>) - Excessive arm swing before dance elements - Pause (<i>apply after 2 sec.</i>) 	X (<i>each time</i>) X (<i>each time</i>) X (<i>each time</i>)
Distribution of elements <ul style="list-style-type: none"> - Exercise starts immediately with an acro line - Subsequent acro line performed after previous line along the same diagonal without choreography in between - Exercise ends with acro element, no choreography after last acro - More than one following acro series 	X X (<i>each time</i>) X X

*In line with section 13 of the NTS 2025-2029

Dismount

The dismount is the acro element with the highest DV from the last counting acro line. If only one acro line has been performed in D1 through D5, no dismount has been made. In D6, the dismount is the last acro element, regardless of the number of acro lines, so only a neutral deduction applies if no acro element is performed.

No dismount:

- 0.50 neutral deduction
- 1 element less for the DV.

Apparatus specifications

Landing mats	20cm landing mat with 10cm supplementary mat or 30cm crashmat
Apparatus mats	Min. 5 cm, max. 20cm

Vault

Pegasus height	1.25m with springboard (all levels) 1.35m with minitramp (D3 – D6)
Run-up	Max. 25m with measuring tape
Springboard	With springs (preferably 5 springs and 8 springs or similar)
Safety collar and mat for hands	Collar compulsory for Yurchenko type vaults, mat for hands is optional

If you intend to perform a Yurchenko type vault you will have to consult with the competition organiser well in advance. The safety collar and hand mat are not available by default.

Uneven bars

Height of low bar	1.55m from mats (5cm higher than it was!)
Height of high bar	2.35m from mats (5cm higher than it was!)
Diagonal between bars	Max 1.80m
Springboard	With or without springs

Balance beam

Height	1.05m from mats
Springboard	With or without springs

Floor

Measurements	12m x 12m including lines
Springboard	With or without springs

Vault Table

Number	Vault	D1**	D2	D3	D4	D5	D6
SA	Tuck mount, stretch unmount						1.00
SA	Tuck mount, stretch ½ unmount						1.10
SA	Straddle over						1.10
SA	Tuck over						1.30
0.80	Stretch mount, stretch unmount*						1.30
1.00	Handspring forward	1.60	1.60	1.60	1.60	1.60	1.60
1.01	Handspring forward – ½ out	2.00	2.00	2.00	2.00	2.00	2.00
1.02	Handspring forward – 1/1 out	2.60	2.60	2.60	2.60	2.60	
1.03	Handspring forward – 1 ½ out	3.20	3.20				
1.04	Handspring forward – 2/1 out	3.60	3.60				
1.10	Yamashita	2.00	2.00	2.00	2.00	2.00	2.00
1.11	Yamashita ½	2.40	2.40	2.40	2.40	2.40	
1.12	Yamashita 1/1	2.80	2.80	2.80	2.80	2.80	
1.20	½ in	1.60	1.60	1.60	1.60	1.60	1.60
1.21	½ in, ½ out	2.40	2.40	2.40	2.40	2.40	
1.22	½ in, 1/1 out	2.60	2.60	2.60	2.60	2.60	
1.23	½ in, 1 ½ out	3.20					
1.24	½ in, 2/1 out	3.60					
1.30	1/1 in	3.20					
1.31	1/1 in, 1/1 out	3.60					
1.40	RF push-off	2.00					
1.41	RF push-off, ½	2.40					
1.42	RF push-off, 1/1	2.80					
1.50	RF ½ handspring	2.20					
1.51	RF ½ handspring ½	2.60					
1.52	RF ½ handspring 1/1	3.00					
1.53	RF ½ handspring 1 ½	3.40					
1.60	RF 1/1 push-off	2.40					
1.61	RF 1/1 push-off ½	2.80					
1.62	RF 1/1 push-off 1/1	3.20					
2.10	Handspring salto tucked	3.60					
3.10	Tsukahara tucked	3.20					
3.11	Tsukahara tucked ½	3.40					
3.20	Tsukahara piked	3.40					
4.10	RF salto tucked	3.00					
4.11	RF salto tucked ½	3.20					

*KNGU has 1.10 as a D-score, but in NSTB D-score is 1.30.

**D1 may, in addition to the indicated jumps, also choose another jump from the Element Table [3] or an additional jump from the KNGU Vault Table supplement A–D [4]. If the maximum D-score is exceeded, the jump remains valid, but the gymnast will only receive the maximum score.

SA elements

In addition to the elements that the KNGU recognizes, student gymnastics also recognizes student A (SA) elements. In the tables below you will find a description of all SA elements. In addition to "normal" TA elements, the KNGU also recognizes TA elements that are only allowed in certain supplements. If the element states "only applies to supplement 3 to 7" [\[3\]](#), then this is not a TA element that you can simply use. The element in question then becomes an SA element. In the tables below you will see that these elements also have a number.

Uneven bars

Nr.	Element	Group
1.002	Jump to support	1
	Stand between bars and take-off from feet from low bar to hang on high bar	2
3.001	1x kurbet: in non-swinging hang from overstretched kurbet position (concave, 1 sec.) to closed kurbet position (convex, 1 sec.)	3
3.006	From non-swinging hang pull up to curved hang with chin above bar (1 sec.) and back to hang	3
	From support on high bar, lay-away into stretched swing	3
	Millturn forward or backwards	5
	Seat circle with bent legs	5
	Climb to tucked seating position on low bar	5
	From sit or rear support, with legs together to tucked seating position	5
	Downswing between the bars, ½ turn in front swing to stand	6
	(Clear) underswing from low bar to stand	6
6.002	From support, tumble forward into piked hang (3.sec) and then stand on mat	6

Balance beam

Nr.	Element	Group
	Jump from both legs to support on beam, lift one leg to straddled cross sit	1
3.001	½ turn (180°) on one leg, free leg passé	3
	Horizontal scale (90°) (2 sec)	4
	From lying down on back, roll to candle (2 sec)	4
	Free tucked support, knees above belly button	4
	Roll backward with head to the side of the beam, also to kneeled sitting position	4
4.005	Clamped roll forward	4
6.001	Stretched jump	6
	Tucked jump	6
	Straddled jump	6

Floor exercise

Nr.	Element	Group
2.001	½ turn (180°) on one leg, free leg passé	2
	Dive roll (hips not stretched)	3
	Horizontal scale (90°) (2 sec)	3
6.001	Straddled sit with belly to floor, stag sit, side split, front split or push to walkover	6

Team competitions

During a team competition, scores for individual gymnasts in a team are added to a team score. There is a maximum of 7 team members in each team. The team may consist of members of different clubs. On each apparatus 3 gymnasts from a team perform their exercise. The two highest scores per apparatus count towards the team ranking. The table shows which levels can be joined together in a team. The same regulations apply to a team competition as to any other competition.

- One vault is performed on vault.
- The team competition is considered a separate competition with regard to the general ranking
- Each gymnast is evaluated at her own specified level

D1 + D2	Team 1/2
D3 + D4	Team 3/4
D5 + D6	Team 5/6

H1 + H2	Team 1/2
H3 + H4	Team 3/4
H4 + H5	Team 4/5

Tie-break rules

The score consists of 3 parts:

1. D-score
2. E -score
3. N -score

$D + E - N = \text{total score}$

The NSTB follows the international regulations as used by the FIG.

In the FIG regulations the following rules are applied:

- Highest total score wins
- In case of a tie, the highest E-score wins
- If there is still a tie, the highest D-score wins
- If still a tie, the ranking is shared