It is essential that all judges know beam and floor compulsory choreography for ALP 3-6

Level 3-6 have specific apparatus deductions.
It is essential that these deductions are applied by all E panel judges.

Start Score
The start score for Level 3-6 is **10.0**
All elements in routine have an assigned value
There is no omission deduction, if an element has not been performed, the value of the element will be deducted from 10.00
The head judge will always recognise the difficulty of the element when it is performed in the routine
Spotting assistance – deduct value of the skill from start score + 1.0 from final score

Determination of final Score for NLP 3-6
All routines out of 10.00 (unless skills are completely omitted)
Specific deductions will be applied from National levels general table of faults and specific apparatus deductions for levels 3-6
Execution deductions (Execution, Exactness of text and Presentation) will be subtracted from 10.00.
The E panel will divide their total deductions by 2 (except vault) before submitting their E deductions

Recognition of compulsory skills and elements
If an element is omitted, then the value of the element is deducted from the start score (10.00)
Example – Walkover is omitted from level 6 routine. The value of the walkover is 1.00 – therefore start score for the routine is 9.00
Example- Full pivot is incomplete - the skill is still performed and recognised as an incomplete full pivot. **There is no skill omitted so no change to the start score**. E panel judges will deduct appropriate execution deductions for incomplete pivot. (0.3)

Dance elements on Beam & Floor
Dance elements incur *shape* deductions in increments of 0.10/0.30/0.50 only. Example - where a skill has two minor shape errors (i.e. small lack of split & slight loose legs) the judge must deduct 0.30. Deductions for height & precision are considered separate from shape.

ALP 3-6 Cheat Sheets

Choreography Requirements

There is set choreography for Beam and Floor. The gymnast must follow the text as written in the manual. Floor routines may be reversed– but it must be totally reversed in its entirety. The gymnast must start exactly as prescribed in relation to judges – if not, a 0.3 deduction applies. Incorrect floor pattern incurs a 0.1/0.3 overall deduction.

Choreography Deductions

Changes to choreography will incur specific deductions. Variations from the choreography text are taken as an overall 0.1/0.3/0.5 deduction at the end of the routine. They must be added into the overall execution deductions prior to being halved.

0.1 – performed almost exactly to text with 2-3 small variations.

0.3 – many small variations OR one major variation and 2-3 small variations

0.5 – numerous major variations with no attention to detail of choreography

E panel Judging Responsibilities

Situation	Deduction
Skills not finished in prescribed position ie lunge/step in	0.3
Break in series	0.3
Incomplete turn	0.3
Failure to reach handstand (within 10° of vertical)	0.3
Element NOT HELD for 2 secs when specified	0.3
No rebound performed when specified	0.3

Choreography variations in text (arm/leg/foot positions) throughout routine – overall deduction at end of routine	0.1/0.3/0.5
Poor body posture throughout routine	0.1/0.3/0.5
Body shape deductions in each dance element	0.1/0.3/0.5

Level 3-6 Beam Connections

If the gymnast falls off in the first element of a series (mixed or gym), they can get up and repeat the first element again, in order to connect the series.

- As they are compulsory routines, they will be permitted to repeat the first skill in order to connect the series. There is no such concept as "repeated elements not being recognised" in level 3-6.

Level 3

VAULT	
Handspring Flatback 60cm mats or 90cm mats	10.0

BARS		
0.3 deductions	• **From dish hold**, Glide swing (may use board or box)	1.0
• **Glide swing performed from jump**	• Pullover to front support (may use board or box)	1.0
• **Legs straddling on back swing (ascent; decent permitted)**	• Cast to **horizontal**	1.0
0.5 Neutral deduction	• Back hip circle	1.0
• **Failure to use 30cm supplementary mat**	• Underswing OR Toeshoot (landing mat not required)	1.0
1.0 Neutral deduction	• **Jump from a box OR Kickstart**	3 x 1.0
• **Failure of coach to "stand in"**	3 x long swings to release at the back of 3rd swing ***No landing deductions from swings**	

BEAM (90cm)		
Landing min 30cm mat (max 60cm below beam)	• Jump to front support, lift leg over to straddle sit Lift to mark clear straddle position **(2 secs)**	0.5
0.3 deductions	• back to straddle sit, swing legs back to squat, stand	0.5
• **Incomplete turn**	• Single leg vertical hop	1.0
• **Break in series**	• Side passé into forward passé, relevé up/down	0.5
• **Failure to reach handstand**	½ turn on 2 feet, relevé hold(2 sec)	0.5
• **Element not held**	• Forward entry "L" handstand **finish in lunge or step in**	1.0
• **Skill not finished in prescribed position**	• 2 x forward kicks	2 x 0.5
0.1/0.3/0.5 overall ded	• 2 x backward kicks	2 x 0.5
• **Choreography variation from text**	• 2 x straight jumps **in series**	2 x 1.0
• **Poor body posture**	• 2-3 steps to punch jump off the end	1.0

FLOOR		
0.3 deductions	• ½ turn one foot + ½ turn 2 feet – **start in 4th pos lunge**	2 x 0.5
• **Incomplete turn**	• 2 x cartwheel to **step in**	2 x 1.0
• **Break in series**	• Split jump **135 degrees**	1.0
• **Skill not finished in prescribed position**	• Backward roll x 2	2 x 1.0
• **Leap drill not performed on each leg**	• Bridge kickover (if kickover not attempted, deduct value of skill)	1.0
0.1/0.3 deductions	• Forward contraction	0.5
• **Insufficient split**	• Handstand forward roll	1.0
• **Lack of flex in bridge**	• Leap lead up drill **one on each leg**	2 x 0.5
0.1/0.3/0.5 overall ded		2 x 0.5
• **Choreography variation from text**		
• **Poor body posture**	**Routine performed on straight line on Floor**	

Level 4

VAULT	
Handspring Flatback onto 90cm or 110cm mats (no vault table)	10.0

BARS		
0.3 *deductions* • **Legs straddling on backward swing (ascent)** **0.5** *Neutral deduction* • **Failure to use 30cm supplementary mat** **1.0** *Neutral deduction* • **Failure of coach to "stand in"**	• Glide swing x 2 (legs may be straddled). No dish hold required.	2 x 0.5
	• Pullover to front support	1.0
	• Cast to **horizontal x 2**	2 x 1.0
	• Back hip circle	1.0
	• Climb/cast squat on OR Cast to sole circle, jump to HB **Transition not judged but deduct if lose control or fall**	NO VALUE
	• 2 x long swings, pullover on 3rd swing	3 x 1.0
	• Underswing OR Toeshoot	1.0

BEAM (100cm)		
Landing min 40cm mat **0.3** *deductions* • **Incomplete turn** • **Break in series** • **Failure to reach handstand** • **Element not held** • **Skill not finished in prescribed position** **0.1/0.3/0.5** *overall ded* • **Choreography variation from text** • **Poor body posture**	• Jump to front support, lift leg over to straddle sit Lift to mark clear straddle position **(2 secs)** • back to straddle sit, swing legs back to squat, stand	0.5 0.5
	• Leap lead up drill (dominant leg only)	0.5 hop 0.5 leap
	• Passe ½ turn on one foot, ½ turn on 2 feet, releve **(hold 2 secs)**	2 x 0.5
	• Split jump **(135º)**	1.0
	• Straight jump, straight jump **series**	2 x 1.0
	• Kick to handstand **step in landing**	1.0
	• Straight jump backwards from end of beam	1.0

FLOOR		
0.3 *deductions* • **Incomplete turn** • **Break in series** • **Skill not finished in prescribed position** • **No rebound when required** **0.1/0.3** *deductions* • **Insufficient split** • **Lack of flex in walkover** **0.1/0.3/0.5** *overall ded* • **Choreography variation from text** • **Poor body posture**	• Backward roll to front support	1.0
	• Jump hurdle, Roundoff **rebound (Rebound must land on 2 ft. Up to 3 steps permitted with no deduction)**	1.0
	• Full pivot **(start in 4th position lunge)**	1.0
	• Split leap **(135º)**	1.0
	• Handspring to 2 feet **rebound** **(Rebound must land on 2 ft. Up to 3 steps permitted with no deduction)**	1.0
	• Straight jump + split jump **(135º) series** (may reverse)	2 x 1.0
	• Backwalkover or Tic toc **(lunge OR step-in)**	1.0
	Routine performed on straight line on Floor	

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Level 5

VAULT	
Handspring Flatback 105-125cm with Vault table	10.0

BARS		
0.3 *deductions* • **Hands leaving the bar in swing pullover** • **Legs straddling on backward swing (ascent)** **0.5** *Neutral deduction* • **Failure to use 30cm supplementary mat** **1.0** *Neutral deduction* • **Failure of coach to "stand in"**	• Glide Kip	1.0
	• Cast to **horizontal**	1.0
	• Back hip circle	1.0
	• Cast **(no height requirement)** to squat or pike on or sole circle, jump to catch high bar	0.5
	• 2 x long swings to pullover on 3rd swing	3 x 1.0
	• Underswing (to finish at top of backward swing) + long swing (forward and back)	2 x 1.0
	• Swing ½ turn and release **(minimum height 45° below horizontal)**. Judging finishes on release of HB	1.0

BEAM (110cm)		
0.3 *deductions* • **Incomplete turn** • **Break in series** • **Failure to reach handstand** • **Element not held** • **Skill not finished in prescribed position** **0.1/0.3** *deductions* • **Insufficient split** • **Lack of flex in walkover** **0.1/0.3/0.5** *overall ded* • **Choreography variation from text** • **Poor body posture**	• Jump to front support, lift leg over to straddle sit. Lift to hold clear straddle position **(hold 2 secs)**, • swing legs back to front support, kneel and stand	0.5 0.5
	• Backwards walkover (min 135 split) **or** Tic toc (min 135 split) **lunge or step in** **or** Cartwheel ¼ turn **lunge or step in** **or** Forwards walkover (min 135 split) **to free leg point**	1.0
	• 2 x Passe ½ turns (same leg), releve hold **(hold 2 secs)**	2 x 0.5
	• Kick to handstand **(hold 2 secs). Step in landing**	1.0
	• Split leap **(135°)**	2 x 1.0
	• Straight jump + split jump **(135°) * May be reversed**	2 x 1.0
	• Dismount: Cartwheel straight jump or Tuck Front salto	0.5 + 0.5 OR 1.0

FLOOR		
0.3 *deductions* • **Incomplete turn** • **Break in series** • **Skill not finished in prescribed position** • **No rebound when required** **0.1/0.3** *deductions* • **Insufficient split** • **Lack of flex in walkover** **0.1/0.3/0.5** *overall ded* • **Choreography variation from text** • **Poor body posture**	• Roundoff flip **rebound (Rebound must land on 2 ft. Up to 3 steps permitted with no deduction)**	0.5 + 1.0
	• Split leap, Split leap **(both 180°)**	2 x 1.0
	• Full turn on one foot	1.0
	• Backwards walkover **or** Tic toc **lunge or step in** • **or** Forwards walkover **free leg point in front (all 180°)**	1.0
	• Split jump + Sissone **or** Split jump + Straddle jump **or** Split jump + Straddle pike jump **series (all jumps 180°)**	2 x 1.0
	• Tuck front salto **or** Handspring tuck front salto	1.0
	• Backwards roll to front support	1.0

Level 6

VAULT	
Handspring to feet 105-125cm	10.0

BARS		
Straddle cast **_0.1/0.3_** _deductions_ • **Legs apart** • **If pike, deduct for body alignment** **_0.3_** _deductions_ • **Hands leaving the bar in swing pullover** • **Legs straddling on backward swing** **_1.0_** _Neutral deduction_ • **Failure of coach to "stand in"**	• Glide Kip	1.0
	• Cast to **45 degrees above horizontal** (no straddle cast)	1.0
	• Clear hip circle to horizontal	1.0
	• Glide Kip	1.0
	• Cast **(no height req)** to Squat **or** Pike **or** Sole circle, jump to catch HB	0.5
	• Long kip, cast to **horizontal** (no straddle cast)	1.0
	• Long swing pullover (baby giant)	1.0
	• Underswing (to finish at top of backward swing) • **Optional** long swing (forward and back) – judge execution	1.0
	• Flyaway tucked, piked or stretched **or** Swing ½ turn and release **0.5 from D score**	1.0

BEAM (120cm+)		
_0.3_ _deductions_ • **Incomplete turn** • **Break in series** • **Failure to reach handstand** • **Element not held** • **Skill not finished in prescribed position** **_0.1/0.3_** _deductions_ • **Insufficient split** • **Lack of flex in walkover** **_0.1/0.3/0.5_** _overall ded_ • **Choreography variation from text** • **Poor body posture**	• Jump/Press to handstand (optional end position on beam) **or** Tuck through to sit **or** Jump on the end of beam	1.0

	• Backwards walkover **or** Tic toc **or** Flip **(lunge or step in)**
	  or Cartwheel ¼ turn **(lunge or step in)**
	  or Forwards walkover **(free leg point in front)**
		1.0

	• Full pivot	1.0
	• Handstand **(2 secs)** + straight jump **(series)**	1.0 + 0.5
	• Tuck jump + split jump **(180⁰) or** Wolf jump + Split jump **(180⁰) series * May be reversed**	2 x 1.0
	• Split leap **(180⁰)**	1.0
	• Dismount: Cartwheel/Roundoff/Flip+ straight jump **or** Cartwheel/Roundoff/Flip+ tuck back salto **or** Tuck Front salto	0.5+0.5 OR 0.5+0.5 OR 1.0

FLOOR		

_0.3_ _deductions_
• **Incomplete turn**
• **Break in series**
• **Skill not finished in prescribed position**
_0.1/0.3_ _deductions_
• **Insufficient split**
• **Lack of flex in walkover**
_0.1/0.3/0.5_ _overall ded_
• **Choreography variation from text**
• **Poor body posture**
	• Backwards walkover **or** Tic toc **(lunge or step in)**
	  or Forwards walkover **(free leg point in front)**
	  or Aerial cartwheel **or** Aerial walkover **(1 step entry)**
		1.0

	• Roundoff Flip, Flip **rebound or** Roundoff, flip, tuck back salto	3 x 0.5
	• Passage of dance (2 different leaps, 1 with 180⁰ split)	2 x 1.0
	• Full pivot	1.0
	• Backward roll(straight legs) to handstand **(lunge)**	1.0
	• Jump ½ turn + split jump **or** straddle jump **or** straddle pike jump **(180⁰)** + Jump ½ turn (turn MUST be in same direction)	0.5 + 1.0 + 0.5
	• Tucked front salto **or** front layout **or** handspring front salto **or** front salto step out roundoff **(Rebound must land on 2 ft. Up to 3 steps permitted with no deduction)**	1.0